

PRENATAL MOMS GROUP



The
Teresa
Group



Infant
Formula
Program

This program is funded by the Ontario Ministry of Health and Long-Term Care.

Join us online:

Wednesday, August 20
11 am–1 pm

Class 1 – Topics:

Stages of labour, medical interventions, pain management, cesarean sections, newborn procedures, birth preferences, and preparing for inductions and delivery.

Thursday, August 21
11 am–1 pm

Class 2 – Topics:

Afterbirth, nutrition, and health. Newborn care, breastfeeding, formula feeding, growth and development, safe sleep, bonding, emotional health, safety, and identifying signs of postpartum depression.



Register here:

<https://prenatalmomsgroup1.paperform.co/>
(We will send you the Zoom link before the class.)

In partnership with:

