

Your Bump and Beyond

Antenatal classes for first-time expectant parents in Hillingdon



Fun and interactive 5-week course
Learn about the baby's developmental stages,
the birth, caring for the baby, health and well-being
Find out about other support services
Meet other parents-to-be
Get practical and factual advice for your
parenting journey

Central and North West London 
NHS Foundation Trust

The next **Your Bump and Beyond** session


Venue: **Various Children's Centres**

Date: **Dates available near you**

Time: **Various times - please call to book**

For more information,
contact:

 **Yiewsley Children's Centre**

 **Telephone: 01895 558194**



HILLINGDON
LONDON

www.hillingdon.gov.uk/childrenscentres