

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

February 4 (Tues)

March 11 (Wed)

April 22 (Wed)

May 13 (Wed)

June 8 (Mon)

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)

February 11 (Tues): Belleville

March 25 (Wed): Quinte West

April 14 (Tues): Belleville

May 6 (Wed): Quinte West

June 2 (Tues): Belleville

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. For more information please visit
hpePublicHealth.ca

