

the **childbearing** society

Schedule (updated June 2010)

Weekly Series: 7pm - 9pm

Mid Summer Series:	Tuesdays	29 June – 10 August 2010
Late Summer Series:	Thursdays	22 July – 2 September 2010
Early Autumn Series:	Wednesdays	18 August – 29 September 2010
Autumn Series:	Tuesdays	14 September – 26 October, 2010
Mid Autumn Series:	Wednesdays	13 October – 24 November, 2010
Late Autumn Series:	Tuesdays	9 November – 21 December, 2010
Winter Series:	Thursdays	6 January – 17 February 2011

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

Cost: **\$250.** Includes materials (handbook & audio CD), seven evening classes, the Healthy Pregnancy Class, a postpartum reunion, four postpartum classes, and membership to our online forum.
\$300. Includes all of the above plus entire postpartum series of twelve classes.

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

Weekend Workshops: Monday 7-9pm & Saturday - Sunday, 9am-2pm OR 3pm – 8pm

June:	19 – 21 June 2010
July:	24 – 26 July 2010
August:	28 – 30 August 2010
September:	25 - 27 September 2010
November:	6 – 8 November 2010
December:	11 – 13 December 2010

***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: **\$250.** 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.
\$300. Includes all of the above plus entire postpartum series of twelve classes.

Saturday & Sunday Location: Victoria at 16th

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

Healthy Pregnancy Class : 7 - 9pm

July:	Thursdays	8 & 15 July 2010
August:	Tuesdays	17 & 24 August 2010
September:	Thursdays	23 & 30 September 2010

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)

Another Birth: refresher class: Saturday, noon - 4pm

July:	17 July 2010
September:	4 September 2010
October:	23 October 2010
December:	4 December 2010

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 (\$95 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 weekly series)

Breastfeeding Clinics: Saturday 1 – 3pm

July: 10 July 2010
August: 14 August 2010
September: 11 September 2010
October: 9 October 2010
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: \$40 **Special Cost for our clients:** \$5 (for clients of our Series, Workshops, or Postpartum classes)
Location: Various.

Postpartum Classes: Wednesdays, 1:00 – 2:30pm

July: 7 – 28 July 2010
August: 4 – 25 August 2010
September: 8 – 29 September 2010
October: 6 – 27 October 2010
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).

The cost is an obstacle? Low income rates are available! Please ask us for details.

For information or registration contact Stephanie Ondrack at:

(604) 878-1031

www.childbearing.org registration@childbearing.org