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ottawa

## Virtual Prenatal Classes

This virtual prenatal class offers a comprehensive overview of labour, delivery and a glimpse into the first 24 hours for both the birthing person and baby. Participants will come away with current, evidence based resources as well as contact with your instructor via telephone/email to answer any additional questions.

Suggested for the 3rd trimester.

### CLASS OUTLINE

#### Labour and Delivery

- Basic physiology and anatomy of birth
- Signs, symptoms and coping strategies for each stage and phase of labour
- Comfort measures and medical pain relief options
- Informed consent
- Induction/augmentation
- COVID-19 protocols

#### Post Birth

- The first 24 hours
- Postpartum recovery
- Perinatal mental health
- Feeding basics
- Community resources

### 2025 CLASS SCHEDULE

Click [here](#) to register.

FEE : \$140/couple  
Class offered in English only!  
Start Time: 9:00 AM

Sunday January 26  
Sunday February 23  
Sunday March 23  
Sunday April 27  
Sunday May 25  
Sunday June 22  
Sunday July 27  
Sunday August 24  
Sunday September 28  
Sunday October 26  
Sunday November 23  
Sunday December 14

For more information:  
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