



In-Person Prenatal Education Session Schedule 2018

Our free Prenatal Education Series consists of: an e-Learning program—*The Gift of Motherhood*, and three In-Person Sessions. The series of three In-Person Sessions is offered over a period of three weeks with one evening session each week.

- Week 1: Preparation for Parenting
- Week 2: Breastfeeding
- Week 3: Birth Basics—Confidence and Comfort

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

January 9, 16, 23	July 5, 12, 19
February 6, 13, 20	August 9, 16, 23 (Thurs)
March 6, 13, 20	August 14, 21, 28
March 8, 15, 22 (Thurs)	September 11, 18, 25
April 10, 17, 24	October 1, 15, 22 (Mon)
May 7, 14, 28 (Mon)	October 9, 16, 23
May 8, 15, 22	November 6, 13, 30
June 5, 12, 19	November 8, 15, 22 (Thurs)
July 3, 10, 17	November 27, December 4, 11

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

January 10, 17, 24	June 6, 13, 20
February 7, 14, 21	September 12, 19, 26
March 7, 14, 21	October 10, 17, 24
April 11, 18, 25	November 7, 14, 21
May 9, 16, 23	November 28, December 5, 12

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

**We are committed to providing
accessible programs and services to all.
For assistance please call 613-966-5500;
TTY: 711 or email accessibility@hpeph.ca
For more information please visit
www.hpepublichealth.ca**

Prince Edward County

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

Mondays from 6:00 to 8:30 pm

March 5, 12
June 4, 11
September 10, 17
October 29, November 5

In Prince Edward County, **Labour and Delivery** is offered by the Prince Edward Family Health Team.

North Hastings

For more information call
Hastings Prince Edward Public Health
613-966-5500 ext. 223.

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



**Register online at
www.hpepublichealth.ca**
(Clinics & Classes - Prenatal Education)

**or call the Child and
Reproductive Health CARELine:**

Tel: 613-966-5500 x 223
Toll-Free: 1-800-267-2803 x 223
TTY: Dial 711 or 1-800-267-6511