

# **Pregnancy 2 Parenting In the South**

For young pregnant people twenty five years and under and their partners or support people.

**Free Lunch Provided!**

**Meet other young parents to be and gain information on birth, parenting and more!**

**Starts November 10<sup>th</sup> until Tues 15<sup>th</sup> Dec 2020**

**WHEN: Tuesdays 1pm to 3pm**

**WHERE: Metro Youth Health**

**50A Beach Rd, Christies Beach**

**Tuesday 10<sup>th</sup> November**

**Introduction to MY Health and How to Keep our Kids Safe**

**Tuesday 17<sup>th</sup> November**

**What Happens After Your Baby is born & CaFHS Nurse sharing about Child Youth Health**

**Tuesday 24<sup>th</sup> November**

**Learn about Labour and Birthing – Midwife from FMC**

**Tuesday 1<sup>st</sup> December**

**Breastfeeding and Supports in the Community After You Have Your Baby – Stroma**

**Tuesday 8<sup>th</sup> December**

**Getting to Know Your Baby – Settling, Wrapping, Changing Nappies and Circle of Security**

**Tuesday 15<sup>th</sup> December**

**Looking after Yourself: Recovery after Birth, Mental Health, Contraception and Self Care**

**For more information contact:**

**Anna or Amy – Metro Youth Health South 8326 6053**

