



## 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 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**. They follow a **curriculum on par with the AHS** prenatal education classes (which are also being offered virtually at this time). 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.

#### Session Topics

1 – Nutrition in Pregnancy	9 - Breastfeeding
2 - Discomforts of Pregnancy	10 - Newborn care
3 - Mental Health, Social Supports and Preparing for Parenthood	11 - Post-Partum (Mental Health and Self-Care)
4 - Stages of Labour	12 - Post-partum (pelvic floor health, return to work and exercise, contraception)
5 - Comfort Measures in Labour, Part 1	13 - Infant Sleep and Safety
6 - Comfort Measures in Labour, Part 2	14 - Mental Health Check-in and Infant Feeding
7 - Labour, Part 1	15 - Parenting and Infant Development
8 - Labour, Part 2	16 - Wrap-up

See Schedule on next page for dates.

To register call 403 284-3711 ext 1

Group Prenatal Education Schedule based on Due Date of Jan – June 2021

	Due Date Jan/Feb	Due Date Jan/Feb	Due Date Jan/Feb	Due Date March	Due Date March/April	Due Date April
	Wed 5:45 pm Dr. Lisa Coffey	Tues 5:45 pm Dr. Heidi VonEngelbrechten	Wed 7:00pm Dr. Lisa Coffey	Tues 7:00 pm Dr. Heidi VonEngelbrechten	Tues 7:00pm Dr. Heidi VonEngelbrechten	Tues 5:45 pm Dr. Jan Ooi
	Facilitator: Liz	Facilitator: Sheila	Facilitator: Liz	Facilitator: Liz	Facilitator: Sheila	Facilitator: Liz
Session 1	<b>Class FULL</b>	Nov 17	<b>Class FULL</b>	Oct13	Nov 17	Nov 10
Session 2	Oct 7	Dec 1	Sept 23	Oct 27	Dec 1	Nov 24
Session 3	Oct 21	Dec 15	Oct 7	Nov 10	Dec 15	Dec 8
Session 4	Nov 4	Dec 29	Oct 21	Nov 24	Dec 29	Jan 5
Session 5	Nov 18	Jan 12	Nov 4	Dec 8	Jan 12	Jan 19
Session 6	Dec 2	Jan 26	Nov 18	Jan 5	Jan 26	Feb 2
Session 7	Dec 16	Feb 9	Dec 2	Jan 19	Feb 9	Feb 16
Session 8	X	Feb 23	Dec 16	Feb 2	Feb 23	Mar 2
Session 9	Jan 13	Mar 9	X	Feb 16	Mar 9	Mar 16
Session 10	Jan 27	Mar 23	Jan 13	Mar 2	Mar 23	Mar 30
Session 11	Feb 10	Apr 6	Jan 27	Mar 16	Apr 6	Apr 13
Session 12	Feb 24	Apr 20	Feb 10	Mar 30	Apr 20	Apr 27
Session 13	Mar 10		Feb 24	Apr 13	May 4	May 11
Session 14	Mar 24		Mar 10	Apr 27	May 18	May 25
Session 15	Apr 7		Mar 24	May 11	June 1	June 8
Session 16	Apr 21		Apr 7	May 25	June 15	June 22

### Schedule based on Due Date of May - June 2021

	Due Date May	Due Date June			
	Wed 7:00pm Dr. Ronagh Hatcher	Wed 5:45pm Dr. Ronagh Hatcher			
	Facilitator: Liz	Facilitator: Liz			
Session 1	Dec 9	Jan 20			
Session 2	Jan 6	Feb 3			
Session 3	Jan 20	Feb 17			
Session 4	Feb 3	Mar 3			
Session 5	Feb 17	Mar 17			
Session 6	Mar 3	Mar 31			
Session 7	Mar 17	Apr 14			
Session 8	Mar 31	Apr 28			
Session 9	Apr 14	May 12			
Session 10	Apr 28	May 26			
Session 11	May 12	June 9			
Session 12	May 26	June 23			
Session 13	June 9	July 7			
Session 14	June 23	July 21			
Session 15	July 7	Aug 4			
Session 16	July 21	Aug 18			