



Hay River Health & Social Services Authority | Administration des services de  
santé et des services sociaux de Hay River  
37911 MacKenzie Highway | 37911 route Mackenzie  
Hay River, NT X0E 0R6 | ☎ (867) 874-8000 📠 (867) 874-8141

**The Healthy Family Program & Midwifery Department present:**

# PRE & POST NATAL CLASS SERIES

**Date:** Wednesdays on February 15<sup>th</sup>, March 22<sup>nd</sup>,  
April 19<sup>th</sup>, and May 17<sup>th</sup>

**Time:** 6:30pm - 7:30pm



In these sessions you will be able to build connections, share advice, get social support, have an opportunity to ask questions and learn about:

- Prenatal health
- Labour & delivery
- Postpartum transitions
- Infant feeding
- Community groups
- Baby Care
- Car seat safety and more!

Light snacks and refreshments will be available. This program is free and open to anyone who is currently expecting a baby. Support person/partner is welcome and encouraged to attend these sessions with you.

*Classes will take place at various locations.*

For more information and to register, call Paula at 867-874-8471 or email [Paula\\_Gour@gov.nt.ca](mailto:Paula_Gour@gov.nt.ca)