

**Face to Face Parent Education Workshop**  
**Walsall Manor Hospital Route 122 within**  
**FAU in Antenatal Clinic**

*An Interactive Workshop hosted by an Experienced  
Midwife for Expectant Parents*

**From 10am until 1pm the first Sunday of every Month**

**Topics Include:**

*Signs of Labour*

*Pain Relief Options*

*The Process of Birth*

*Breastfeeding*

*Newborn Baby Care*

*Transition to Parenthood – Expectations vs Reality*



Are you over 28 weeks pregnant?

Book your place by calling the Community Midwives Office on  
01922 656248 Monday-Friday between 1pm-4pm