



PREGNANCY AND PARENTING HEALTH CENTER

FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TO REGISTER
29 1:00 pm - Breastfeeding for Doulas 1:30 pm - Baby Shower - Available	30 10:00 am - Mitzvah Class 6:00 pm - Passages Prenatal Dance 7:30 pm - Postpartum Survival	31 10:00 am - Postpartum Support Group 12:10 pm - Lunch Hour Nia 4:00 pm - OMG! I'm Pregnant! 7:00 pm - Naturally Yours	1 10:00 am - MommaGO-GO 10:45 am - Infant Massage 7:00 pm - Breastfeeding Class	2 10:15 am - Chummy Mummies 12:10 pm - Lunch Hour Prenatal Yoga 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Breastfeeding Drop-in 5:10 pm - Nia Fitness Class	3 10:00 am - MommaGO-GO	4 1:00 pm - Baby Shower - Available 1:30 pm - Vitae Nutrition Talks 6:00 pm - Bellycasting - Decorating	Advanced Doula Training Birth Rhythms Birth Talk Infant Massage Class Labour Doula Training Labour Intensive Childbirth Education Mitzvah and Itcush Technique Naturally Yours Childbirth Education Nia Fitness Passages Prenatal Dance Lisa Wass 683-0852
5 1:30 pm - Breastfeeding Series 5:30 pm - HELP Lone Parent Group 7:00 pm - Advanced Doula Training	6 10:00 am - Mitzvah Class 6:00 pm - Passages Prenatal Dance 7:30 pm - Birth Talk	7 10:00 am - Postpartum Support Group 12:10 pm - Lunch Hour Nia 4:00 pm - OMG! I'm Pregnant! 7:00 pm - Naturally Yours	8 10:00 am - MommaGO-GO 10:45 am - Infant Massage 1:30 pm - Saskatoon Babywearers	9 AAMI Basic Midwifery Skills 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Car Seat Safety Drop-in	10 AAMI Basic Midwifery Skills 10:00 am - MommaGO-GO	11 AAMI Basic Midwifery Skills	Artistic Expressions Photography Car Seat Safety Drop-in Wendy Peters 281-7951 Baby Showers To reserve a timeslot 683-0852
12 1:30 pm - Breastfeeding Series 7:00 pm - Naturally Yours	13 AAMI Advanced Midwifery Skills	14 AAMI Advanced Midwifery Skills	15 AAMI Advanced Midwifery Skills 10:00 am - MommaGO-GO 7:00 pm - Planning for Baby	16 10:15 am - Chummy Mummies 12:10 pm - Lunch Hour Prenatal Yoga 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Breastfeeding Drop-in 5:10 pm - Nia Fitness Class	17 10:00 am - MommaGO-GO 11:00 am - Attachment Parent Group	18 1:00 pm - Planning for Baby 1:30 pm - Vitae Nutrition Talks	Babywearing 101 Baladi Baby Belly Dance Saskatoon Babywearers Group Hippy Baby Carriers & More - Angie Kells 380-6391 Belly Casting Night Chummy Mummy Group Mother's Touch - Nekol O'Brien 203-5275
19 1:30 pm - Breastfeeding Series 5:30 pm - HELP Lone Parent Group 7:00 pm - Advanced Doula Training	20 10:00 am - Mitzvah Class 6:00 pm - Passages Prenatal Dance 7:30 pm - Birth Talk	21 10:00 am - Postpartum Support Group 12:10 pm - Lunch Hour Nia 4:00 pm - OMG! I'm Pregnant! 7:00 pm - Naturally Yours	22 10:00 am - MommaGO-GO 10:45 am - Infant Massage 7:00 pm - Planning for Baby	23 10:15 am - Chummy Mummies 12:10 pm - Lunch Hour Prenatal Yoga 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Infant Potty Group 5:10 pm - Nia Fitness Class	24 10:00 am - MommaGO-GO	25 1:00 pm - Baby Shower - Available 1:30 pm - Vitae Nutrition Talks	Breastfeeding Classes & Drop-ins Breastfeeding for Doulas and Birth Professionals Living Skies, Living Milk 612-2297 HELP Lone Parent Group 492-2660
26 1:30 pm - Babywearing 101 5:00 pm - Labour Intensive	27 10:00 am - Mitzvah Class 6:00 pm - Passages Prenatal Dance 7:30 pm - Postpartum Survival	28 10:00 am - Postpartum Support Group 12:10 pm - Lunch Hour Nia 4:00 pm - OMG! I'm Pregnant! 7:00 pm - Naturally Yours	29 10:00 am - MommaGO-GO 10:45 am - Infant Massage 7:00 pm - Breastfeeding Class	1 10:15 am - Chummy Mummies 12:10 pm - Lunch Hour Prenatal Yoga 1:30 pm - Baladi Baby Belly Dance 3:00 pm - Breastfeeding Drop-in 5:10 pm - Nia Fitness Class	2 10:00 am - MommaGO-GO	3 1:00 pm - Baby Shower - Available 1:30 pm - Vitae Nutrition Talks	Infant Potty and Elimination Communication Group Monique Roy 717-2614 MommaGO-GO Dance Class The Dance Shack - Kirsty Snowsell 652-3502 Mother's Melody Pregnancy and Parenting Market 683-0811
							OMG! I'm Pregnant! Beyond the Bump - Lacey Nedjelski 370-5309 Planning for Baby Christie Sondergaard 290-6986 Postpartum Support Group PSI - Cherie Boison 241-2230 Postpartum Survival Marlese Assiman 380-2625 Prenatal Yoga Sacred Body and Breath 229-5299 Saskatoon Attachment Parenting Group 380-6391
							The Berry Breast Fred Berry 612-2297 The Birthing Site Nicole Thomas 241-9872 Vitae Nutrition Vitae - Chelsea Harris 361-3534

FOR ADDITIONAL INFORMATION, PLEASE CALL (306)683-0852
OR VISIT US IN PERSON AT 248 3RD AVENUE S
OR ONLINE AT WWW.BIRTHRHYTHMS.CA