



Prenatal Classes



Designed for pregnant women and their partners/ support persons. Six evening classes or two weekend classes, facilitated by a public health nurse. **Classes are offered in English, Cantonese and Mandarin.**

The fee is **\$42.00** to cover the cost of materials

Topics Include:

- ❖ Physical and emotional changes in pregnancy
- ❖ Healthy lifestyle choices and pregnancy care
- ❖ Labour and delivery
- ❖ Comfort measures during labour
- ❖ Breastfeeding
- ❖ Newborn care
- ❖ Adjusting to parenthood
- ❖ Communication and parenting skills
- ❖ Community resources for new parents
- ❖ Perinatal mood disorder



We are committed to making our programs accessible to persons with disabilities – please identify your needs to us.

To register, call **Health Connection**
1-800-361-5653 TTY 1-866-252-9933
www.york.ca/prenatalclasses

Locations:

Maple

Richmond Hill

Markham

Newmarket