

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.

Workshop 1

Wellness in Pregnancy

We'll discuss how pregnancy can change our bodies, feelings and priorities. We'll try some stretches (optional) to help us adapt to our changing bodies; dress comfortably if you'd like to try them.

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

Workshop 2

Comfort Measures for Labour and Birth

We'll learn about what happens during labour and birth. We'll practice some comfort measures for coping with labour.

Recommended for people 24+ weeks (6+ months) pregnant.

For this workshop, we encourage you to bring someone who will support you during labour and birth.

Workshop 3

Taking Care of yourself after baby is born

Just as we explored change in pregnancy, we'll explore change after baby arrives. We'll discuss the mental and physical changes that happen after baby is born.

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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