

FREE Pregnancy Support Courses

**Tuesdays
11am - 1pm**
at the
Healthy Living Centre
170 Pitfield St, N1 6JP



Our friendly and informal pregnancy support courses will help you to plan and prepare for the birth of your baby. Each course includes 6 weekly classes lasting 1½ hours each. Classes will cover topics like pregnancy health & wellbeing, positions for labour & birth, pain relief, writing a birth plan, breastfeeding and what happens after birth. Refreshments, handouts, books to borrow and maternity clothes are available free of charge at every session and your travel costs to classes will be paid by Birth Companions.

These courses are available by **referral only** to women living in Hackney or to women out of area who are planning to give birth at the Homerton Hospital. Please speak to your midwife or self-refer by calling **07903 537 555** or email abbi@birthcompanions.org.uk



How to find us...

