

## How do I access the services at the Hanover Family Health Team?

Educational group programs or seminars offered by the HFHT are open to all members of the public.

Please call in advance to register.

To utilize an individual service you must have a family physician in Hanover. You can request through your physician to see one of our health care professionals or you can simply self-refer by personally calling to schedule an appointment.

**All HFHT programs and services are free.**

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**Visit Our Website**

[www.hanoverfht.ca](http://www.hanoverfht.ca)



*Hanover*

**Family Health Team**

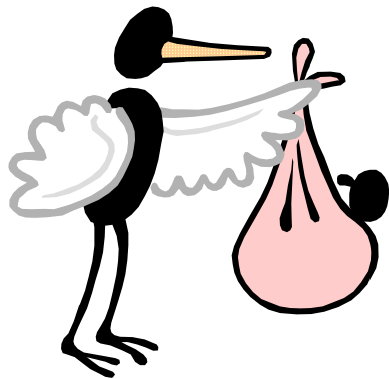
## Prenatal



90 7th Avenue  
Hanover and District Hospital  
2<sup>nd</sup> Floor  
Hanover, ON N4N 1N1  
Tel: 519-506-HFHT (4348)  
Toll Free Tel: 1-855-677-4348  
Fax: 519-506-4351

**Monday to Friday  
8:30AM–4:30PM**

To register for Prenatal Classes, please contact the Hanover Family Health Team at 519-506-4348.



The Prenatal Program is a 4-week series.

Classes are offered each week for 2 hours.

Prenatal classes are a fun way of connecting with other pregnant women and their partners and learning what to expect during life with your new baby.

There is no cost to participate in the program.

## Who can attend the Prenatal Program?

- Pregnant women
- Their support person
- Residents of Hanover and surrounding area

## Topics Include:

- What to expect during pregnancy
- Prenatal nutrition
- Healthy lifestyle choices and pregnancy care
- Preparation for labour and delivery
- Understanding the labour process and how it progresses

- Labour pain management: relaxation, breathing, positions and other comfort measures
- Breastfeeding
- Basic baby care
- Adjusting to parenthood
- Physical and emotional changes
- Communication and parenting skills
- Community resources for new parents
- Question and Answer

