

Townsville University Hospital

Childbirth Education Dates 2026

**All dates subject to change due to operational and staffing requirements*

Typically, our sessions are held:

Essentials for Pregnancy

- In person: 1st Wednesday of the month, 5-7pm
- Online: 3rd Wednesday of the month, every second month, 5-7pm

Birth & Parenting (3 part series)

- In person weekday series: 1st, 2nd & 3rd Tuesdays of the month, 5-8pm
- In person weekend series: 1st, 2nd & 3rd Saturdays of the month, either 9am-12pm or 1-4pm alternating months
- Online series: 2nd, 3rd & 4th Thursday of the month, every second month, 5-8pm

Introduction to Breastfeeding

- In person weekend: 1st and 4th Sundays of the month, 9.30am-12pm
- In person weekday: 3rd Thursday of the month, 5-7.30pm
- Online: 3rd Sunday of the month every second month, 9.30am-12pm

Next Birth After Caesarean Section Information Session

- In person: 3rd Monday of the month, 5-7.30pm
- Online: 3rd Monday of the month, every 3rd month, 5-7.30pm

Relaxation & Massage

- In person weekend: 1st Saturday of the month, either 9am-12pm or 1-4pm alternating months
- In person weekend: 3rd Saturday of the month, every second month, 9am-12pm
- In person weekday: 3rd Wednesday of the month, every second month, 5-8pm
- Online: 3rd Thursday of the month, every second month, 5-8pm

Refresher Course – Preparing ‘again’ for birth & parenting

- 2nd or 3rd Saturday of the month, either 10am-12pm or 1pm-3pm

Young Parents Program

- 2nd Saturday of the month, either 10am-12pm or 1pm-3pm

To book in, please fill out this form or email your requests to the below email address.

[Request for Childbirth Education Sessions – Fill in form](#)



For further details regarding specific dates or other questions, please contact:

tsv-childbirtheeducation@health.qld.gov.au or call/text 0457 905 534 (phone not manned everyday)