

Pregnancy 2 Parenting In the South

For young pregnant women, 20 years and under,
and their partners or support people.

- Meet other young parents to be
- Gain information on birth, labour, parenting and more!

WHEN: Tuesdays from 12:00pm to 2:00pm

**WHERE: Metropolitan Youth Health 50A
Beach Rd, Christies Beach**

Free lunch provided!

Session 1 - Tuesday, 26th of September 2017

Pregnancy Time line/Memory Box/journal

Session 2 - Tuesday, 3rd of October 2017

Safe sleeping, Breastfeeding baby

Session 3 - Tuesday, 10th of October 2017

Labour/Birth, drugs in pregnancy, Strengths as Young Parents

Session 4 - Tuesday, 17th of October 2017

Centrelink, Immunisation, Contraception

Session 5 - Tuesday, 24th of October 2017

Labour ward tour

Session 6 - Tuesday, 31st of October 2017

Letter to your baby, Attachment, Soothing baby, C4C Calendar and
community supports

Session 7- Tuesday, 7th of November 2017 6pm-8pm

Being a good enough Parent?

For more information phone: 83266053

Stephanie or Anne-Maree – Metropolitan Youth Health South

