

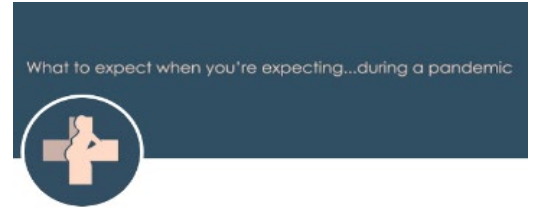
Hello Expecting Mothers,

If you are looking for prenatal classes available in the Greater Toronto Area here are some great options:

Pandemic Pregnancy Guide

Instagram link: [PandemicPregnancyGuide](#)

A guide for pregnant women to navigate their pregnancy during COVID-19 run by Canadian doctors at St. Michael's Hospital. The goal for this account is to offer reliable, current information about your pregnancy in the context of COVID-19.



Toronto Public Health

Webpage link: <https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/pregnancy/during-pregnancy/prenatal-programs/welcome-to-parenting/>



Welcome to Parenting is a free online prenatal program that you can access anytime and anywhere. This program provides information on pregnancy, childbirth, and parenting. Welcome to Parenting will help you gain the knowledge, skills, and confidence you need as a pregnant individual, new parent, partner or support person.

Prenatal Topics Include:

- having a healthy pregnancy
- healthy eating during pregnancy
- basic labour and birth
- breastfeeding

Baby Centre

Webpage link: <https://www.babycenter.ca/>



Provides a wealth of resources for your pregnancy including answers, tips and information to guide you on this incredible journey. Popular topics include videos and resources on:

- Your pregnancy week by week
- How your baby's developing
- Early pregnancy guide
- Diet for a healthy pregnancy
- First time moms

Toronto Yoga Mamas

Webpage link: <https://www.torontoyogamamas.com/>

Join your favourite instructors as they lead you through virtual live classes daily including prenatal yoga, prenatal meditation, postnatal body tone bootcamp and more.



Markham Prenatal

Webpage link: <https://markhamprenatal.com/>

Expectant mothers have the opportunity to participate in a free 4-week prenatal class (live webinar) series that focuses on labour, birth, and the care of your baby. The instructors are Registered Nurses at Markham Stouffville Hospital and other hospitals who present unbiased and current information to help expectant mothers make informed decisions during childbirth.



Register for any of these sessions at: www.insception.com/online-cord-blood-education