

REGISTER EARLY

1. Online at www.birthandbabies.com

2. Telephone

403-781-1450

1-866-471-7011 (toll free)

Monday–Friday - 8:00 a.m.–4:00 p.m.

3. Fax

403-781-2559

4. Mail

Perinatal Education

Suite 400, 1509 Centre Street SW

Calgary, AB T2G 2E6

5. In person (by appointment)

Monday–Friday - 8:00 a.m.–4:00 p.m.

403-781-1450

Class Dates, Locations, and Confirmation

Where dates and locations are not shown, they will be selected for you based on your due date, class availability, and home address. You can also review dates/locations by calling our registration line.

Please check your written confirmation carefully as class dates and locations may change.

Fees, Refunds, and Cancellations

The deadline for refunds and class changes is 7 days before the class start date. A \$20 administration fee will be charged for class changes and cancellations. Some exceptions may apply. If your class is cancelled by Perinatal Education, you will be re-scheduled or given a full refund.

Class fees may change without notice.

Disclaimer

Some courses are presented by external providers. The views expressed in these courses are not necessarily those of Alberta Health Services. Perinatal Education accepts registrations for these courses for your convenience.

Information provided in these classes is not meant to replace medical advice on personal health matters. Such advice should come from an appropriate healthcare professional.

Register online www.birthandbabies.com

REGISTRATION FORM

Name _____

Partner's Name _____

Address _____

_____ Postal Code _____

Home Phone _____

Work/Cell Phone _____

Mom's Health Care No. _____

Mother-to-be Birth Date _____

Doctor or Midwife _____

Baby's Due Date _____

For Big Brother, Big Sister classes, please complete:

1st Child's Name _____

Birth Date _____

2nd Child's Name _____

Birth Date _____



Payment

Do not send cash in the mail

Total Payment Amount \$ _____

(Class fees may change)

Cheque or money order payable to
Alberta Health Services

Visa

MasterCard

Card # _____

Expiry Date _____

Cardholder's Name _____

Signature _____



REGISTRATION FORM

Register early for the best selection of dates and locations.

For more information visit www.birthandbabies.com, or call 403-781-1450 or 1-866-471-7011 (toll free).

1. Maybe A Baby?	
2. Early Pregnancy	FREE <input type="checkbox"/>
Weeknights 7:00 - 9:00 p.m. <input type="checkbox"/> Sat. 9:30 a.m. - 11:30 a.m. <input type="checkbox"/>	
3. Nutrition for Your Healthy Pregnancy	FREE <input type="checkbox"/>
4. Relax for Pregnancy and Labour	\$30 <input type="checkbox"/>
5. Pregnancy Massage for Couples	\$40 <input type="checkbox"/>
Weeknights 7:00 - 9:00 p.m.	
6. Budgeting for Babies	FREE <input type="checkbox"/>
Weeknights 7:00 - 9:00 p.m.	
7. Childbirth Essentials -	\$125 <input type="checkbox"/>
Weeknight or Saturday Afternoon	
8. Childbirth Express -	\$125 <input type="checkbox"/>
One Saturday plus online Sat 9:30 a.m. - 4:00 p.m.	
9. Childbirth Essentials for Teens	FREE <input type="checkbox"/>
10. Birth and Babies	\$200 <input type="checkbox"/>
11. Twin & Triplet Childbirth Essentials	\$125 <input type="checkbox"/>
12. What's New for Baby #2 (Refresher)	\$65 <input type="checkbox"/>
Saturday 9:30 a.m. - 2 p.m.	
13. Friday Night Date & Refresher Class	\$125 <input type="checkbox"/>
(6 p.m - 10 p.m) No refund within 14 days of class.	
14. Vaginal Birth after Cesarean (VBAC)	\$65 <input type="checkbox"/>
15. Helping Your Child Adjust to a New Baby	\$30 <input type="checkbox"/>
16. Big Brother, Big Sister	1st Child \$25 <input type="checkbox"/> 2nd Child \$15 <input type="checkbox"/>
3-5 yrs: Sat 9:00 a.m. 6-8 yrs: Sat 10:45 a.m.	
17. Baby Care	\$30 <input type="checkbox"/>
18. Adoptive Baby Care	\$40 <input type="checkbox"/>
19. Breastfeeding	FREE <input type="checkbox"/>
20. Sleep Like a Baby	Single \$30 <input type="checkbox"/> Couple \$40 <input type="checkbox"/>
21. Loving Hands: Calming Your Baby with Touch	\$35 <input type="checkbox"/>
22. Especially for Fathers	\$40 <input type="checkbox"/>
23. Twins, Triplets, & More - Adjusting to Parenthood	\$25 <input type="checkbox"/>
(FREE with any Twin and Triplet Childbirth Essentials class)	
24. New Baby, Old Pet?	\$30 <input type="checkbox"/>
Introducing Baby to Rover	
25. CPR	Single \$57 <input type="checkbox"/> Couple \$72 <input type="checkbox"/>
26. Baby Safety	Single \$65 <input type="checkbox"/> Couple \$110 <input type="checkbox"/>
27. Joy of Grandparenting	\$30 <input type="checkbox"/>
28. Nurturing Healthy Families	\$30 <input type="checkbox"/>
29. Baby & You for Moms	FREE <input type="checkbox"/>
30. Daddies & Babies	FREE <input type="checkbox"/>
31. Infant Massage	\$75 <input type="checkbox"/>
32. Feeding Your Baby	FREE <input type="checkbox"/>
33. Sleep Workshop for Tired Parents	Single \$30 <input type="checkbox"/> Couple \$40 <input type="checkbox"/>
34. Baby Talk	Single \$60 <input type="checkbox"/> Couple \$90 <input type="checkbox"/>
35. Baby Behaviour	Single \$30 <input type="checkbox"/> Couple \$40 <input type="checkbox"/>

Scent-Free Classes

For the health and comfort of everyone in the class, please do not use perfume or strongly scented products at Perinatal Education classes.

Detach for fax or mail in

