

# Campbell River Public Health 2024 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)

## 2024 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.*

## 2024 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

2024  
BREASTFEEDING CLASS  
2:30 PM—4:30 PM

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

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

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