

Interested In Virtual Prenatal Classes?

Check out the Women's Health Centre's Virtual Prenatal Education Program at St. Michael's Hospital!



Virtual class series:

***Tuesday OR Wednesday evenings (6 x 2 hour classes)**

***Saturdays (2 x 4.5 hour classes)**

Classes provided via Zoom.

Our classes include:

- Labour and Birth
- Pain Management
- Breathing and Relaxing Techniques
- Virtual tour of Labour and Delivery Unit
- Common Interventions during Vaginal Birth
- Labour Support
- Breastfeeding
- Caesarian Discussion

Call: (416) 867-7421 for more information and registration fee

We accept cash, interact, credit card