

Prenatal Class Schedule

What is prenatal education?

Prenatal education is ideal for those having babies for the first time or for those who would like a refresher. Expectant parents will learn about the late stages of pregnancy, labour and delivery, relaxation, post-partum care of mom and baby, breastfeeding, newborn care and the transition to parenting.

Prenatal Class Schedule		2019
Host Location	Day	Class Dates and Times
(A) Point Edward	Wednesdays	July 3, 10 & 17th (6pm - 9pm)
(A) Point Edward	Wednesdays	August 7, 14 & 21st (6pm - 9pm)
(A) Point Edward	Wednesdays	September 4, 11 & 18th (6pm - 9pm)
(A) Point Edward	Friday & Saturday	September 27th (6pm - 9pm) & 28th (9am - 4pm)
(A) Point Edward	Wednesdays	October 2, 9 & 16th (6pm - pm)
(A) Point Edward	Wednesdays	November 6, 13 & 20th (6pm - 9pm)
(A) Point Edward	Friday & Saturday	November 22nd (6pm - 9pm) & 23rd (9am - 4pm)
(A) Point Edward	Wednesdays	December 4, 11 & 18th (6pm - 9pm)
(B) Forest	Tuesdays	September 3, 10 & 17th (6pm - 9pm) NLCHC
(C) Sarnia	Tuesdays	May 7, 14, 21, 28th & June 4th (2pm - 5pm)
(C) Sarnia	Tuesdays	September 17, 24, October 1, 8 & 15th (2pm - 5pm)
(D) Petrolia	Tuesdays	October 22, 29 & November 5th (6pm - 9pm) CLFHT

Host Locations

(A) Lambton Public Health
160 Exmouth Street
Point Edward, ON N7T 7Z6

(B) North Lambton Community Health Centre
59 King Street
Forest, ON N0N 1J0

(C) West Lambton Community Health Centre
429 Exmouth Street
Sarnia, ON N7T 5P1
Prenatal Classes for Young Parents

(D) Central Lambton Family Health Team
3-4130 Glenview Rd.,
Petrolia, ON N0N 1R0

Registration

Register before your 6th month of pregnancy.

- Online form at www.lambtonhealth.on.ca (under classes and clinics)
- Print form - Mail or visit the Lambton Public Health office. *Hours:* 8:30 a.m. to 4:30 p.m., Monday to Friday.
Map: [160 Exmouth Street, Point Edward](#)
- Call 519-383-8331 ext. 3573
Toll free 1-800-667-1839 ext. 3573

If you require access to this information in an alternative format contact Lambton Public Health.



Lambton
Public Health

160 Exmouth Street
Point Edward, Ontario N7T 7Z6
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