



Free Antenatal Pregnancy and Parenting Courses

Held in the Conference Room
Gym Sport & Recreation Centre
Bruce Pulman Park
Walters Rd, Papakura

To Enrol Phone Rhonda 274 5614

Standard Papakura Courses 2010

Monday Nights 7.00pm – 9.00pm

Weekend – Saturday 16th & 23rd January

1st March – 12th April

10th May – 21st June

5th July – 9th August

13th September – 18th October

8th November – 13th December

Young Mothers Papakura Courses 2010

7.00pm – 9.00pm

Wednesdays 27th January – 3rd March

Weekend - Saturdays 24th April & 1st May

Wednesdays 12th May – 16th June

Wednesdays 14th July – 18th August

Wednesdays 8th September – 13th October

Wednesdays 3rd November – 8th December

(This course especially suits young mothers, Maori and Pacific mothers and those needing a caring environment)

Our free community based courses run by professional staff, are held in small groups with a supportive, friendly atmosphere. By the end of the course parents should feel confident about pregnancy, labour, birth and parenting, along with how to use the other Plunket Services.