

Perinatal Class Schedule for Moose & Squirrel and Greenwood Clinic

June to December 2014

Moose & Squirrel

Classes held at #2 200 Main Ave W Sundre

June 10 – 1400h-1500h - Sexuality, Substance Abuse and Domestic Violence

June 26 – 1000h-1100h - Baby Care

July 8 –1400h-1500h - Nutrition

July 24 –1000h-1100h - Breastfeeding

Aug 5 – 1400h-1500h - Immunizations and Car Seats

Aug 21 –1000h-1100h - Exercise, Rest and Body Image

Sept 2 –1400h-1500h - Family Dynamics and Postpartum Changes

Sept 18 – 1000h-1100h - Early Childhood Development

Sept 30 – 1400h-1500h - Baby care 2

Oct 16 –1000h-1100h – Labor 1

Oct 28 – 1400h-1500h - Labor 2

Nov 13 –1000h-1100h - Baby Care 1

Nov 25 –1400h-1500h - Nutrition

Dec 11 –1000h-1100h - Breastfeeding

Dec 23 –1400h-1500h -

Greenwood Clinic

Classes held at Sundre Community Health Center 212 – 6 Ave NE Sundre

Classes held at 1000am to 1100am

June 4 -- Family Dynamics and Postpartum Change

June 18 – Early Childhood Development

July 2 – Sexuality, Substance Abuse and Domestic Violence

July 23 – Labor and Relaxation

July 30 – Labor Plan and Medical Complications

Aug 13 – Baby Care

Aug 27 – Nutrition

Sept 10 –Breastfeeding

Sept 24 – Baby Care 2

Oct 8 – Labor 1

Oct 29 – Labor 2

Nov 5 – Early Childhood Development

Nov 19 – Baby Care 1

Dec 3 – Baby Care 2

Dec 17 – Breastfeeding

Dec 31 –