



Group Prenatal Education

Physician Led at Riley Park Maternity Clinic - Eligibility based on due date

Group Prenatal Education is a series of virtual sessions starting in the **second trimester through until approximately two months after your delivery**. You will be grouped with other women due around the same time. The groups meet virtually for **an hour on Zoom every two weeks**. The sessions are **free** and your **support person is welcome** to attend.

These interactive sessions are led by a **doctor** from our clinic and a **prenatal educator**. We cover pregnancy, labour & delivery, post-partum and newborn care topics with **plenty of time to ask questions**.

To register call 403 284-3711 ext 1 or ask the Receptionist. If your support person will be attending these classes, please be prepared to provide their name & AHC number when you register.

Topics Covered:

- Nutrition, Exercise and Common Discomforts in Pregnancy
- Stages of Labour and Comfort Measures in Labour
- Labour Interventions and Complications
- Mental Health, Self-Care, Social Supports and Preparing for Parenthood
- Post-Partum Care including Pelvic Floor Health, Return to Work and Exercise, and Contraception
- Infant Feeding, Sleep and Development
- Newborn Care

(See next page for dates)

To register call 403 284-3711 ext 1

Group Prenatal Education Schedule based on Due Date of April - Nov 2021

	Due Date April	Due Date May	Due Date June	Due Date July	Due Date August	Due Date August	
	Tues 5:45 pm Dr. Jan Ooi	Wed 7:00pm Dr. Ronagh Hatcher	Wed 5:45pm Dr. Ronagh Hatcher	Wed 12:00 & 1:15 start times Dr. Jan Ooi	Wed 5:45 Dr. Lisa Coffey	Thurs 5:15pm Dr. Heidi VonEnglebrechten	
	Facilitator: Liz	Facilitator: Liz	Facilitator: Liz	Facilitator: Sheila	Facilitator: Liz	Facilitator: Liz	
Session 1	Nov 10	Dec 9	Jan 20	April 7	May 5	May 6	
Session 2	Nov 24	Jan 6	Feb 3	April 21	May 19	May 20	
Session 3	Dec 8	Jan 20	Feb 17	May 5	June 2	June 3	
Session 4	Jan 5	Feb 3	Mar 3	May 19	June 16	June 17	
Session 5	Jan 19	Feb 17	Mar 17	June 2	June 30	(July 1)cancelled	
Session 6	Feb 2	Mar 3	Mar 31	June 16	July 14	July 15	
Session 7	Feb 16	Mar 17	Apr 14	<i>Changes to 1:15 start time June 30</i>	July 28	July 29	
Session 8	Mar 2	Mar 31	Apr 28	July 14	Aug 11	Aug 12	
Session 9	Mar 16	Apr 14	May 12	July 28	Aug 25	Aug 26	
Session 10	Mar 30	Apr 28	May 26	Aug 11	Sept 8	Sept 9	
Session 11	Apr 13	May 12	June 9	Aug 25	Sept 22	Sept 23	
Session 12	Apr 27	May 26	June 23	Sept 8	Oct 6	Oct 7	
Session 13	May 11	June 9	July 7	Sept 22	Oct 20	Oct 21	
Session 14	May 25	June 23	July 21				
Session 15	June 8	July 7	Aug 4				
Session 16	June 22	July 21	Aug 18				

	Due Date Sept 2021	Due Date Sept 2021(2)	Due Date Oct 2021	Due Date Oct 2021 (2)	Due Date Nov 2021
	Wed 7:00pm start times	Thurs 5:15 start times	Wed 12-1 til Sept 8, 1:15	Wed 4-5 til Sept 8, 2:45	Thurs 4pm
	Facilitator: Sheila & Dr. Coffey	Facilitator: Liz & Dr. vonE	Sheila & Dr. Ooi	Sheila & Dr. Ooi	Liz & Dr. VonE
Session 1	June 16	June 10	July 14	July 14	Aug 12
Session 2	June 30	June 24	July 28	July 28	Aug 26
Session 3	July 14	July 8	Aug 11	Aug 11	Sept 9
Session 4	July 28	July 22	Aug 25	Aug 25	Sept 23
Session 5	Aug 11	Aug 5	Sept 8	Sept 8	Oct 7
Session 6	Aug 25	Aug 19	Time change to 1:15 Sept 22	Time change to 2:45 Sept 22	Oct 21
Session 7	Sept 8	Sept 2	Oct 6	Oct 6	Nov 4
Session 8	Sept 22	Sept 16	Oct 20	Oct 20	Nov 18
Session 9	Oct 6	Sept 30	Nov 3	Nov 3	Dec 2
Session 10	Oct 20	Oct 14	Nov 17	Nov 17	Dec 16
Session 11					
Session 12					
Session 13					
Session 14					
Session 15					
Session 16					

