

PRE & POST NATAL

Childbirth Education Program

This program for mothers and fathers (or birth-helpers) is grounded in the belief that parents need support throughout pregnancy, childbirth and the first months of a baby's life. This comprehensive program offers a variety of classes including prenatal education series and workshops designed to provide continuous and constant support throughout your childbearing year. The prenatal sessions are designed to educate and prepare for the child's arrival.

Register as soon as possible. We give 4 days notice if we must cancel a class.

CHILDBIRTH PREPARATION SERIES					
Six sessions including hospital tour and breastfeeding workshop.					
Dates	Day	Time	Location	Member	Non-Member
January 8-February 12	Tuesday	7:15-9:15pm	VWY	6/\$155	6/\$155
February 19-March 25	Tuesday	7:15-9:15pm	VWY	6/\$155	6/\$155
OR					
CHILDBIRTH PREPARATION WORKSHOP					
Two-day condensed course plus hospital tour.					
Dates	Day	Time	Location	Member	Non-Member
January 12 & 19	Saturday	10:00am-4:00pm	VWY	2/\$155	2/\$155
February 2 & 9	Saturday	10:00am-4:00pm	VWY	2/\$155	2/\$155
March 1 & 8	Saturday	10:00am-4:00pm	VWY	2/\$155	2/\$155
April 5 & 12	Saturday	10:00am-4:00pm	VWY	2/\$155	2/\$155

Bursaries are available to those in financial need. Call Jesse Rock, 250-388-6120.

INFANT CPR & FIRST AID WORKSHOP					
Parents will learn how to recognize and treat their newborn's potentially life-threatening situations. Topics covered include: artificial respiration, CPR; choking procedures; and basic home safety (escape planning, etc.).					
Dates	Day	Time	Instructor	Location	Fee
January 17	Thursday	6:00-8:00pm	Cameron Hacault	VWY	\$5
February 7	Thursday	6:00-8:00pm	Cameron Hacault	VWY	\$5
March 6	Thursday	6:00-8:00pm	Cameron Hacault	VWY	\$5
April 3	Thursday	6:00-8:00pm	Cameron Hacault	VWY	\$5



Sometimes we have to cancel great programs led by great instructors because everyone waited until the last minute to register. Please register at least one week in advance to avoid disappointment.

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

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