



## Comfort Measures for Labour and Delivery

Taught by a Certified Childbirth Educator and Prenatal/Postnatal Doula. This 1.5hr workshop for expectant parents will explore non-medical comfort measures such as breathing, mindfulness, hands on techniques and productive labour positions to provide comfort and support during labour and delivery, as well as an opportunity to try our pregnancy simulator for partners. This workshop also includes handouts and contact with your instructor via telephone/email to answer any additional questions.

Dress comfortably and bring a water bottle.

### TIME~LOCATION~ SCHEDULE

Registration and full payment required before classes begin.

Click [here](#) to register for our Waterbridge location.

**75 Waterbridge**  
Saturday January 18  
2:30pm-4:00pm

Saturday March 14  
10:00am-11:30am



Click [here](#) to register for our Evered location.

**475 Evered Ave.**  
Saturday February 8th  
1:00pm-2:30pm

For more information:  
[www.mothercraft.com](http://www.mothercraft.com)  
[classes@mothercraft.com](mailto:classes@mothercraft.com)  
613-728-1839

**FEE**  
\$30/couple

Mothercraft is a scent free and nut/peanut free facility