



HASTINGS PRINCE EDWARD  
**Public Health**

# In-Person Prenatal Education Session Schedule 2017

Our free Prenatal Education Series consists of: an e-Learning program—*The Gift of Motherhood* and 3 In-Person Sessions.

The set of 3 In-Person Sessions is offered over a period of 3 weeks with one evening session each week.

Week 1: Preparation for Parenting

Week 2: Breastfeeding

Week 3: Birth Basics—Confidence and Comfort\*

\*While every effort is made to provide a tour on the QHC maternity floor, labour and birth is unpredictable and tours are offered based on availability of QHC staff.

## Belleville

HPEPH—179 North Park Street, Belleville (Weeks 1&2)  
Belleville General Hospital, 265 Dundas Street East (Week 3)

**Tuesdays 6:00 to 8:30 pm**

February 7, 14, 21	July 11, 18, 25
March 7, 21, 28	August 15, 22, 29
March 9, 23, 30	September 12, 19, 26
April 4, 11, 18	October 3, 10, 17
May 2, 9, 16	November 7, 14, 21

## Prince Edward County

The HUB Child & Family Centre (Weeks 1&2)  
10 McFarland Court, Picton

**Mondays from 6:00 to 8:30 pm**

March 6, 20	September 11, 18
June 5, 12	November 6, 20

**Labour and Delivery** is offered by the Prince Edward

## Quinte West

HPEPH—499 Dundas Street W., Trenton (Weeks 1&2)  
Belleville General Hospital, 265 Dundas Street East (Week 3)

**Wednesdays from 6:00 to 8:30 pm**

February 8, 15, 22	September 13, 20, 27
March 8, 22, 29	October 4, 11, 18
April 5, 12, 19	November 8, 15, 22
May 3, 10, 17	November 29, December 6, 13
June 7, 14, 21	

Sessions are offered in partnership with  
the Ontario Early Years Centres,  
Quinte Health Care and Prince Edward  
Family Health Team.

## North Hastings

Prenatal Education Presentations  
NHCS— 20 Hastings Heritage Way, Bancroft  
January 31, 2017 & February 7, 2017  
10:00 am to 12:00 pm

For more information call  
613-966-5500 ext. 675.

**For Centre Hastings classes, call  
Gateway Community Health Centre at  
613-478-1211.**



Register online at [hpepublichealth.ca](http://hpepublichealth.ca)  
(Clinics & Classes - Prenatal Education),  
or call the Reproductive Health Infoline:  
Tel: 613-966-5500 ext. 675  
Toll-Free: 1-800-267-2803 ext. 675  
TTY: Dial 711 or 1-800-267-6511

Public Health is committed to providing  
accessible programs and services to all.  
To make arrangements for accommoda-  
tion for this or any other service, please  
contact 613-966-5500 ext. 675 or by email  
at [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca).

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