

1355 Bank Street

South-East Ottawa
Community Health Centre



Centre de santé communautaire
du sud-est d'Ottawa

6 in-person sessions on
Tuesdays 6-7:30pm

Healthy active
lifestyle

Common
concerns in
pregnancy

Pain Relief
Labour

FREE Prenatal Classes

*Presented by a midwife, nurse,
lactation consultant,
paramedics and dietitian*



Birth Planning



Scan the QR code for dates and
registration

*For pregnant individuals and
their partner or support person*

Infant CPR
&
First Aid



Newborn
feeding & care