



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 Jan – Sept 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		Nov 17		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

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