



COCHRANE PRENATAL HEALTH GROUP

JANUARY 14 & 28, FEBRUARY 11 & 25,
MARCH 11 & 25, APRIL 8 & 22
1:00 - 2:30 PM

Join us for an online casual café, where you can meet with an Alberta Health Services childbirth educator and connect with other parents on the topics of pregnancy, nutrition, labour and birth, breastfeeding and feeding your baby, infant sleep, newborn care, transition to parenthood and early parenting.

Register at: cochrane.ca/programguide. You will receive the Zoom link and password upon registration.