



island health



# Campbell River Public Health 2023 Prenatal Education

*REGISTER NOW WITH RIGHT FROM THE START!*

Island Health's **Right From The Start** Prenatal Registration Program provides Public Health services and support to pregnant women and their families. Our public health nurses work closely with doctors, midwives, hospitals and First Nations nursing services to take care of you and your baby.

To register and find more information visit:

[rfts@islandhealth.ca](mailto:rfts@islandhealth.ca)

## 2023 BREASTFEEDING CLASS

- *Benefits and myths*
- *Getting started and what to expect*
- *Common challenges and hot topics*
- *Where to get help*

*\*\*Alternating classes are held via Zoom - if you are unable to access a computer or smart phone, or do not have an email account, please contact us. You can join the audio portion of the meeting from any telephone.*

## 2023 LABOUR AND DELIVERY EDUCATION

- *Learn about L&D at your own pace, in your own home*
- *Get your free app from Public Health*
- *Create an account to use the online tools and videos  
Public Health Nurses are available to answer any questions that you may have*



Contact  
PUBLIC HEALTH  
to register

200 - 1100 Island Highway  
(Tyee Plaza)  
Phone: 250-850-2110

### 2023 BREASTFEEDING CLASS DATES

January 18<sup>th</sup> (in person)  
 February 15<sup>th</sup> (\*\*zoom)  
 March 15<sup>th</sup> (in person)  
 April 19<sup>th</sup> (\*\*zoom)  
 May 17<sup>th</sup> (in person)  
 June 21<sup>st</sup> (\*\*zoom)  
 July 19<sup>th</sup> (in person)  
 August 16<sup>th</sup> (\*\*zoom)  
 September 20<sup>th</sup> (in person)  
 October 18<sup>th</sup> (\*\*zoom)  
 November 15<sup>th</sup> (in person)  
 December 20<sup>th</sup> (\*\*zoom)

Check out the [Hospital Tour](#) of our local maternity ward!

<https://www.youtube.com/watch?v=FhLp9SF24e8>