

# CHILDBIRTH PREPARATION - MINI-SERIES

We have **CONDENSED** elements from our regular six-class series in order to accommodate those women who are unable to commit to a full six-week evening program. This mini-series focuses on birthing, and includes a video on birth and a tour of our Family Birthing Centre. Other topics touched on include new mother and baby care, as well as practical demonstrations of breathing and relaxation techniques. We strongly recommend the Breastfeeding for Baby and Newborn Care Workshops.

Fee: \$75 with support person

## Where? When?

Held at St. Joseph's Health Centre on a Saturday.  
Wear comfortable clothes, like slacks, shorts or track pants.

**For dates offered or more information about these classes,  
please call Childbirth & Parenting Services at (416) 530-6367.**

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



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



### Confirmation of Registration:

A letter will be mailed to you, outlining the date and exact location of your first class.

## CHILDBIRTH PREPARATION - MINI-SERIES REGISTRATION FORM

I would like to register for the mini-series on \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street: \_\_\_\_\_ Apt. #: \_\_\_\_\_

City/Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Work: \_\_\_\_\_

Cell: \_\_\_\_\_ E-mail: \_\_\_\_\_

Name of support person: \_\_\_\_\_

Your Doctor's/ Midwife's Name: \_\_\_\_\_ Your Due Date: \_\_\_\_\_

Hospital delivering at:  St. Joseph's, or \_\_\_\_\_

For Office Use Only  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. \*Post-dated cheques will be accepted ONLY if previously authorized.

Rev 05/08