



ONWA Pre/Postnatal Classes

WHEN: Wednesday October 27, 2021

Time : 10:30 am to 12:00 pm

Weekly classes for nine weeks every
Wednesday

WHERE: Ottawa

Weekly Online Zoom meetings for 9
weeks

**All participants who complete the 9
weeks will receive a free baby basket**

Limited spaces available

ONWA is collaborating with Ottawa Health, Ottawa Birthing Centre and Traditional Knowledge Keeper Audrey Deroy (ONWA) for Weekly Prenatal online Zoom classes every Wednesday from 10:30 am to 12 pm for 9 weeks

Topics Include:

Prenatal Nutrition, Fetal Development Labour and Delivery, Birthing Options, Labour Support/Pain management, Infant bonding/Attachment, Infant Mental Health, Infant Feeding, Infant Care

Traditional Teachings on Life giving, pregnancy, giving birth women's roles, childrearing, Holistic & Culturally Safe practices for the Perinatal Period, Placenta Medicine

Pre-registration is required please contact Belinda Larente (Indigenous Healthy Babies Healthy Children Worker) at blarente@onwa.ca



Ontario Native Women's Association (ONWA)



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