

# Preparing For Parenthood

**Register today at:**

**Online:**

[www.healthunit.com/preparing-for-parenthood-class](http://www.healthunit.com/preparing-for-parenthood-class)

**Phone:**

The Prenatal Office  
Middlesex-London Health Unit  
519-663-5317 ext. 2772

This class is free of charge.  
Interpretation services are available upon  
request.



**It's never too early  
to think about parenting.**

**Becoming a parent  
is about more than  
having a baby.**

Becoming a parent will probably be the biggest life transition you will ever experience.

Labour and birth will last a day...**parenthood will last a lifetime.**

## Your life is about to change!



## Having a baby will change:

- *how you feel about yourself*
- *your relationship with your partner including intimacy and communication*
- *your relationships with family and friends*
- *your social life and free time*
- *finances*
- *personal and career goals*
- *your energy level*

This class is co-facilitated by a public health nurse and a male facilitator with expertise in couple and family dynamics.

As a group we will look at ways to help you prepare for this life changing event.