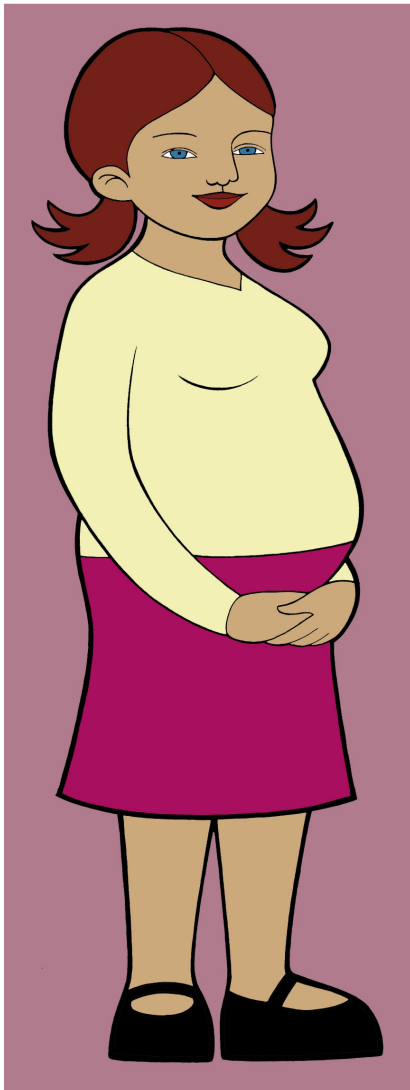


Teen Antenatal Programme

Free programmes especially for young pregnant women,
their partners and whanau.



- * Are you under 21 and expecting a baby?
- * Would you like to meet others who understand what you're going through?
- * Are you interested in learning more about pregnancy and your baby's development?
- * Would you like to be prepared for your baby's arrival and becoming a new parent?

These two programmes are designed especially for you

1. Staying Healthy in Early Pregnancy
2. Preparing for Birth & Your Baby

Programmes held throughout the year. You will learn about a whole range of topics relating to pregnancy, birth, health, life skills and parenting. We provide free **transport & all refreshments**. You are welcome to bring a friend, partner, a family member or come on your own.

For more information txt or call Sally on **021 0299 1044** or leave her a message @ the centre on 376 3227 or you can email her on pregnancy@womensz.org.nz



Auckland
**Women's
Centre**

* New seminars starting soon '**Are You a Parent of a Teen Parent**'
for parents and whanau ask Sally for more info.



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