

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	January 9, 16 & 23rd (6pm - 9pm)
(A) Point Edward	Wednesdays	February 6, 13 & 20th (6pm - 9pm)
(A) Point Edward	Wednesdays	March 6, 13 & 20th (6pm - 9pm)
(A) Point Edward	Friday & Saturday	February 8th (6pm - 9pm) & 9th (9am - 4pm)
(A) Point Edward	Wednesdays	April 3, 10 & 17th (6pm - 9pm)
(A) Point Edward	Wednesdays	May 1, 8 & 15th (6pm - 9pm)
(A) Point Edward	Friday & Saturday	May 3rd (6pm - 9pm) & 4th (9am - 4pm)
(A) Point Edward	Wednesdays	June 5, 12 & 19th (6pm - 9pm)
(B) Forest	Tuesdays	February 5, 12 & 19th (6pm - 9pm) NLCHC
(C) Sarnia	Tuesdays	January 15, 22, 29, February 5, & 12th (2pm - 5pm)
(D) Petrolia	Tuesdays	April 16, 23 and 30th (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.

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Lambton
Public Health

160 Exmouth Street
Point Edward, Ontario N7T 7Z6
Telephone: 519-383-8331 ext. 3573
Toll free: 1-800-667-1839
www.lambtonhealth.on.ca

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