



# 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	11
12	13	14 ● Newborn Care (two parts) ● Prenatal Breastfeeding ▲ Mothering your Mind Round 1 (5 weeks)	15	16 ● Infant Communication Series (3/3)	17	18
19	20	21 ● Newborn Care (two parts) ▲ Mothering your Mind Round 1 (5 weeks)	22	23 ● Push Prep 101	24	25 ● Childbirth Education
26	27	28 ▲ Mothering your Mind Round 1 (5 weeks)	29	30	31	

For more information or to sign up,  
check out our website or visit reception!  
[www.rebirthwellness.ca](http://www.rebirthwellness.ca)

▲ Hyde Park

● Central Ave

● Virtual (Zoom)