



Group Prenatal Education- Virtual

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

Group Prenatal Education is a series of virtual sessions starting in **second trimester through until the end of your due month**. 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. 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

To register call 403 284-3711 ext 1