Preparing for Parenthood

September 2017 – June 2018

Information and Support
Before and During Pregnancy

earlyyearsinfo.ca
A New Topic is Discussed Each Week

- Community Resources
- Attachment And Learning Your Baby’s Cues
- Birth Plans And Comfort Measures
- Safety In The Home
- Child Care
- Basic Baby Care
- Mental Health And Self Care
- Breastfeeding
- Early Literacy
- Creating A Healthy Home Environment
- Car Seat Safety
- Prenatal Nutrition And More!

All sessions are offered on Tuesday evenings.

Registration and More Information:

To register or to learn more about topics offered including locations and dates, visit http://www.earlyyearsinfo.ca/preparing-for-parenthood.html or call:

**YMCA Early Years**
519-741-8585

**Our Place Family Resource and Early Years Centre**
519-571-1626

**Cambridge Family Early Years Centre**
519-740-8353