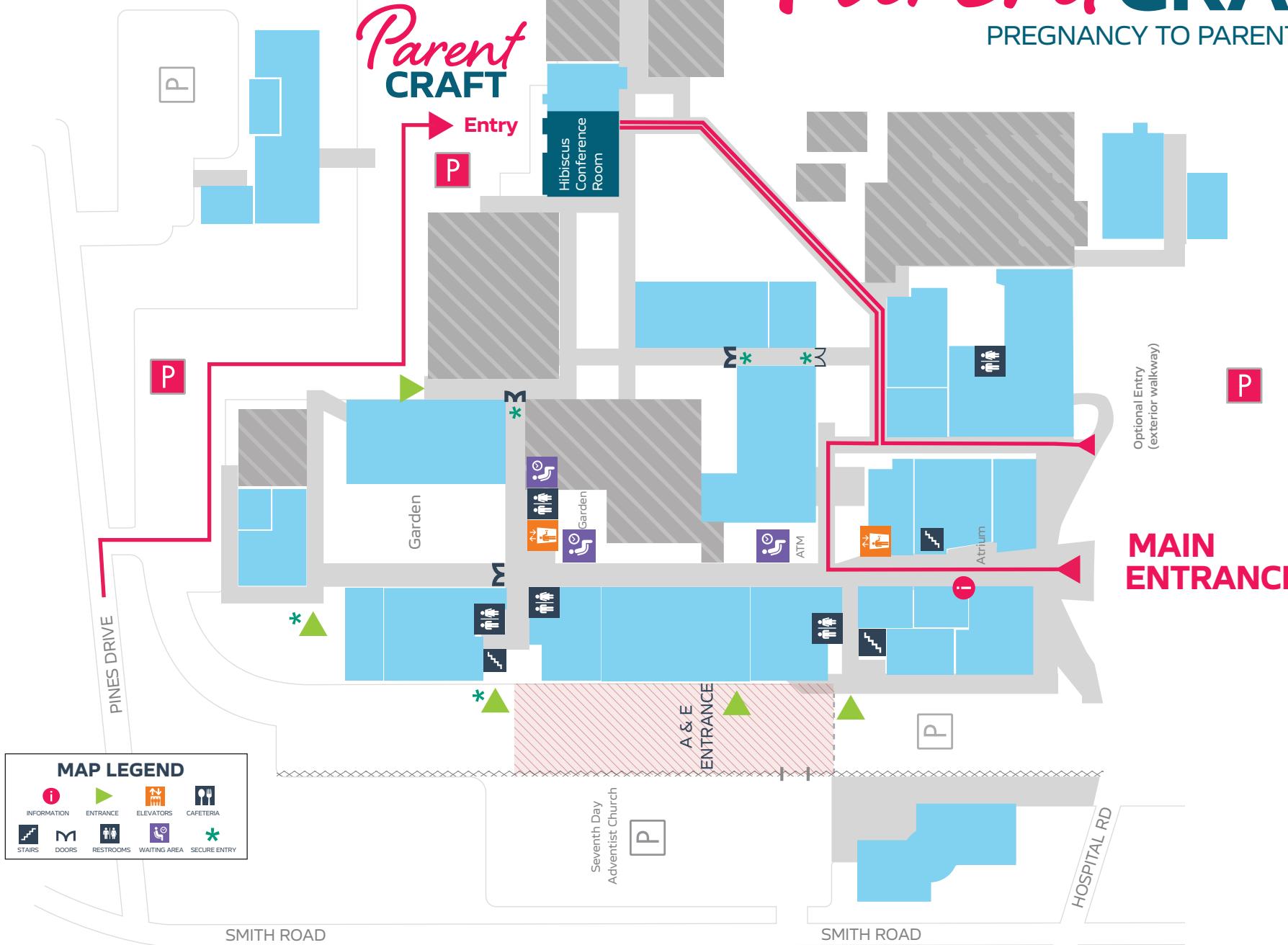


# 2026 Parent CRAFT

PREGNANCY TO PARENTHOOD



# 2026 ParentCRAFT

PREGNANCY TO PARENTHOOD

## SELECT YOUR TOPICS & DATES

- General Health in pregnancy
- Parent-Infant Mental Health
- Tour of Maternity Ward

Jan 5       Mar 2  
 July 13       Oct 15

- Genetics and Physiotherapy
  - pregnancy discomfort
  - relaxation exercise

Jan 12       Apr 13  
 Jul 27       Oct 12

- Nutrition in Pregnancy
  - diabetes in pregnancy
  - infant nutrition
- Paediatric Feeding and Weaning

Feb 2       May 13  
 Aug 3       Nov 2

- Normal Labour and Delivery

Feb 16       May 27  
 Aug 10       Nov 23

FREE  
TO  
ATTEND

No Registration Required  
5:30 pm - 7:00 pm

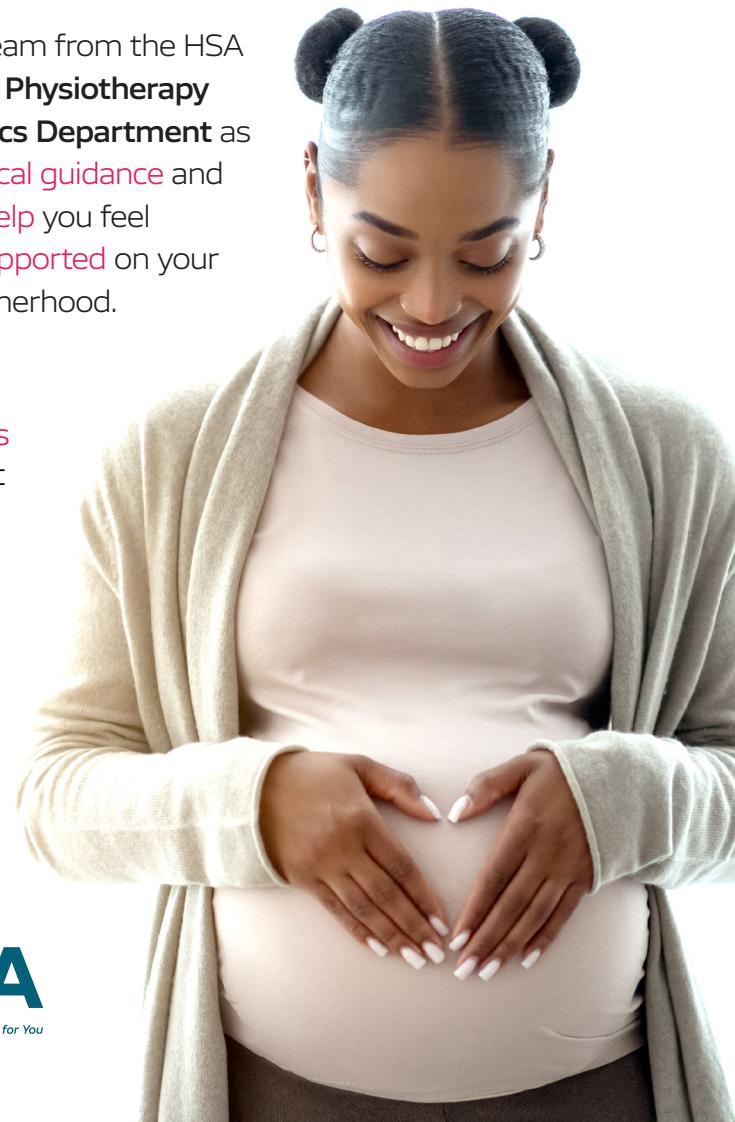
Hibiscus Conference Room  
Anthony S. Eden Hospital  
(Back entrance of Hospital,  
off Pines Drive)

See inside for map

PREGNANCY TO PARENTHOOD  
A Free Class for Expectant Families

# 2026 ParentCRAFT

Join our caring team from the HSA  
**Maternity Ward, Physiotherapy  
Unit, and Dietetics Department** as  
they share **practical guidance** and  
**reassurance** to help you feel  
confident and **supported** on your  
journey into motherhood.



ParentCraft is an  
**eight-week series**  
where a different  
topic is covered  
in each class.

**5:30-7:00 pm**

Hibiscus  
Conference Room  
Anthony S. Eden  
Hospital  
(Back entrance  
off Pines Drive)