

FREE Pregnancy Support Courses

**Tuesdays
11am – 1pm**
at the
Whittington Hospital

**Whittington Education Centre (WEC)
Magdala Avenue, N19 5NF**



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 2 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 public transport travel costs to and from each class will be paid by Birth Companions.

These courses are available by referral only to women living in Islington or to women out of area who are planning to give birth at the Whittington Hospital.

Please speak to your midwife or self-refer by calling 07903 537 555 or email abbi@birthcompanions.org.uk

