

# AHS Birth and Babies

Prenatal Classes from any location!

## Free early pregnancy class:

Learn about pregnancy, lifestyle and relationships changes as well as prenatal care options



## Birth and Babies Essentials (4 weeks or 6 weeks):

Classes cover labour, birth, feeding and caring for baby.



## Other virtual options:

Buying for baby, sleep, car seat safety, infant safety, stand-alone baby care and breast/chestfeeding, adoptive and intended parent baby care, VBAC / Refresher, fathers and more!

- Virtual classes are available for anyone in AB

- Be informed and feel more prepared for your birth and new baby

- Trusted providers within AHS

- Subsidies for people living on a low income

Building your confidence for the important moments!



Calgary Public Health  
Perinatal Education

Registration and resources:  
[www.birthandbabies.com](http://www.birthandbabies.com)

