

PRENATAL CLASSES

BC WOMEN'S (604) 875-2169

website: <https://edreg.cw.bc.ca/Prenatal/Default.aspx>

Childbirth series

\$315;
partial series available

Stage 1 classes

For women and their partners who are 0-18 weeks pregnant; 2 classes focus on changes of early pregnancy, fetal development, making lifestyle choices and informed decision making.

Stage 2 classes

For women and their partners who are 19-28 weeks pregnant; 3 classes focusing on changes of mid-pregnancy, baby care, parenting the newborn.

Stage 3 classes

For women and their partners who are 29 weeks-birth; 4 classes focusing on changes of late pregnancy, labour and birth. A hospital orientation, the breastfeeding class and 1 class after the birth of your baby with the parents from your Stage 3 classes, focusing on the newborn and adjusting to parenthood are included. 6 classes in all. PLEASE BRING A PILLOW, PEN AND PAPER WITH YOU TO THE CLASSES.

Becoming a Big Brother or Sister (former Refresher course)

\$35

- A 2 hour class, ideal for children ages 3-8. Parents bring big brother or sister to a hands on class that includes practice holding and diapering a doll, seeing where mom will be staying (hospital tour) and watching a video.
- Please bring a doll or stuffed animal for your child to practice with and your camera to capture your child becoming a big brother or sister !
6:30-8:30 Course fee is Per Family

Prenatal in a day workshop

\$150

- One 7-hour condensed class, plus a breastfeeding class.
- For women and their partners who cannot attend weekday classes. The class focuses on labour and birth, coping skills and medical aids to labour and birth. Hospital orientation is included. It is recommended to take this class one month before due date and that you also take an Infant Care class. PLEASE BRING A PILLOW, PEN AND PAPER WITH YOU TO THE CLASS. Hospital Orientation included.

Hospital orientation

\$10/couple

- Including tour. Once a week.

Infant care class

\$35

- A pre-birth class on the practical care of babies during the first weeks.

Breastfeeding class

\$30

- This two-hour class gives in-depth information for pregnant women on how to get breastfeeding started positively. Please bring a partner, family member or friend. There is a separate class for families expecting multiples.

Cesarean birth class

\$30

- This 2 hour class is for women and couples who are having a planned Caesarean birth or who are at increased risk for a Caesarean birth. The class offers prenatal information and prepares you for your early postpartum days, including a review of post-operative exercises.

Marvelous multiples series

\$170

- 4 prenatal classes for women and couples expecting twins, triplets or more. This is an opportunity to meet other couples who are facing the unique experience of a pregnancy with multiples.
- The classes cover the emotional and physical challenges during pregnancy, the variations of labour, birth and recovery and provides practical information to build your confidence in caring for and living with more than one baby. Hospital orientation and a breastfeeding class are included. Please register for a multiples breastfeeding class using the link below.
- PLEASE BRING A PILLOW, PEN AND PAPER WITH YOU TO THE CLASS.
- Classes are offered throughout the year. This course fee also includes a reunion class after your babies are born.

Multiples Breastfeeding Class

\$30/couple

- This two hour class provides in depth information for pregnant women expecting multiples on how to get breastfeeding started positively. Please bring a partner, family member or friend.

DOUGLAS COLLEGE (604)527-5472

For Burnaby, New Westminster, Port Moody, Coquitlam, Port Coquitlam

Website: http://www.douglas.bc.ca/ce/perinatal/p_labour.html

- 6 labour and birth classes plus 1 reunion \$160/couple
- Prenatal in a weekend \$150/couple
- Prenatal in a day \$125/couple

Private prenatal classes also available Kathy Linstrom(604)527-5045 \$??/hr

Doula Services (labour support) (604)515-5588
(or website <http://bcdouglas.org>)

NORTH VANCOUVER HEALTH

(604) 983-6863

Basic series

\$150

- Early, preparation for labour and refresher plus breastfeeding class

Refresher series

\$75

- 2 classes

Young mother's series

\$75

- 5 classes for teens to twenties

Iranian speaking clients, contact Mahin Khodabandeh (604)983-6859

LOWER MAINLAND CHILDBEARING

(604) 878-1031

email: registrar@childbearing.org

website: www.childbearing.org

Weekly series	\$200
Weekend workshop	\$200
Health Pregnancy classes	\$50
Private classes (materials optional \$25) (min 2 hour session)	\$20 + \$40/hr

Maple Ridge Health Unit

(604)476-7000

#400-22470 Dewdney Trunk Road

(Prenatal classes for teens and young moms -up to 25)

No charge

RICHMOND GENERAL

(Register through Douglas College)

BURNABY HOSPITAL

(Register through Douglas College)

ST. PAUL'S

(604) 806-8298

Childbirth series – 7 evenings

\$160/couple

Prenatal in a day – Saturdays every 6 weeks (include tour)

\$110

Refresher – part of childbirth series or prenatal in a day

\$70

Tours Wednesday 6:00 p.m.– 30-40 minutes

free

S.U.C.C.E.S.S.

(604) 684-1628 or (604) 408-7274 ext 2084

2 3-hour classes in Cantonese

\$35/couple

- Held at BC Women's. Includes hospital tour and pre and postnatal information

Jeanne Lyons

Email: lionsroar@primus.ca

"childbirth classes" as subject of the email

Classes held at 16th and Burrard, they are 2 day weekend workshops.

Belly to Baby

www.bellytobaby.ca

Birthing from Within
Sarah Juliusson
www.DancingStarBirth.ca

(604)254-1100

The Birth Place
www.thebirthplace.ca <<http://www.thebirthplace.ca/>>
Roundhouse Community Centre

(604)713-1800

WestCoast Prenatals
Dasha (Dariya) Kvyatkovski
email: dasha@westcoastprenatals.com
www.westcoastprenatals.com

(604)617-5003

1 week childbirth preparation courses

check site for details

Educare Prenatal/Postnatal Classes
Si Won Kim
Email: educareprenatal@yahoo.ca

Japanese-speaking classes
Mrs. Igarashi
Email: momwestcanada@hotmail.com
Website: <http://momcanada.s175.xrea.com>

(604)980-8539

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