

Prenatal Education Classes

Central Zone

Prenatal education is available through a variety of options with information about nutrition before and after pregnancy, labour and delivery, breastfeeding and newborn care.

Virtual Classes

- Registration is required.
- See [How to Register](https://birthandbabies.com/registration/) (https://birthandbabies.com/registration/)
- View Courses: from Account tab choose Calgary & Area, then the Courses tab. For each course, the View Details button provides format and cost.
- For assistance with registration call (toll-free)1-866-471-7011.

Free Online Self-study Course

- Registration is not required.
- Visit [Online Birth & Babies](https://birthandbabies.com/prenatal-topics-online/) (https://birthandbabies.com/prenatal-topics-online/)

More Information

- For more prenatal education options, call the Central Zone Prenatal Education Line at 1-855-554-4774.

Note: If you can't participate in the group virtual classes or the on-line course (i.e. limited internet access, language barrier, adolescents, or other specific needs that may not be met by virtual or online education) phone the Central Zone Prenatal Education Line at 1-855-554-4774 for education and support.

Community Agencies & Medical Clinics

- Staff should direct clients to call the Central Zone Prenatal Education Line at 1-855-554-4774.

