

Townsville University Hospital Childbirth and Parenting Education Sessions
July to December 2025

Session		July	August	September	October	November	December
Essentials for Pregnancy 1 session x 2hrs	Face to Face	Wed 2 nd (5-7pm)	Wed 6 th (5-7pm)	Wed 3 rd (5-7pm)	Wed 1 st (5-7pm)	Wed 5 th (5-7pm)	Wed 3 rd (5-7pm)
	Online		Tues 12 th (5-7pm)			Wed 19 th (5-7pm)	
Birth and Parenting Series 3 sessions x 3hrs <i>MGP or BC parents can be placed on a wait list for face-to-face sessions to fill late cancellations received within 48 hours of the session date.</i> <i>Face-to-face sessions are not available to Midwifery Group Practice (MGP) or Birth Centre (BC) parents as a first option. An online date option should be chosen.</i>	Face to Face (evening series)	Tues 1 st , 8 th & 15 th (5-8pm)	Tues 5 th , 12 th & 19 th (5-8pm)	Tues 2 nd , 9 th & 16 th (5-8pm) Tues 30 th , 7 th & 14 th (5-8pm)	Tues 7 th & 14 th (5-8pm)	Tues 4 th , 11 th & 18 th (5-8pm)	Tues 2 nd , 9 th & 16 th (5-8pm)
	Face to Face (Weekend series)	Sat 5 th , 12 th & 19 th (9am-12pm) Sat 19 th , 26 th & 2 nd Aug (1-4pm)	Sat 16 th , 23 rd & 30 th (1-4pm)	Sat 6 th , 20 th Sat 7 th , 20 th & 30 th (1-4pm)	& 4 th Oct (9am-12pm) Sat 18 th , 25 th & 1 st Nov (1-4pm)	Sat15 th Sun23 rd & 30 th (9am 12pm) Sat 22 nd , 29 th & Sun 7 th Dec (1-4pm)	Sat 6 th , 13 th & 20 th (9am-12pm) Sat 6 th , 13 th & 20 th (1-4pm) To be confirmed
	Online		Wed 13 th , 20 th & 27 th (5-8pm)		Thur 9 th , 16 th & 23 th (5-8pm)		Mon 1 st , 8 th & 15 th (5-8pm)
Introduction to Breastfeeding 1 session x 2.5hrs	Face to Face	Wed 2 nd (9.30-12pm) Sun 20 th (9.30-12pm) Thur 24 th (5-7.30pm)	Sun 17 th (9.30am-12pm) Sat 23 rd (9.30am-12pm) Thur 28 th (5-7.30pm)	Wed 3 rd (9.30am-12pm) Sun 21 st (9.30am-12pm) Thur 25 th (5-7.30pm)	Sun 19 th (9.30am-12pm) Sat 25 th (9.30am-12pm) Thur 30 th (5-7.30pm)	Wed 5 th (9.30am-12pm) Sun 16 th (9.30am-12pm) Thur 27 th (5-7.30pm)	Sun 14 th (9.30am-12pm) Thur 18 th (5-7.30pm) Sat 20 th (1-3.30pm)
	Online	Sat 12 th (1-3.30pm)		Sat 13 th (1-3.30pm)		Sat 8 th (1-3.30pm)	
Birth After Caesarean Information Session 1 session x 2.5hrs <i>Only available to parents who have previously had a baby by caesarean birth</i>	Face to Face		Tues 26 th (5-7.30pm)		Tues 28 th (5-7.30pm)		
	Online	Mon 29 th (5-7.30pm)				Mon 24 th (5-7.30pm)	Tues 16 th (5-7.30pm)
Relaxation and Massage 1 session x 3hrs	Face to Face	Sat 5 th (1-4pm) Sat 26 th (9am-12pm)	Wed 6 th (1-4pm) Sun 10 th (9-12pm)	Sat 6 th (1-4pm) Sat 27 th (9am-12pm)	Wed 1 st (1-4pm) Sat 11 th (9-12pm)	Sat 15 th (9-12pm) Sat 29 th (9am-12pm)	Wed 3 rd (1-4pm) Wed 17 th (5-8pm)
	Online	Wed 16 th (5-8pm)	Mon 18 th (5-8pm)	Tues 2 nd (5-8pm)	Fri 10 th (5-8pm)	Thur 13 th (5-8pm)	Thur 11 th (5-8pm)
Refresher Course – Preparing ‘again’ for birth and parenthood Tour of Birth Suite/Maternity Ward 1 session x 2hrs <i>Not available to first time parents</i>	Face to Face	Tues 8 th (5-7pm)	Sun 10 th (1pm-3pm)	Sat 27 th (1-3pm)	Sat 25 th (1-3pm)	Sat 22 nd (10am-12pm)	
Young Parents Tour of Birth Suite <i>Pre-booking not essential</i> <i>Welcome to attend 1 or 2 tours</i> <i>For pregnant parents 21yrs of age and under</i>	Face to Face	Sat 12 th (1-3pm)	Sat 9 th (1-3pm)	Sat 20 th (1-3pm)	Sat 11 th (1-3pm)	Sat 8 th (1-3pm)	Sat 13 th (1-3pm)