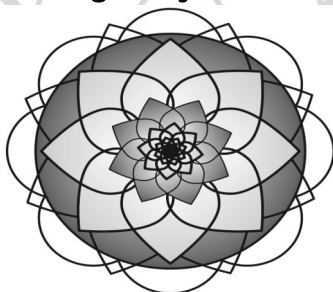


# Welcome to the NEW Pregnancy and Parenting Health Centre !

Discover, Explore, Embrace



The Journey to Life!

Complete class details, schedules & registration information on the website.

All programs now located at  
248 3rd Avenue South, Saskatoon, SK

## birthrhythms

### Childbirth Education

#### **Naturally Yours\*\***

Comprehensive Childbirth Education for couples birthing at home or hospital. Explore your choices, practice tons of great skills, and leave feeling well prepared to birth and begin life as a new family.

**Tues. 7:00-9:00pm, 8 wks**

#### **Labour Intensive\*\***

A Birth Support Skills Couples Workshop is a great 4 hour refresher or crash course for the time crunched couple.

**2<sup>nd</sup> Mon. Monthly, 6:00- 10:00pm**

#### **Vitae Nutrition Talks**

Food for Fertility, Prenatal Program, Postpartum Recovery, Eating for Breastfeeding Success, & Baby-food Basics. Pick and choose or come for them all.

**Sat. 1:30-2:30 pm 5wks**

Call: Chelsea Harris RD 361-3534

#### **Mothers' Melody**

pregnancy & parenting market NOW OPEN at Birth Rhythms Come experience our co-operative market approach to your holistic, conscious parenting needs.

### Professional Trainings

#### **Certified Advanced Birth Doula Training \*\***

Continuing education to sharpen your skills and expand your knowledge base for clients. Monthly workshops. Choose the series or drop-in on the topics you want. Call Lisa Wass for details: 612-3777

**Female Pelvic Floor** Participants learn to isolate the musculature and how to instruct others to understand the pelvic floor with subtle exercises. Ideal for all women, childbirth educators, fitness teachers, or anyone working with women's health. **6 hrs April 28-29th**

### Parenting Education

#### **Living Skies, Living Milk**

Breastfeeding classes, support, and private consultations.

We offer a **3-week breastfeeding course**, and/or an **intensive two-hour breastfeeding class**.

Both options are run multiple times during the winter term.

All programs are overseen by dedicated breastfeeding professionals Martha Neovard (CLE) and Fred Berry (LE).

Register and info:

**Fred Berry at 612-2297.**

#### **Infant Massage\*\***

Massage is effective relief, relaxation, stimulation & interaction for all babies! Great therapy for pre-term, colicky or sleepless babies and those delivered by c-section or instruments. Both parents welcome!

**Wed. 11:15am-12:15pm, 5 wks**

#### **Postpartum Survival!**

What you **NEED** to know about surviving those first few months with your new baby. Postpartum is a major transition, and requires as much preparation (or more) than preparing for childbirth.

**Mon. 7:30-8:30pm (monthly)**

Register at [www.placentask.com](http://www.placentask.com) or call 380-2623

#### **OMG! I'm Pregnant Surprised?**

Equip yourself with tools to have a great birth as well as be awesome parents! Free refreshments and convos with other young moms who have been there – done that! Contact Lacey ; call or text 370-5309, laceynedj@hotmail.com

### Fitness Classes

#### **Passages\*\***

Birth Rhythms' original eclectic dance and prenatal education combo, just for moms-to-be!

There's lots of ways to birth, find your best birth while finding your moves!

**Wed. 6:00-7:30pm, 7 wks**

#### **The Big Stretch\*\***

Birth focused strengthening, stretching and deep relaxation techniques for mamas in all trimesters.

**Wed. 6:30-7:30pm, 6 wks**

#### **Mitzvah technique \*\***

A pre/post natal series to relieve physical tension, stress, chronic pain and injury, fatigue, sleep problems. The exercises are easy to learn and designed for all trimesters and postnatal fitness levels. 10wks

**Mon. 10-11:30am**

[www.kmbodywork.com](http://www.kmbodywork.com)

### Support Groups & DROP-Ins

#### **Birth Talk !\*\***

**no time for a prenatal class?** Bring your bellies to our Doula-led pregnancy and parenting drop-in chats. Check site for weekly topics. **Couples welcome.**

**1<sup>st</sup> & 3<sup>rd</sup> Mon. Monthly, 7-8:30pm**

#### **Living Skies, Living Milk**

Drop-in breastfeeding chat and support for moms and babies.

**1<sup>st</sup> & 3<sup>rd</sup> Thurs. Monthly, 3-5pm**

#### **Acclimation Postpartum Support**

No matter what stage of PPD recovery you are in; no matter your treatment choice. You are not alone. You are not to blame. With help, you will be well.

**Tue. 10am-11:30pm**

Registration info: Cherie 241-2230 [covens110@shaw.ca](mailto:covens110@shaw.ca)

#### **And more!**

Check website for

Belly Casting, Pre & Postnatal Yoga, **Fertility** Yoga for Couples, Baladi belly dance, infant loss support, baby wearing workshops, miscarriage, **C-section** & trauma recovery, genetic counselling, **moms groups**, Birth Story Writing Workshop\*\*, **diapering** work-

#### **Onsite Childcare**

available while you are in class!  
(check with your instructor)

Let us help you plan your

**Baby Showers & Blessingways**  
3 onsite packages to choose from!\*\*\*

shops, Elimination Communication, car seat clinics, pregnancy & birth photography .... **more events added monthly!**

\*All programs and classes are offered by professional birth assistants, certified educators or otherwise highly experienced and accredited facilitators. The instructors and individual businesses involved are not employed by Birth Rhythms and are responsible for the quality, content and presentation of their unique program and curriculum. \*\* Birth Rhythms' unique programs.

[www.birthrhythms.ca](http://www.birthrhythms.ca)

(306) 683-0852

Email: [birthrhythms@shaw.ca](mailto:birthrhythms@shaw.ca)