

FREE LOCAL EARLY PREGNANCY CLASSES



Expecting A Baby?

EXPECTING A BABY?

SUPPORT IS AT HAND WITH FREE NCT EARLY PREGNANCY CLASSES

NCT Sunderland and South Tyneside is offering a free two hour evening or weekend class to women and their partners in the early stages of pregnancy, ideally between 12 and 22 weeks.

The new free Early Pregnancy classes will focus on pregnancy and enable parents-to-be to make informed choices. They will offer the opportunity to discuss topics such as accessing antenatal care and how to navigate local maternity services, and cover subjects including the types of care available in early pregnancy, antenatal screening, diet, nutrition and exercise.



NCT Early Pregnancy classes are planned in Sunderland for:

Monday 15 October from 6:30pm until 8:30pm (for late March to late April due dates)

Tuesday 27 November from 6.30pm until 8.30pm (for early April to mid June due dates)

They are free to attend but a place must be booked in advance, and places are limited. To book, email bookings7c@nct.org.uk or call 0844 243 6851