

# Prenatal Education Schedule January - March 2020

Expectant parents and support persons are encouraged to start prenatal education as early as possible in their pregnancy. Our **free** prenatal education can be completed online and in-person.

### ***InJoy eClasses:***

- Understanding Pregnancy
- Understanding Breastfeeding
- Understanding Birth
- Understanding Your Newborn

### **In-Person Classes (2 sessions):**

Participants can choose one or both sessions that best fit their schedule.

- Breastfeeding
- Birth Basics—Confidence and Comfort

Participants need to complete the *InJoy eClasses* **before** attending in-person sessions.

## **Birth Basics - Confidence and Comfort**

6:00 to 8:30 pm

Belleville General Hospital, 265 Dundas St. East

January 14 (Tues)

February 4 (Tues)

March 11 (Wed)

**To register go to:**

**hpePublicHealth.ca**

(Clinics & Classes - Prenatal Education)

**text:**

**450-990-5551**

**call:**

**613-966-5500 x 223**

**Toll-Free: 1-800-267-2803 x 223**

**TTY: Dial 711 or 1-800-267-6511**

## **Breastfeeding**

6:00 to 8:30 pm

Belleville: 179 North Park Street

Quinte West: 499 Dundas Street West (Trenton)

January 21 (Tues): Belleville

February 11 (Tues): Belleville

March 25 (Wed): Quinte West

**Sessions are offered in partnership with  
EarlyON centres, Quinte Health Care and  
the Prince Edward Family Health Team.**

We are committed to providing accessible programs and services to all. For assistance please call 613-966-5500; TTY: 711 or email [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca). For more information please visit [hpePublicHealth.ca](http://hpePublicHealth.ca)

