



island health



# Campbell River Public Health 2022 Prenatal Education

*REGISTER NOW WITH RIGHT FROM THE START!*

Island Health's **Right From The Start** Prenatal Registration Program provides Public Health services and support to pregnant women and their families. Our public health nurses work closely with doctors, midwives, hospitals and First Nations nursing services to take care of you and your baby.

To register and find more information visit

[rightfromthestart.viha.ca](https://rightfromthestart.viha.ca)

## 2022 BREASTFEEDING CLASS

- *Benefits and myths*
  - *Getting started and what to expect*
  - *Common challenges and hot topics*
  - *Where to get help*
- \*\*These classes are held via Zoom - if you are unable to access a computer or smart phone, or do not have an email account, please contact us. You can join the audio portion of the meeting from any telephone.*

## 2022 LABOUR AND DELIVERY EDUCATION

- *Learn about L&D at your own pace, in your own home*
  - *Get your free app from Public Health*
  - *Create an account to use the online tools and videos*
- Public Health Nurses are available to answer any questions that you may have*



Contact  
**PUBLIC HEALTH**  
to register

200 - 1100 Island Highway  
(Tye Plaza)  
Phone: 250-850-2110

## 2022 BREASTFEEDING CLASS DATES

January 19th  
February 16th  
March 16th  
April 20th  
May 18th  
June 15th  
July 20th  
August 17th  
September 21st  
October 19th  
November 16th  
December 21st

Check out the [Hospital Tour](https://www.youtube.com/watch?v=FhLp9SF24e8) of our local maternity ward!

<https://www.youtube.com/watch?v=FhLp9SF24e8>