

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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