

# Hodge Hill District Children's Centres

## Are you pregnant?

### Antenatal Workshops in April

Kitts Green Children's Centre  
45 Ridpool Road B33 9RB

Would you like support to prepare for the arrival of your  
new baby?

**Session 1: Monday 17th April 9:30-11:30**

Labour, birth and pain relief

**Session 2: Monday 24th April 9:30-11:30**

Post natal support, safer sleep guidance  
and feeding you baby

For more information or to book a space contact ;

**Victoria Evans**

Antenatal and Infant Feeding Lead  
**0121 752 1280 or 07974 255 957**