



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.

All workshops are located at:

Birth Centre • 603 St Mary's Rd.

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

What you need to know about nursing

Thinking of nursing your baby? Do you have questions? Need more information?

Please join us for a discussion with a nurse/lactation consultant to learn:

- what to expect in the first days of nursing
- how to encourage a healthy milk supply
- where to get support for your infant feeding plan
- the best ways to support and care for a nursing parent while they do this important job

We encourage partners or support people to attend with you.

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.

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.

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

These workshops are recommended for people who are more than 24 weeks/6 months pregnant. Support people are welcome to attend.

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.

These workshops are recommended for people who are more than 24 weeks/6 months pregnant. Support people are welcome to attend.

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

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

📍 603 St Mary's Rd
Winnipeg, MB R2M 2S8

✉️ mothersprogram@womenshealthclinic.org

www.womenshealthclinic.org



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