



Child, Youth and Family Health Services and The Townsville Hospital Maternity Service

Young Parents Pregnancy and Parenting Program

An 8-week program for pregnant young women and new mums under 21. Come along from 20 weeks until baby is 4 months. Sessions held during the school term at the Aitkenvale Library (accessible via Sunbus) and one session at The Townsville Hospital Birth Suite.

Partners and support people welcome.

Program topics include:

- Looking after yourself during pregnancy, birth and beyond
- Preparing for labour, birth and parenthood
- Information for partners and support people
- Caring for baby before and after birth
- Sharing experiences with new parents
- Support in the community.

For more information or to make a referral phone
0457 905 534 or 0472 836 368.

