



# NEW! Virtual Prenatal Workshops

- Virtual prenatal workshops using Zoom
- Tailored and condensed to meet individual learning needs
- Delivered by Registered Labour and Delivery Nurses
- Experienced content experts in adult education

To register, please email:

[prenatalclasses@providencehealth.bc.ca](mailto:prenatalclasses@providencehealth.bc.ca)

# Resources to Help You Prepare for Baby!

## **St Paul's Hospital Maternity**

(complete list of resources available on our website)

[www.providencehealthcare.org/maternity](http://www.providencehealthcare.org/maternity)

## **Parenting Resources from VCH**

Information for Pregnancy and Parenting

[www.parenting.vch.ca](http://www.parenting.vch.ca)

## **Healthy Families BC**

Health and Wellness Resources, Breastfeeding Resources

[www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)

## **Period of Purple Crying**

Information on Sleeping, Soothing, Crying and Protecting

[www.purplecrying.info](http://www.purplecrying.info)

## **HealthLink BC Nurses Line**

24/7 Health Advice You Can Trust – Dial 8-1-1

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)