

FREE pregnancy and parenting education for women from overseas birthing at The Royal Hospital for Women



- **Online - Antenatal session (Tuesdays): 28/01, 25/03, 27/05, 29/07, 30/09, 25/11. Time: 10:00 – 11.30am**

FREE online education about pregnancy, breastfeeding, preparing for labour and birth with Midwife Educator, Lactation Consultant, and Cross Cultural Worker.

- **Postnatal groups: International mums 29/05, Portuguese speaking mums 31/07, Spanish speaking mums 30/10. Time: 10 -12pm**

Face to face group with Nurse Educator from Child and Family Health Nurse team and Cross Cultural Worker.

- **Online CPR and First Aid for Baby and Infant with Dr Deb Perkins (SCHNR): 18 February 2025. Time 10 – 11.30am (free but booking is essential)**

To gain some knowledge on delivering first aid and common infant related injuries which includes CPR, choking, poisoning, snake & spider bite and some more.

For more details and link to join, please contact:
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