

Virtual Community Prenatal Series

Support for a healthy pregnancy, birth and beyond

FREE!!



Birth
 partners
 welcome!

This Series will be offered through Zoom

Requirements: Internet access, Device for video, E-mail address

DATES & TIMES

Session # 1 6- 8pm
 Tuesday September 15, 2020

**Topics: Nutrition, Safety, Exercise
 during Pregnancy**

Session #2 6-8pm
 Thursday September 17, 2020

**Topics: Labour & Birth, Labour
 Support**

Session # 3 6- 8pm
 Monday September 21, 2020

**Topics: Breastfeeding, Postpartum
 Care**

Session # 4 6-8pm
 Wednesday September 23, 2020

Topics: Newborn care, Q&A

Registration required, please call us

416-249-8000

ext. 2242