

Free Multilingual Prenatal and Child Birth Classes

The Prenatal Community Programs of the Calgary Health Region are offering free parental and child birth classes. We provide culturally and language appropriate prenatal and childbirth classes in Spanish, Urdu, Hindi, Punjabi, Arabic and for Aboriginal women. We tailor the classes to the specific needs of the expectant families of the East Calgary communities.

Our 4 Perinatal Outreach Educators provide prenatal and childbirth classes in first languages, using alternative education strategies and in a culturally sensitive way. We use different locations for classes and groups at hospitals, health centres, client's homes, temples, mosques, community agencies and resource centres.

We also work in partnership with immigrant agencies, cultural groups and other service providers in the Region and provide information about them and make the appropriate referrals.

For more information and to register please,
call: 403-228-8221