

Campbell River Public Health 2021 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

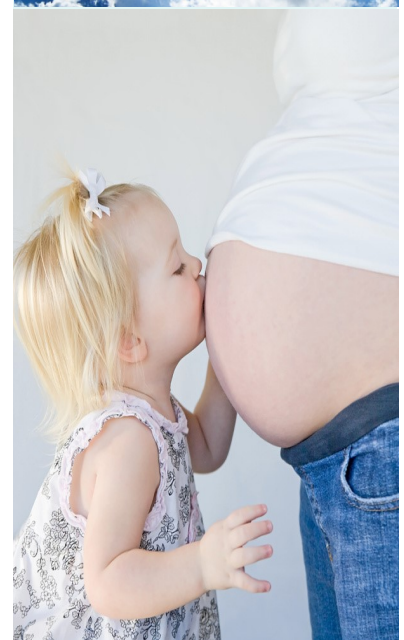
2021 BREAST FEEDING CLASS

- *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 part of the meeting from any telephone.*

2021 LABOUR AND DELIVERY EDUCATION

- *Learn about L&D at your own pace, in your own home*
- *Pick up a free booklet 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*

Check out this [Hospital Tour](#) of our local maternity ward!



CONTACT PUBLIC HEALTH TO REGISTER

250 850-2110
#200—1100 Island Hwy
(Upstairs in Tyee Plaza)

AVIALABLE DATES 2021

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