

Prenatal Education Schedule January - March, 2019

Expectant parents and support persons are encouraged to start prenatal education as early as possible in their pregnancy. Our **free** prenatal education can be completed online and in-person.

InJoy eClasses:

- Understanding Pregnancy
- Understanding Breastfeeding
- Understanding Birth
- Understanding Your Newborn

In-Person Classes (3 sessions):

- Preparation for Parenting
- Breastfeeding
- Birth Basics—Confidence and Comfort

We recommend accessing the *InJoy eClasses* **before** the in-person sessions.

Belleville

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

Tuesdays 6:00 to 8:30 pm

January 8, 15, 22
February 5, 12, 19
March 5, 19, 26

Quinte West

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

Wednesdays from 6:00 to 8:30 pm

January 9, 16, 23
February 6, 13, 20
March 6, 20, 27

**Sessions are offered in partnership with
EarlyON centres, Quinte Health Care and
the 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

To register go to:

www.hpepublichealth.ca
(Clinics & Classes - Prenatal Education)

or call:

613-966-5500 x 223

Toll-Free: 1-800-267-2803 x 223
TTY: Dial 711 or 1-800-267-6511

