

# CHILDBIRTH PREPARATION CLASSES

These five late-pregnancy classes will help prepare you for the physical and emotional aspects of labour, birth and the postnatal period. Active participation, group discussion, practice of various labour coping techniques (e.g. breathing & relaxation techniques), videos and a tour of our Family Birthing Centre are provided in this series.

**FEE:** \$130 per couple

**When? Where? What to bring?** One night a week for 5 consecutive weeks at St. Joseph's Health Centre. Wear comfortable clothes. For dates offered or more information about these classes, please visit [www.stjoestoronto.ca/childbirth](http://www.stjoestoronto.ca/childbirth).

**How to register:** Please fill in the form below along with a cheque\* or money order for the fee (payable to St. Joseph's Health Centre), and mail to

Childbirth & Parenting Services  
St. Joseph's Health Centre  
30 The Queensway  
Toronto, Ontario M6R 1B5

Confirmation of registration will be emailed or mailed to you, outlining the date and exact location of your first class. \*Post-dated cheques will be accepted ONLY if previously authorized.

## REGISTRATION FORM

I would like to register for the four classes starting on:

Last Name:

First Name:

Street:

Apt #:

City/Town:

Postal Code:

Home phone #:

Work #:

Cell #:

E-mail:

Name of support person:

Your Doctor's/Midwife's Name:

Your Due Date:

Please indicate your first and second choices. I prefer to attend classes on:

- Monday    Tuesday    Wednesday    Thursday    No preference

For Office Use    CPC List    Confirm

Please note: Full refund of registration fees will be granted only if notice of cancellation is received 3 WEEKS prior to the start of classes.

*Generously supported by the Sprott Foundation*