

Making choices for baby

Choices Childbirth Education and Labour Support Services, a non-profit organization, will be holding a childbirth education series for families in York and Durham Region.

This series will focus on the many issues facing child-bearing families today.

Pain management, supporting a labouring woman, and postpartum adjustment are just a few of the topics covered in this six-week series.

CHOICES has been providing services to expectant families in Durham, Scarborough and Toronto for five years.

They offer choice-based and consumer-oriented prenatal classes,

that focus on the family playing an active role in the decision-making process surrounding their care.

This series is appropriate for anyone having their first baby or who has not attended a childbirth education class in the past four years.

For information on the series call CHOICES at (416) 410-9931 or (905) 420-0223.

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