

Pre and Post Natal Programs

Contact Carol at 416-231-7070 extension 283 for more information

EATING FOR TWO:

Thursdays - 1:30 p.m. to 3:00 p.m.

Are you expecting? Come join us each week and meet other expectant parents, learn about pregnancy, baby care and nutrition.

***Registration is required for this program.**

Contact Rexdale Community Health Centre at 416-744-6312 extension 281 to register for the program at Stonegate Community Health Centre.

PRENATAL CLASSES:

Tuesdays - 6:00 p.m. to 8:00 p.m.

**January 27th to March 17th
LAMP Community Health Centre
(185 5th Street)**

These 8 week sessions will prepare expecting parents for labour and delivery.

***Registration is required for this program**

Contact Barbara at 416-231-7070 extension 243