

**FREE**

# Pregnancy Relax and Connect



A four week program for pregnant women and partners focusing beyond the birth and preparing for the first months of becoming parents.

Each week we will spend time relaxing and looking at how you can be the best parents for your baby.

- Week 1: Connecting with baby and each other.
- Week 2: Working as a team, define your roles as parents.
- Week 3: Looking after yourself when baby arrives.
- Week 4: Understanding sleep and breastfeeding and where to go for help.

**Supper provided.**

**Date:** Wednesday 23, 30 May and 6, 13 June 2018

**Time:** 5.30pm to 7.30pm

**Venue:** Child and Parent Centre – Gosnells

173 Hicks Street, Gosnells (access via Clara Street)

**Contact:** Telephone 9398 8720 or email [CPCGosnells@centrecare.com.au](mailto:CPCGosnells@centrecare.com.au)

**Bookings essential.**

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