

CHILDBIRTH & MOTHER'S SUPPORT

Course Name/Description	Venue/Time	Cost/Contact
PANDSI Partner's Evening Information Sessions A group session focussing on wellbeing and how to support a partner experiencing post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Quarterly dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI PUMP (Promoting Ultimate Maternal Potential) A group program combining exercise and facilitated support for women affected by post or ante natal depression. Bookings essential.	PANDSI Office, 25 Stapylton St, Holder Kippax Uniting Care Church, Holt Dates and times TBA	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Weekly Day Support Group This open, weekly group supports women affected by post or ante natal depression.	PANDSI Office, 25 Stapylton St, Holder Wednesdays 10am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
PANDSI Pram Walking Group A scenic walk for those affected by post or ante natal depression, followed by coffee and chat.	Various venues Tuesdays 9.30am During school terms	Free PANDSI Ph: 6288 1936 services@pandsi.org www.pandsi.org
Medical Termination Group A facilitated group for parents who have experienced a medical termination.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Monday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
General Support Group A facilitated group for parents who have experienced a loss of a pregnancy, baby or child.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 2 nd Monday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255
Pregnancy After Loss Group A facilitated group for parents who have experienced a loss and now have a subsequent pregnancy.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph:6287 4255

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Early Pregnancy Loss Group A facilitated group for parents who have experienced an early pregnancy loss (up to 20 weeks gestation).	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 3 rd Thursday of each month 6.30 – 8pm	Free SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
Multiples Birth Support Group A facilitated group for parents who have experienced a loss of a baby or babies in a multiple birth pregnancy. Please phone prior to attending.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley Dates and times TBA	Free SIDS & Kids ACT Bereavement Counsellors Ph: 6287 4255
Safe Sleep for Babies Learn how to sleep baby safely to avoid SIDS and fatal sleep accidents. Includes why back sleeping is safest, cots and mattresses, flat spots on baby's head and rolling over.	SIDS and KIDS ACT Chifley Health and Wellbeing Hub 10/70 Maclaurin Cres, Chifley 1st Wed of each month Check first during holidays	Free SIDS & Kids ACT Ph: 6287 4255 education@sidsandkids.act.org
Breastfeeding Education Classes Our courses are designed for expectant and new parents to prepare for breastfeeding in the vital days, weeks and months after your baby's birth. Supported by the ACT Government.	North and South-side Venues TBA Monthly Dates and Times TBA Check the website for details.	\$85 (includes ABA membership) or \$20 for ABA members Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716 www.breastfeeding.asn.au
Australian Breastfeeding Association Playgroups All families with children from newborns to school age are welcome at ABA playgroups. Play with your child and meet other parents. Supported by the ACT Government.	Torrens Community Centre, Torrens Westminster Presbyterian Church Hall, Cook Fortnightly on Mondays 10am-12pm During school terms. Contact the office for details.	First two meetings free (further meetings free to ABA subscribers) Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716
Australian Breastfeeding Association Meetings Meet new friends and have your parenting questions answered. You'll be welcomed and meet other mothers in your area so you'll never need to feel alone. Supported by the ACT Government.	Venues Times and dates TBA Contact the office for details.	First two meetings free (further meetings free to ABA subscribers) Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716

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<p>Australian Breastfeeding Association Multiple Birth Playgroup</p> <p>A friendly, supportive playgroup for parents with multiples and their siblings, including expectant parents. Supported by the ACT Government.</p>	<p>ABA Branch Office, Chifley Health & Wellbeing Hub, Maclaurin Cr, Chifley</p> <p>Bimonthly playgroup on Fridays 11am – 1pm</p> <p>Contact office for dates.</p>	<p>First two meetings free (further meetings free to ABA subscribers)</p> <p>Australian Breastfeeding Association ACT / SNSW Ph: 6162 2716</p>
<p>Pregnancy to Parenting</p> <p>This series is designed to help prepare first time parents for childbirth and parenting. Discussions around late pregnancy, labour, positions for labour, pelvic floor care, breastfeeding, baby care, support and a tour of the delivery suite.</p>	<p>Canberra Hospital Maternity Unit</p> <p>Five evening sessions: Mon – Thurs 7 – 9pm or One day intensive session: usually 3rd Tues of the month 9am – 4.30pm or Monthly on the weekend</p>	<p>Free</p> <p>Bookings required The Canberra Hospital Ph: 6244 2088</p>
<p>Birth Centre Information Session</p> <p>This session, by the Canberra Midwifery Program (CMP), is for couples interested in gaining information about the benefits of one to one midwifery care and how the CMP operates. Women who are exploring birth options, planning to birth with CMP or those who are on a waiting list are strongly encouraged to attend.</p>	<p>Birth Centre, Canberra Hospital</p> <p>Dates and times TBA Mondays 3.30pm Wednesdays 11.30am Except public holidays No booking required</p>	<p>Free</p> <p>Birth Centre, Maternity Building The Canberra Hospital Ph: 6244 3145</p>
<p>Breastfeeding</p> <p>An afternoon session with a lactation consultant discussing breastfeeding issues and the needs of a newborn. This session is highly recommended to women attending the Pregnancy to Parenting series.</p>	<p>Canberra Hospital Maternity Unit</p> <p>Venues dates and Times TBA</p> <p>Phone for more information and for bookings</p>	<p>Free</p> <p>The Canberra Hospital Ph: 6244 2088</p>
<p>Refresher Series</p> <p>Two sessions conducted by a midwife and a physiotherapist for women and their partners or support - person who have already experienced birth, and also for women who have birthed elsewhere prior to new pregnancy.</p>	<p>Canberra Hospital Maternity Unit</p> <p>Monthly Thursdays 10am – 12 noon Also some weekend sessions Dates TBA</p>	<p>Free</p> <p>The Canberra Hospital Ph: 6244 2088</p>
<p>Twin Sessions</p> <p>A session by a midwife in delivery suite for women with a twin (multiple) pregnancy. This session covers the options and recommendations for women planning a vaginal twin birth.</p>	<p>Canberra Hospital Maternity Unit</p> <p>Dates and Times TBA</p> <p>Please phone for more information</p>	<p>Free</p> <p>The Canberra Hospital Ph: 6244 2088</p>
<p>Caesarean Birth Sessions</p> <p>A session with a midwife to discuss Caesarean childbirth at The Canberra Hospital. Women who have planned caesarean are able to discuss any issues that may concern them.</p>	<p>Canberra Hospital Maternity Unit</p> <p>Please phone for more information Every second month on Tuesdays Time TBA</p>	<p>Free</p> <p>The Canberra Hospital Ph: 6244 2088</p>

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VBAC (Vaginal Birth After Caesarean) Sessions A session with a midwife to discuss women's options and concerns related to VBAC.	Canberra Hospital Maternity Unit Monthly on Thursdays Times TBA Please phone for more information	Free The Canberra Hospital Ph: 6244 2088
Public Tours of the Maternity Unit No need to book.	Canberra Hospital Maternity Unit Please meet inside the entrance to the Maternity Building Sundays 2pm	Free The Canberra Hospital Ph: 6244 2088
Step Ahead for Young Mums and Partners Full antenatal care and education classes provided by a designated midwife for women under twenty years of age. Includes outreach at the Junction Youth Health Centre and CC Cares in Stirling.	Antenatal clinic The Canberra Hospital Wednesdays and Fridays Times TBA	Free The Canberra Hospital Ph: 6244 3470
Healthy Pregnancy Series Run by Midwives and Physiotherapists. Topics covered include: coping with physical discomforts during pregnancy, how to look after your back and abdominal muscles with exercises, advice on safe exercise during pregnancy and relaxation.	The Canberra Hospital Antenatal Education Room Dates and times TBA Bookings essential	Free The Canberra Hospital Antenatal Clinic Ph: 6244 2088
Balancing Bellies Pregnancy fitness class. Weekly course of Therapy Ball exercise classes to keep fit and prepare for labour. Healthy Pregnancy Series is no longer a prerequisite for mothers who are intending to birth at the Canberra Hospital.	The Canberra Hospital Antenatal Education Room Wednesday and Thursday 5.30 – 6.30pm Bookings essential	\$6.50 per class The Canberra Hospital Physiotherapy Ph: 6244 2154
Movers'n'Shapers Postnatal exercise classes. Bring your baby and attend an exercise class that can be progressed and modified to your needs. For mothers who have birthed at the Canberra Hospital.	The Canberra Hospital Antenatal Education Room Wednesday 11am – 12 noon Fridays 1 – 2pm Bookings essential	Free The Canberra Hospital Physiotherapy Ph: 6244 2154
Welcome to Pregnancy Information provided by midwives about staying healthy during pregnancy.	Childbirth Education Room Level 3, Marion Building, Calvary 2 nd Monday each month 7 – 9pm	Free Calvary Health Care Jane Debaecker Ph: 6201 6699 Jane.debaecker@calvary-act.com.au
Transition to Parenting Information and strategies provided by midwives to help new parents negotiate the first year of their baby's life.	Childbirth Education Room Level 3, Marion Building, Calvary 3 rd and 4 th Monday each month 7 – 9pm	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359

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Childbirth Education Classes Four information sessions provided by midwives on preparing for labour and birth.	Childbirth Education Room Level 3, Marion Building, Calvary First four Weds and Thurs each month 7 – 9pm	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
Bringing Baby Home A program for first time parents which focuses on building healthy families. This is a randomised control trial of the program.	Antenatal Clinic, Calvary Two Saturdays per month 9.30am – 4pm	Free Calvary Health Care Jane Debaecker Ph: 6201 6699 Jane.debaecker@calvary-act.com.au
Breastfeeding Sessions These one-off sessions are held for pregnant women whether it is their first time or they have had a child in the past. Attending one of these sessions between 28-32 weeks of pregnancy is recommended. Please bring a doll or stuffed toy. Partners or support persons welcome.	Parent Education Room Level 3, Marion Building Thursdays 1.30 – 3.30pm Dates and times TBA	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
Refresher Sessions This session is for women and their partners who have experienced childbirth and would like more information. Support person is welcome to attend the whole session or the last hour.	Parent Education Room Level 3, Marion Building Dates and times TBA	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
VBAC - Vaginal Birth after Caesarean Section This session provides information on vaginal birth after a previous Caesarean section including discussion about care in labour and birth, risks and benefits of VBAC and the success rate of VBAC. Facilitated by a midwife.	Parent Education Room Level 3, Marion Building Dates and times TBA	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
Physiotherapy SHAPE - UP Information Session Come in while you are still in hospital, or return after going home. Babies are welcome.	Parent Education Room Level 3, Marion Building Dates and times TBA	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
Elective Caesarean Section and Twins Session This session is for women and their support persons who have been booked for a Caesarean section. Facilitated by a midwife, physio, operating theatre staff and pain management nurse.	Parent Education Room Level 3, Marion Building Dates and times TBA Bookings essential	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359
Growing Together An antenatal care group which maps normal pregnancy visits in groups of 8-10 women with two midwifery facilitators. Women can obtain pregnancy care, education and develop support networks.	Parent Education Room Level 3, Marion Building Dates and times TBA	Free Calvary Health Care Antenatal Clinic Ph: 6201 6359

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Antenatal Exercise Classes Includes exercises to help you manage the demands of your changing body, before baby and after. We suggest you obtain clearance from either your Midwife or Doctor prior to attending your first class. Bookings essential.	Gymnasium, Level 2 Marion Building Date and times TBA	Free Calvary Health Care Physiotherapy Dept Ph: 6201 6190
Postnatal Exercise Classes Exercise classes are held in the Physiotherapy Gym. Bookings essential.	Gymnasium, Level 2 Marion Building Date and times TBA	Free Calvary Health Care Physiotherapy Dept Ph: 6201 6190
Body Basics Information about staying fit in pregnancy provided by physiotherapists.	Physio Gym, Level 2 Marion Building, Calvary 1 st Monday each month	Free Calvary Health Care Physio Department Ph: 6201 6190
Pelvic Floor A two part workshop for women experiencing problems with bladder or bowel control or pelvic organ prolapsed. Presented by the Community Care Physiotherapists.	Phillip Health Centre 17 Feb and 2 March 1 – 3pm Belconnen Health Centre 11 and 25 May 1 – 3pm	Free ACT Health Community Care Physiotherapy Ph: 6205 7508
Expectant and New Parents' Information Session New and expectant parents' of multiples are invited to attend a free information session to learn more about life with multiple birth children. This is a service CARMBA provides to the community thus membership is not required to attend the event. Topics for discussion include the unique features of pregnancy, birth and breastfeeding multiples.	Calvary Hospital, Education Room, Maternity Floor First Monday of every second month. Call for dates 7pm	Free Canberra and Region Multiple Birth Association Ph: 0411 883 844
Relaxing Into Parenting and Baby Makes Three; A group about parenting and relationships for first time parents. Recognising the tremendous change couples face when having their first child, Relationships Australia in partnership with the Child and Family Centres offers a course for couples that builds on and strengthens relationships during this important and exciting time.	Tuggeranong, Gungahlin and West Belconnen Child and Family Centres Jan, Mar and May Dates and times TBA Bookings essential	Free Relationships Australia Regional Child and Family Centres Tuggeranong Ph: 6207 8228 Gungahlin Ph: 6207 0120 West Belconnen Ph: 6205 2904 enquiries@car.relationships.com.au