



May 2024 courses



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2 ● Infant Communication Series (1/3)	3	4 ● Childbirth Education
5	6	7 ▲ Mothering your Mind Round 1 (5 weeks)	8	9 ● Infant Communication Series (2/3)	10 ● Cesarean Physiotherapy Program	11
12	13	14 📺 Newborn Care (1/2) 📺 Prenatal Breastfeeding 📺 Cesarean Physiotherapy Program ▲ Mothering your Mind Round 1 (5 weeks)	15	16 ● Infant Communication Series (3/3)	17 ● Cesarean Physiotherapy Program	18
19	20	21 📺 Newborn Care (2/2) 📺 Cesarean Physiotherapy Program ▲ Mothering your Mind Round 1 (5 weeks)	22 ● Pregnancy Support Series (1/4)	23 ● Push Prep 101	24 ● Cesarean Physiotherapy Program	25 ● Childbirth Education
26	27	28 📺 Cesarean Physiotherapy Program ▲ Mothering your Mind Round 1 (5 weeks)	29 ● Pregnancy Support Series (2/4)	30	31 ● Cesarean Physiotherapy Program	

For more information or to sign up,
check out our website or visit reception!
www.rebirthwellness.ca

▲ Hyde Park
● Central Ave

📺 Virtual (Zoom)