

# Antenatal Course



Having a baby is a special time in life, so to help support you and increase your social networks, the Central Family Hub in Thatcham have designed a new antenatal course.



Are you 20+ weeks pregnant and looking to meet up with other parents in the area as well as gain some information about the topics below?



**6pm till 8pm** the 3 week antenatal course will be done over **ZOOM** and will be covering the following:

- **Meeting new parents and what support is available in the area**
- **Your own health and wellbeing**
- **Breastfeeding/feeding your baby**
- **Meet a Midwife**



To book your place please call/text/email Jo on the details below:

**07584271355**

**Jo.herbert1@westberks.gov.uk**



Central Family Hub, Park Lane, Thatcham, Berks. RG18 3PG  
Telephone: 01635 865318



West Berkshire  
C O U N C I L