

2012 Prenatal Class Schedule

Labour & Delivery:

Register early. Should be taken
approx. 4 - 6 weeks prior to due date

Saturday Classes
9am - 4pm

- Jan 7, Jan 21, Feb 11, Feb 25,
Mar 10, Mar 24, Apr 14, Apr 21,
May 5, May 26, Jun 9, Jun 23,
July 14, July 28, Aug 11, Aug 25,
Sept 8, Sept 22, Oct 13, Oct 27,
Nov 3, Nov 24, Dec 8

Breastfeeding:

Register early. Should be taken
4 - 6 weeks prior to due date
Wednesday Evening Classes
6:30 - 8:30pm

- Jan 18, Feb 15, Mar 21,
Apr 18, May 16, Jun 20,
July 18, Aug 15, Sept 19,
Oct 17, Nov 21, Dec 12



Vancouver Island Health Authority

#200 - 1100 Island Highway (Tyee Plaza - 2nd Floor)
Campbell River BC
V9W 8C6

Phone: 250 850-2110
Fax: 250 850-2454

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**Vancouver Island Health
Authority**

Campbell River

2012 Prenatal Classes



Phone: 250 850-2110



Labour & Delivery:

The Birthing Process
(suggested pre-reading *Baby's Best Chance Book*
pages 54-74 and 75-81)

- How do I know I'm in labour
- Stages of labour and birth
- Coping techniques for labour and birth
- Care of mother and baby immediately after birth
- Informed consent
- Possible medical interventions
- Unexpected outcomes
- Pain management

Breastfeeding:

- Benefits and myths
- Getting started
- Preventing common breast-feeding challenges
- Where to get help



Campbell River Hospital
Maternity Ward Tours
Saturday's at 2pm
Please call 250 850-2141
to confirm tour

Register for Prenatal Classes at
Public Health and get a free
Baby's Best Chance Book
*All participants must pre-register
before attending classes

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