

# North Zone Prenatal Education Classes

AHS Public Health offers free prenatal education classes with information about pregnancy, labour & delivery, breastfeeding, and after birth & newborn care.

Prenatal classes are available in the following communities:

## All North Zone residents:

- Join from any location in the AHS North Zone.
- Virtual classes are offered once a month on Saturday (9 a.m. to 4 p.m.).
- To register, visit [North Zone Online Prenatal Class Registration Form](#).

## Barrhead:

- In-person classes are offered quarterly on Saturday (9:30 a.m. to 4 p.m.).
- For class dates and to register, call Barrhead Public Health: 780-674-3408.

## Edson:

- In-person group classes available once a week over five weeks on Wednesday or Thursday, dependent on instructor availability (6:30 p.m. to 8:30 p.m.).
- Individual sessions are available, as requested.
- For class dates and to register, call Edson Public Health: 780-725-6083 (ext. 4).

## Fairview:

- In-person classes are available upon request. Daytime, evening, and weekend availability.
- To register, call Fairview Public Health: 780-835-4951.

## Fort McMurray:

- In-person drop-in classes are offered on Wednesday (5:30 p.m. to 7:30 p.m.) at Fort McMurray Community Health Services (113 Thickwood Blvd).
- Registration is not required.

## Grande Prairie:

- In-person classes are offered on certain Saturdays (1:00 p.m.).
- For upcoming classes and to register, visit [Grande Prairie Public Health Prenatal Class Series](#).

## High Level:

- In-person classes are available upon request.
- To register, call High Level Public Health: 780-841-3230.

### **Hinton:**

- In-person classes offered quarterly (Tuesdays, 7 p.m. to 9 p.m.)
- To register, call Hinton Public Health: 780-865-2277

### **La Crete:**

- In-person classes are available upon request.
- To register, call La Crete Public Health: 780-928-6800.

### **Lac La Biche:**

- In-person classes are available upon request.
- To register, call Lac La Biche Public Health: 780-623-4471 (extension 0).

### **Manning:**

- In-person classes are available upon request. Daytime and evening availability.
- To register, call Manning Public Health: 780-836-7361.

### **McLennan**

- In-person classes offered three times a year in evening sessions.
- To register, call McLennan Public Health: 780-324-3750

### **Peace River/Grimshaw:**

- In-person and virtual Zoom classes are offered every three months. Daytime, evening, and weekend availability.
- To register, call Peace River Public Health: 780-624-7260.

### **Slave Lake**

- In-person classes available upon request.
- To register, call Slave Lake Public Health at 780-849-3947.

### **St. Paul:**

- In-person classes are offered in the evening (Day TBD, 6:30 p.m. to 8:30 p.m.).
- To register, call St. Paul Public Health at 780-645-3396.

### **Westlock:**

- Virtual Zoom classes are offered every four months on Sundays (9 a.m. to 4 p.m.).
- To register, call Westlock Public Health at 780-349-3316.