

# Birth and Babies

AHS classes for pregnancy, birth, and early parenting



## **Free Early Pregnancy Class:**

Learn about pregnancy, lifestyle and relationships changes as well as prenatal care options.

## **Birth and Babies Signature (10 weeks):**

Beginning around five weeks before your due date, connect with other parents and newborns as you learn about labour, birth, and early parenting. Our experienced educators offer support and information right when you need it.

## **Birth and Babies Essentials (6 weeks & weekend options):**

Short on time? Looking for the essential information on labour, birth and caring for baby? These shorter series have options to fit your schedule.

## **Additional classes for your Parenting Journey:**

Including Buying for Baby, Sleep like a Baby, Car Seat Safety, Baby Health & Safety, and more.

Virtual  
Classes  
Now  
Available

**Registration and Resources at**  
[www.birthandbabies.com](http://www.birthandbabies.com)



Calgary Public Health  
Perinatal Education

