



# 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	June 5, 12, 19
February 6, 13, 20	July 5, 12, 19
March 6, 13, 20	August 14, 21, 28
March 8, 15, 22 ( <b>Thurs</b> )	September 11, 18, 25
April 10, 17, 24	October 1, 15, 22 ( <b>Mon</b> )
May 7, 14, 28 ( <b>Mon</b> )	November 6, 13, 20
May 8, 15, 22	November 27, December 4, 11

## 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.

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

## 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.

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](mailto:accessibility@hpeph.ca)  
For more information please visit  
[www.hpepublichealth.ca](http://www.hpepublichealth.ca)**



**Register online at**  
**[www.hpepublichealth.ca](http://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