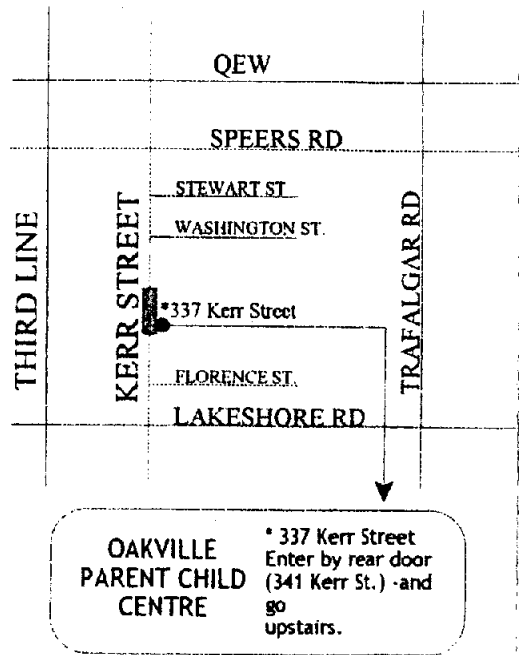


All classes held
at the
Oakville Parent Child Centre

337 Kerr Street
Oakville, Ont



Classes are scheduled
to fit your convenience,
offered as a weekly series
in evenings for six weeks
or 2 full weekend days.

Book early to avoid disappointment.

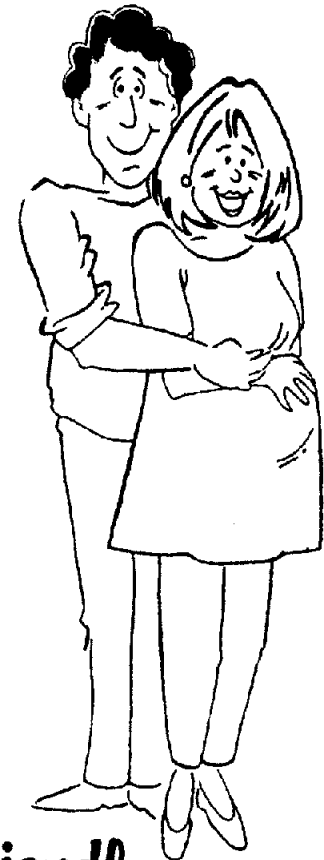
For more information,
please call:

Lisa Keenan-Lindsay
BScN, RN, LCCE

905-257-4277

email: lisakeenan-lindsay@on.aibn.com

FRIENDLY BEGINNINGS
151 Genesee Drive
Oakville, Ont.
L6H 5Y9



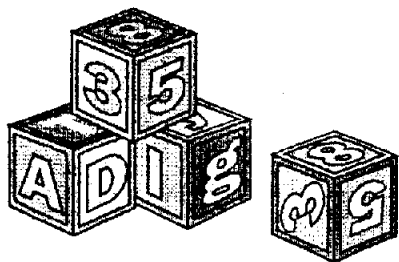
*Friendly
Beginnings*

**Lamaze childbirth
classes**

Philosophy....

The Lamaze philosophy includes the belief that the experience of birth profoundly affects women and their families.

Friendly Beginnings's goal is to provide childbirth education that empowers women and their partners to make informed choices so that they can be active participants in this most meaningful experience.



Instructor....

Prenatal classes are taught by:

Lisa Keenan-Lindsay
BScN, RN, LCCE

Background:

- Lamaze certified
- University prepared nurse
- Seven years teaching experience in prenatal education
- Currently working in Labour, Delivery and Prenatal clinic
- Up to date knowledge maintained by attending many conferences and workshops
- Mother of three children

Topics....

Pregnancy - physical and emotional changes

Preterm labour

Pain control techniques, lamaze methods and use of medication

Medical procedures used in labour and delivery

Role of the birth partner

Postpartum physical and emotional changes

New baby care

Infant safety

Infant feeding

Transition to parenthood

Community resources