

Women's Health Clinic • Maternal Health & Wellness presents:

GROWING INTO PREGNANCY

P R E N A T A L W O R K S H O P S E R I E S

Continuing a pregnancy changes your body, habits and lifestyle.

We will discuss life changes, strategies for comfort, wellness and managing stress, and finding resources for pregnancy, labour, birth, and postpartum care.

Bus tokens available; let us know in advance if you need childminding for children age 1 and over.

All workshops are located at: The Birth Centre • 603 St Mary's Rd.

Series 1

Growing into Pregnancy

Workshop Topics:

Making Space for Pregnancy

Wellness & Self-Care in Pregnancy

We will discuss how things change when we are pregnant.

Recommended for people 12+ weeks (3+ months) pregnant. Please dress in comfortable clothes for stretching activities (optional).

Series 2

Wellness & Emotions in Pregnancy

Workshop Topics:

Ups & Downs

Managing Difficult Emotions

We will discuss wellness and mental health, and practice relaxation techniques.

Recommended for people 12+ weeks (3+ months) pregnant.

Series 3

Preparing for Birth

Workshop Topics:

Comfort Measures for Labour & Birth

Postpartum Self-Care

We will discuss preparing for labour and birth, and caring for yourself after birth.

Recommended for people 24+ weeks (6+ months) pregnant. We encourage partners or support people to attend with you.

Registration is required. To register or for more information contact:

204-947-2422 ext. 113
1-866-947-1517

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