

Your Bump and Beyond

Antenatal classes for first-time expectant parents in Hillingdon



Fun and interactive 6-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:

 **01895 254408**

 **oakfarmcc@hgfl.org.uk**



HILLINGDON
LONDON

www.hillingdon.gov.uk/childrenscentres