



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:

PRENATAL CLASS SERIES

Date: Wednesdays on February 15th, March 22nd,
April 19th, and May 17th

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 Emilie at 867-874-8040 or email Emilie_lemonde-hinse@gov.nt.ca