

## Childbirth Education Classes Registration Form

Fill out and mail this form with your payment to register for Childbirth Education Classes

Expectant Mothers Name:

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Partners Name:

\_\_\_\_\_

Due Date:

\_\_\_\_\_

Day Phone:

Evening Phone:

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

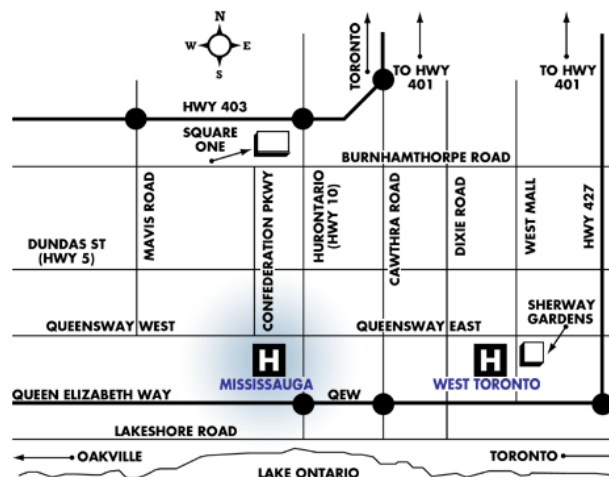
Email Address:

\_\_\_\_\_

Preferred Classes: Weekly  Weekend

Payment Included: Yes

## DIRECTIONS



The Family Care Centre is located at Trillium Health Centre - Mississauga at 100 Queensway West in Mississauga, at the corner of Queensway West and Hurlontario Street (Highway 10), just two minutes north of the Queen Elizabeth Way (QEW).

### BIRTHING SERVICES CHILDBIRTH EDUCATION CLASSES

Phone: 905-848-7653  
Email: sstokes@thc.on.ca

**Trillium Health Centre—Mississauga**  
100 Queensway West  
Mississauga, Ontario  
L5B 1B8



Your Health. Our Passion – for Life

BIRTHING SERVICES

## Childbirth Education Classes



## PAYMENT

Childbirth Education Classes are \$175

Please make cheques payable to:

Trillium Health Centre  
Childbirth Education  
Mississauga—Famiy Care Centre  
100 Queensway West  
Mississauga ON  
L5B 1B8

## ABOUT CHILDBIRTH EDUCATION CLASSES

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Prenatal classes offer women the opportunity to learn about the many aspects of pregnancy, birth and after-birth period.

We suggest that you take your classes between 28–34 weeks of pregnancy.

**Class size is limited so be sure to register early.**



## TOPICS

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- Nutrition
- Understanding Pregnancy
- Understanding Labour
- Relaxation and Breathing
- Variations in Labour
- Caesarean Births
- Care of the Newborn
- Care of the New Family
- Breastfeeding
- Hospital Tours

## WHEN AND WHERE

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Childbirth Education Classes are given in:

### **Weekly Series**

- 2 hour session, once a week for 6 weeks
- 6:30 p.m.- 8:30 p.m.

### **Weekend Series**

- 2 day session
- Saturday/Saturday or
- Saturday/Sunday
- 9 a.m.—4 p.m.

Childbirth Education Classes are held at:  
**Trillium Health Centre—Mississauga**  
Family Care Centre  
100 Queensway West  
Mississauga ON  
L5B 1B8

## DETAILS

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Childbirth Education Classes cost \$175  
**FEES MAY BE COVERED BY YOUR PRIVATE HEALTH INSURANCE BENEFITS**

Our instructors are:

- Registered Nurses
- Certified Childbirth Educators
- Doulas
- Employees of Trillium Health Centre

## REGISTER TODAY

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To register for Childbirth Education classes



**Call 905-848-7653**

Press “1” for the Booking Line  
Open Mon—Fri 9:30 a.m.—12 p.m.  
1:30 p.m.—4:30 p.m.  
or



Complete and **mail** the form provided on the back of this brochure with your payment to:

**Trillium Health Centre—Mississauga**  
Family Care Centre  
100 Queensway West  
Mississauga ON  
L5B 1B8

