



island health



Campbell River Public Health 2025 Prenatal Education

REGISTER NOW WITH RIGHT FROM THE START!

Island Health's **Right From The Start** Prenatal Registration Program provides Public Health services and support to pregnant women and their families. Our Public Health nurses work closely with doctors, midwives, hospitals and First Nations nursing services to take care of you and your baby.

To register and find more information visit:

rfts@islandhealth.ca

2025 BREASTFEEDING CLASS

- *Benefits and myths*
- *Getting started and what to expect*
- *Common challenges and hot topics*
- *Where to get help*

***Alternating classes are held via Zoom - if you are unable to access a computer or smart phone, or do not have an email account, please contact us. You can join the audio portion of the meeting from any telephone.*

2025 LABOUR AND DELIVERY EDUCATION

- *Learn about L&D at your own pace, in your own home*
- *Get your free app from Public Health*
- *Create an account to use the online tools and videos*
Public Health Nurses are available to answer any questions that you may have



Contact
PUBLIC HEALTH
to register

200 - 1100 Island Highway
(Tyee Plaza)
Phone: 250-850-2110

2025
BREASTFEEDING CLASS
10:00 AM—12:00 PM

January 8th ** (in person)
 February 12th ** (zoom)
 March 12th ** (in person)
 April 9th ** (zoom)
 May 14th ** (in person)
 June 11th ** (zoom)
 July 9th ** (in person)
 August 13th ** (zoom)
 September 10th ** (in person)
 October 8th ** (zoom)
 November 12th ** (in person)
 December 10th ** (zoom)

Check out the [Hospital Tour](#) of our local maternity ward!

<https://www.youtube.com/watch?v=FhLp9SF24e8>