



Natural Beginnings: Paths through Childbirth and Early Parenthood



March- August 2011 Schedule

Pregnancy and childbirth can be a time of excitement and apprehension. Join me at Commercial Drive Midwives to explore the many options you have to guide you through pregnancy, labour, birth and beyond.

Class topics include:

- Homebirth and hospital options
- Events of late pregnancy and comfort measures during pregnancy
- Overview of normal labour and birth
- Comfort measures and coping strategies for labour and birth
- Variations of labour and birth and medical interventions
- Informed choice
- Postpartum care for the family
- Breastfeeding preparation and newborn care
- Early parenthood

Choose either a six-week evening series or a two-day Saturday intensive series. When choosing dates, please ensure your class series ends about four weeks before your expected due date.

Evening Series:

Thursdays 6:30pm-8:30pm

Dates:

March 24- April 28

May 26-June 30

July 7-Aug. 11

Saturday Intensive Series:

9am-5pm (with a generous lunch).

March 12, 19

May 14, 21

July 9, 16

Series cost is \$200 per pregnant Mom and support person and includes a postpartum reunion class. Class size is limited to four Moms (minimum two Moms) so please email NaturalBeginningsCanada@gmail.com or call 778-371-4904 to register or with any questions. Registration is on a first come, first serve basis and then per wait list.

For Melissa Caines's full bio (in the 'about us' section) and clinic location information (in the 'contact us' section) please visit www.commercialdrivemidwives.com.