

# Campbell River Public Health 2026 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)

## 2026 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 Teams - 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.*

## 2026 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

**2026  
BREASTFEEDING CLASS**  
10:00 AM—12:00 PM

January 14th \*\* (in person)  
February 11th \*\* (teams)  
March 11th \*\* (in person)  
April 8th \*\* (teams)  
May 13th \*\* (in person)  
June 10th \*\* (teams)  
July 8th \*\* (in person)  
August 12th \*\* (teams)  
September 9th \*\* (in person)  
October 14th \*\* (teams)  
November 18th \*\* (in person)  
December 9th \*\* (teams)

Check out the [Hospital Tour](https://www.youtube.com/watch?v=FhLp9SF24e8) of our local maternity ward!  
<https://www.youtube.com/watch?v=FhLp9SF24e8>