

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 tickets 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.

*Workshop series 1 and 3  
will repeat February 27 &  
March 6 at the same time*

### Series 1

## Growing into Pregnancy

### *Making Space for Pregnancy*

January 16<sup>th</sup> • 1-3pm

### *Wellness & Self-Care in Pregnancy*

January 23<sup>rd</sup> • 1-3pm

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

### *Ups & Downs*

February 6<sup>th</sup> • 1-3pm or 6-8pm

### *Managing Difficult Emotions*

February 13<sup>th</sup> • 1-3pm or 6-8pm

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

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

### Series 3

## Preparing for Birth

### *Comfort Measures for Labour & Birth*

January 16<sup>th</sup> • 6-8pm

### *Postpartum Self-Care*

January 23<sup>rd</sup> • 6-8pm

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

📍 419 Graham Avenue  
Winnipeg, MB R3C 0M3

✉ mothersprogram@womenshealthclinic.org

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)



women's  
health clinic