

the **childbearing** society

Schedule (updated November 2011)

Weekly Series: 7pm - 9pm

Winter Series (for late Feb – March due dates):	Tuesdays & Thursdays	3 January – 24 January, 2012
Mid Winter Series (for late March – April due dates):	Wednesdays	11 January – 22 February, 2012
Late Winter Series (for May due dates):	Tuesdays	14 February – 27 March, 2012
Early Spring Series (for late May - June due dates):	Thursdays	22 March – 3 May, 2012
Spring Series (for June & July due dates):	Mondays & Wednesdays	23 April – 14 May, 2012
Early Summer Series (for July – Aug due dates):	Tuesdays & Thursdays	22 May – 12 June, 2012
Summer Series (for August due dates):	Wednesdays	23 May – 4 July, 2012

Content: Normal labour & birth; relaxation, positions & coping skills for labour; medical pain relief, interventions & procedures; postpartum; breastfeeding; early parenthood.

Cost: **\$275.** Includes materials (handbook & audio CD), seven evening classes, the Healthy Pregnancy Class, a postpartum reunion, four postpartum classes, and membership to our online forum. (Single mums pay only \$200)
\$335. Includes all of the above plus entire postpartum series of twelve classes.

Location: Mount Pleasant Neighbourhood House, 800 E Broadway (near Fraser), except Spring Series: Victoria at 16th

Weekend Workshops: Monday 7-9pm & Saturday - Sunday, 9am-2pm OR 3pm – 8pm (except Nov & Dec)

December (for Jan – Feb due dates):	10am – 3pm	10 – 12 December, 2011
January (for Feb – March due dates):	9am – 2pm OR 3pm – 8pm	14 – 16 January, 2012
February (for March – April due dates):	9am – 2pm OR 3pm – 8pm	11 – 13 February, 2012
March (for April – May due dates):	9am – 2pm OR 3pm – 8pm	10 – 12 March, 2012
April (for May – June due dates):	9am – 2pm OR 3pm – 8pm	14 – 16 April, 2012
May (for late June – July due dates):	9am – 2pm OR 3pm – 8pm	26 – 28 May, 2012

***NOTE:** If there are insufficient registrants to run both morning and afternoon sessions, the classes will be combined and run from 9am-2pm.

Content: Same as for weekly series; slightly condensed format.

Cost: **\$275.** Includes materials (handbook & audio CD), the Breastfeeding Class, the Healthy Pregnancy Class, a postpartum reunion, one postpartum breastfeeding clinic, and one month of postpartum series. (Single mums pay only \$200)
\$335. Includes all of the above plus entire postpartum series of twelve classes.

Saturday & Sunday Location: Victoria at 16th (except Nov & Dec: Mt Pleasant Neighbourhood House)

Monday Evening Location: Mt Pleasant Neighbourhood House, 800 East Broadway (near Fraser)

Healthy Pregnancy Class : 7 - 9pm

November:	Tuesdays	22 & 29 November, 2011
February:	Thursdays	9 & 16 February, 2012
April:	Wednesdays	4 & 11 April, 2012
June:	Thursdays	14 & 21 June, 2012

Content: *Mums only class.* Covers nutrition, exercise, and lifestyle choices for pregnancy; screening & diagnostic tests; foetal development; pregnancy discomforts & remedies.

Cost: \$100. Included free of charge with either weekly series or weekend workshops.

Location: Mount Pleasant Neighbourhood House, 800 E Broadway (near Fraser)

Crash Course for Dads

An opportunity for expectant and recent dads to talk about all the stuff men need to talk about but are usually afraid to ask. Former CBC Radio Host, veteran father and professional "dadvocate" Cameron Phillips leads a conversation about all things "dad." From finances, to in-laws, to sex...to the potentially paralyzing fear that you have no clue what you are doing (here's a little secret...neither does she), no dad topic is off limits!

Dates: Coincides with the second night of each Healthy Pregnancy Course, see schedule above

Cost: \$35.

Location: Mt Pleasant Neighbourhood House, 800 East Broadway

Another Birth: refresher class: noon - 4pm

November (for Dec – Feb due dates):	Sunday	27 November, 2011
January (for late Feb – March due dates):	Saturday	28 January, 2012
March (for April – May due dates):	Sunday	25 March, 2012
May (for June – August due dates):	Saturday	12 May, 2012

Content: a refresher prenatal class, perfect for second (or more) time parents. Topics include: finding ways to honour this pregnancy and celebrate its distinctness; what worked last time... and what didn't; recalling old birthing techniques and learning new ones; how to prepare your first baby for sibling-hood; connecting with your new baby while maintaining the bond with your first; and much, much more.

Cost: \$110 (\$90 for Childbearing grads)

Location: Various

Breastfeeding Only

The Breastfeeding Class (which is included with Weekend Workshops) can be taken separately. It runs on the Monday following each Weekend Workshop from 7pm – 9pm (see above for schedule). It is meant to be taken while pregnant.

Content: Covers breastfeeding basics; common challenges; problems and solutions; how to get help.

Cost: \$50.

Location: Mt Pleasant Neighbourhood House, 800 East Broadway
(Note that breastfeeding is already covered in all of the Evening Series)

Breastfeeding Clinics: 1 – 3pm

December:	Sunday	18 December, 2011
January:	Sunday	29 January, 2012
February:	Saturday	25 February, 2012
March:	Sunday	18 March, 2012
April:	Saturday	28 April, 2012

Content: Bring your baby! Covers breastfeeding problems such as milk supply, latching issues, blocked ducts, thrush, mastitis, breast aversion, nipple confusion, trouble shooting, and much more. Content will be geared towards the needs of the participants. RSVP's are mandatory.

Cost: \$10 **Special Cost for our clients:** \$5 (for clients of our Series, Workshops, or Postpartum classes)

Location: Various.

Postpartum Classes: : Tuesdays 12:30pm – 2pm

NO CLASSES IN DECEMBER

January: 3, 10, 17, 24 January, 2012

February: 7, 14, 21, 28 February, 2012

March: 6, 13, 20, 27 March, 2012

April: 3, 10, 17, 24 April, 2012

May: 1, 8, 15, 22 May, 2012

Content: For parents with infants who are not yet walking. Topics rotate over 12-class (3 month) period. Covers infant feeding, sleep, health & safety, colic & crying, attachment, and infant development, plus many other topics as demanded by participants.

Cost: First month (four classes) included free of charge with prenatal class series. Subsequent two months **\$60** if booked prior to birth; **\$100** (\$50 per month) if booked after the birth; **\$20** drop-in if space permits. **Expectant parents are welcome to drop in free of charge.**

Location: Mount Pleasant Neighbourhood House, 800 E Broadway (near Fraser)

Private Classes

Cost: \$20 + \$50/hour (min 2hrs). Does not include materials (optional: \$25).

Single Mother rates and **Low income** rates are available! Please ask us for details.

For information or registration contact us at:

(604) 878-1031

www.childbearing.org registration@childbearing.org