



**SMALL, FRIENDLY AND RELAXED ANTENATAL/POSTNATAL
WORKSHOPS RUN BY QUALIFIED MIDWIVES**

WORKSHOPS WILL COVER:



**PLANNING FOR LABOUR AND BIRTH
SUPPORTING YOUR PARTNER
MEETING YOUR BABY
FEEDING AND NAPPY CHANGING
GOING HOME AND WHAT TO EXPECT
SAFETY AND GUIDANCE**



FEEL CONFIDENT AND PREPARED FOR FATHERHOOD

**ONGOING CLASSES HELD AT: COMMUNITY WISE CENTRE, OCKLYNGE ROAD,
EASTBOURNE BN21 1PY. COST: £40 (£20 DEPOSIT REQUIRED)**

**FOR FURTHER DETAILS AND TO RESERVE A PLACE ON ONE OF OUR WORKSHOPS
PLEASE CONTACT**

daddy.bear10@outlook.com

OR

FIND US ON FACEBOOK @ Bear Workshops

APPROVED BY:

