

Townsville University Hospital Childbirth and Parenting Education Sessions March to September 2024 Calendar

Session		March 2024	April 2024	May 2024	June 2024	July 2024	August 2024	September 2024
Pregnancy 101 – 1 session x 2hrs	Face to face	6 th (5-7pm)		1 st (5-7pm)	5 th (5-7pm)	3 rd (5-7pm)	7 th (5-7pm)	4 th (5-7pm)
	Online				12 th (5-7pm)		28 th (5-7pm)	
Preparing for Birth and Parenting Series - 2 or 3 sessions in the series <i>Face-to-face sessions are not available to Midwifery Group Practice or Birth Centre parents as a first option. An online date option should be chosen. Midwifery Group Practice or Birth Centre parents can be placed on a wait list for face-to-face sessions to fill late cancelations received within 48 hours of the session date.</i>	Evening		9 th , 16 th & 23 rd (6-9:00pm)		4 th , 11 th & 18 th (6-9:00pm)		6 th , 13 th & 20 th (6-9:00pm)	
	Weekend	3 rd & 10 th (9am - 1:30pm) 9 th & 16 th (9am - 1:30pm)	13 th & 20 th (9am - 1:30pm) 21 st & 28 th (9am - 1:30pm) 27 th & 28 th (2:30 – 6:30pm)	12 th & 19 th (9am - 1:30pm) 18 st & 25 th (9am - 1:30pm)	8 th & 22 nd (9am - 1:30pm) 15 th & 16 th (9am - 1:30pm)	13 th & 27 th (9am - 1:30pm) 20 th & 21 st (9am - 1:30pm)	10 th & 24 th (9am - 1:30pm) 17 th & 25 th (9am - 1:30pm)	1 st & 8 th (9am - 1:30pm) 14 th & 28 th (9am - 1:30pm) 21 st & 22 nd (9am - 1:30pm)
	Online			22 nd & 29 th (5:30 – 9pm)		10 th & 24 th (5:30 – 9pm)		11 th & 18 th (5:30 – 9pm)
Breastfeeding Introduction – 1 session x 2.5hrs	Morning	6 th or 17 th (9:30am-12pm)	3 rd or 14 th (9:30am-12pm)	1 st or 26 th (9:30am-12pm)	5 th or 9 th (9:30am-12pm)	3 rd or 14 th (9:30am-12pm)	7 th or 11 th (9:30am-12pm)	4 th or 15 th (9:30am-12pm)
	Evening	28 th (5-7:30pm)	18 th (5-7:30pm)	23 rd (5-7:30pm)	20 th (5-7:30pm)	25 th (5-7:30pm)	29 th (5-7:30pm)	26 th (5-7:30pm)
	Online	23 rd (1-3.30pm)		5 th (9:30am-12pm)		6 th (1-3.30pm)		7 th (1-3.30pm)
Relaxation and Massage – 1 session x 3hrs – 1 session x 2.5hrs	Evening		3 rd or 17 th (6-9pm)	28 th (6-9pm)	19 th (6-9pm)	17 th (6-9pm)	14 th (6-9pm)	25 th (6-9pm)
	Saturday	2 nd (9am-12pm)		11 th (9am-12pm)	1 st (9am-12pm)	6 th (9am-12pm)	3 rd (9am-12pm)	7 th (9am-12pm)
	Online			11 th (1-3:30pm)		11 th (2:30-5pm)		21 st (2:30-5pm)
Refresher Course – Preparing ‘again’ for birth and parenthood – 1 session x 1.5hrs <i>Not available to first time parents</i>	Face to face		27 th (11:30am-1pm)		1 st (1pm-3:30pm)	6 th (1pm-3:30pm)		7 th (1pm-3:30pm)
Complex Needs Breastfeeding – 1 session x 2.5hrs <i>Only available to women with complex breastfeeding needs like multiple pregnancy, unwell or preterm baby requiring special assistance and considerations or previous serious feeding issues</i>	Face to face	20 th (9:30am-12pm)	17 th (9:30am-12pm)	15 th (9:30am-12pm)	12 th (9:30am-12pm)	10 th (9:30am-12pm)	14 th (9:30am-12pm)	11 th (9:30am-12pm)
Next Birth After Caesarean Information Session – 1 session <i>Only available to parents who have previously had a baby by caesarean birth</i>	Face to face			20 th (6-8.30pm)	24 th (6-8.30pm)	TBC	TBC	TBC
	Online		15 th (6-8pm)					
Young Parents Pregnancy and Parenting Information <i>For pregnant parents under 21yrs of age. No pre-booking, attend 1 or 2 sessions</i>	Face to face	28 th (1pm-3:30pm)		30 th (1pm-3:30pm)	27 th (1pm-3:30pm)	25 th (1pm-3:30pm)	29 th (1pm-3:30pm)	26 th (1pm-3:30pm)