

Prenatal Education Sessions



Via Zoom group sessions

Monday April 8th, 15th, 22nd and 29th at 6:00 pm

What the program covers:

Session 1

Healthy Pregnancy
Healthy Family
Healthy Baby

Session 2

Labour and Delivery
Preterm Labour
Comfort Measures

Session 3

Car Seat Safety
Infant Safety
Newborn Traits

Session 4

Feeding
Hunger Cues
Basic Care

These sessions are offered to expecting parents at no cost and can be joined via zoom from the comfort of your own home...for more information please contact:

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www.southshorefamilyresource.org