

Prenatal Class Schedule

Healthy Pregnancy – two classes

Tuesday Evening	Thursday Evening
7:00 to 9:00 p.m.	7:00 to 9:00 p.m.
March 2 & March 9	Jan 14 & Jan 21
July 6 & July 13	May 20 & May 27
Nov 2 & Nov 9	Sept 23 & Sept 30

Prenatal Classes – 5 class series

TUESDAY EVENINGS 7:00 to 9:00 pm

January 5 to February 2
 March 16 to April 13
 May 18 to June 15
 July 20 to August 17
 September 21 to October 19
 November 16 to December 14

THURSDAY EVENINGS 7:00 to 9:00 pm

February 11 to March 11
 April 15 to May 13
 June 10 to July 15
 August 19 to September 16
 October 21 to November 25

Weekend Prenatal Classes

Bring a pillow, snacks, and wear comfortable loose fitting clothing

Class #1 – Labour, birth, delivery, medical procedures, relaxation & breathing, and virtual / hospital tour

Class #2 – Feeding and caring for your newborn baby, attachment and brain development

SATURDAY SERIES

10:00 to 3:00 pm

Class #1 – February 6
 Class #2 – February 13

Class #1 – April 17
 Class #2 – April 24

Class #1 – June 12
 Class #2 – June 19

Class #1 – August 7
 Class #2 – August 14

Class #1 – October 16
 Class #2 – October 23

Class #1 – December 4
 Class #2 – December 11

WEEKEND SERIES



2010 PRENATAL CLASSES Duncan

Register Early

All classes
 are free



VANCOUVER ISLAND
 health
 authority

Prenatal Classes

Healthy Pregnancy		<p>Register for the health pregnancy class as EARLY as possible in your pregnancy OR if you are planning for a future pregnancy</p> <ul style="list-style-type: none"> • Nutrition • Prenatal exercise, breathing, & relaxation • How the baby develops during pregnancy
Start the Prenatal Class series ten weeks before your due date		
Class 1	Labour & Birth	<ul style="list-style-type: none"> • The stages of labour and delivery • Relaxation techniques • Physical changes after delivery
Class 2	Comfort Measures during labour, delivery, and early postpartum	<ul style="list-style-type: none"> • Breathing techniques and positions • Massage, relaxation during labour • Supporting your partner during labour • Cowichan District Hospital tour/virtual tour <p>Bring a pillow & wear comfortable clothing</p>
Class 3	Medical Procedures	<ul style="list-style-type: none"> • Procedures during labour • Pain control • Health concerns during pregnancy • C-section (caesarean birth) • Relaxation & breathing
Class 4	Care and Feeding of Your Newborn	<ul style="list-style-type: none"> • Becoming parents • What to expect from your newborn baby • Breastfeeding - why to & how to • Caring for your wellbeing after delivery
Class 5	Newborn Attachment & Parenting	<ul style="list-style-type: none"> • Early brain development • How to help your baby grow and develop • Playing and connecting with your newborn • Life with baby

Class Location

- All classes are held in Duncan at the Margaret Moss Health Unit
- All Classes are free

Hospital Tours

Cowichan District Hospital (CDH)

A Cowichan Hospital tour – either actual or virtual in Comfort Measures Class

Nanaimo Regional General Hospital (NRGH)

Telephone 250-755-3308 to book a tour

Victoria General Hospital (VGH)

Telephone 250-727-4212 to book a tour

To Register or For More Information Please Call Us

Telephone: 250-709-3050

Address: Margaret Moss Health Unit
675 Canada Avenue
Duncan, BC

Class Dates 