

There is a fee for prenatal classes, but it may be waived if there is a financial need.

To register, call (306) 882-2672
ext. 3 option 3. Classes can fill
quickly so call early!

Register early, ideally before your 7th month of pregnancy. The online Childbirth education may be started any time.

Individualized prenatal education may be available for situations of special need such as teen or young parents or those needing additional supports.

Group classes and individualized prenatal education may be available in our other regional offices as well.

Please visit us at www.hrha.sk.ca

To view class dates and locations



For more information, call your local
Public Health Nursing Office:

Rosetown

(306) 882-2672 ext. 3 option 3

Kindersley

(306) 463-1000

Kerrobert

(306) 834-2646 ext. 2815

Unity

(306) 228-2666 ext. 2961

Outlook

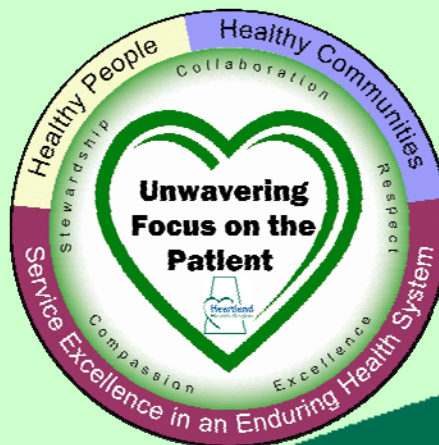
(306) 867-8676

Davidson

(306) 567-2305

Biggar

(306) 948-3323 ext. 2730



PRENATAL AND BREASTFEEDING CLASSES

Heartland Health Region Offers a
Variety of Options for Childbirth
and Breastfeeding Education



HEARTLAND HEALTH REGION
*Healthy People, Healthy Communities,
and Service Excellence in an
Enduring Health System*

3 Options for Childbirth and Breastfeeding Education

Group Setting Prenatal Class

Group setting prenatal classes are offered at Kindersley, Rosetown and Unity by Public Health Nurses.

This class includes understanding and preparing for the birth of your child. The class is offered in one full day on a Saturday.

Breastfeeding classes are offered mid-week following the Prenatal class

Classes can fill up so participants are encouraged to call to register for a class when they are about 6-7 months pregnant.

The cost for the Group Prenatal class, including the Breastfeeding class is \$20.00.



New Online Birth Class



A new online childbirth class is ideal for those expectant parents who can't attend an onsite childbirth class due to work schedules, distance to travel to class, time constraints, or medical conditions. It is also a good option for experienced parents who are looking for a refresher course about birth and childcare.

The eight chapter program is an interactive, web based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth. Perfect for PC or Mac users, all that's needed is internet access (high speed is recommended). Once registered, parents will receive an access code and additional information. Admission to this program is on an ongoing basis.

The cost for the online childbirth education is \$50.00

Teen Program or 1:1 Support

The Teen program or 1:1 Support is an option for expectant parents that might benefit from more intensive support. Participants will meet in person with a Public Health Nurse. The Public health Nurse will help identify learning needs and goals, provide prenatal information and additional support to the expectant parent as needed

There is no fee for this program.

