

North Zone Prenatal Education Classes

AHS Public Health offers free prenatal education classes for information about pregnancy, labour & delivery, breastfeeding, and after birth & newborn care.

Prenatal classes are available in the following communities:

All North Zone residents:

- Join from any location in the AHS North Zone.
- Virtual classes are offered once a month on Saturday (9 a.m. to 4 p.m.).
- To register, visit [North Zone Online Prenatal Class Registration Form](#).

Barrhead:

- In-person classes are offered every three months on Saturday (9:30 a.m. to 4 p.m.).
- For class dates and to register, call Barrhead Public Health: 780-674-3408.

Fairview:

- In-person classes are available upon request. Daytime, evening, and weekend availability.
- To register, call Fairview Public Health: 780-835-4951.

Fort McMurray:

- In-person drop-in classes are offered on Wednesday (5:30 p.m. to 7:30 p.m.) at Fort McMurray Community Health Services (113 Thickwood Blvd).
- Registration is not required.

Grande Prairie:

- In-person classes are offered on certain Saturdays (1:00 p.m.).
- For upcoming classes and to register, visit [Grande Prairie Public Health Prenatal Class Series](#).

High Level:

- In-person classes are available upon request.
- To register, call High Level Public Health: 780-841-3230.

Hinton

- In-person classes are offered every three months.
- To register, call Hinton Public Health: 780-865-2277 (extension 0).

La Crete:

- In-person classes are available upon request.
- To register, call La Crete Public Health: 780-928-6800

Lac La Biche:

- In-person classes are available upon request.
- To register, call Lac La Biche Public Health: 780-623-4471 (extension 0).

Manning:

- In-person classes are available upon request. Daytime and evening availability.
- To register, call Manning Public Health: 780-836-7361.

Peace River/Grimshaw:

- In-person and virtual Zoom classes are offered every three months. Daytime, evening, and weekend availability.
- To register, call Peace River Public Health: 780-624-7260.

St. Paul:

- In-person classes are offered in the evening (Day TBD, 6:30 p.m. to 8:30 p.m.).
- To register, call St. Paul Public Health at 780-645-3396.

Westlock:

- Virtual Zoom classes are offered every three months on Sunday (9 a.m. to 4 p.m.)
- To register, call Westlock Public Health at 780-349-3316.