

PRENATAL CLASSES ARE NOW MORE ACCESSIBLE

Baie-Comeau, June 2nd, 2021 – Future parents can now access prenatal classes offered by the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord online, using the device of their choice. Reviewed in 2020 and updated to include the best practices known to this day, these classes are now accessible to a greater number of parents from the North Shore.

The prenatal classes are separated into four modules, and their goal is to present a wide range of information to parents. By watching them, they will be better prepared for their new role. Throughout the fifteen or so capsules, all prepared by a team of nurses, the parents will become more comfortable and will learn how to go through the pregnancy, the childbirth and the first few days of their baby's life in a positive way.

The prenatal classes are available on the [website](#) of the CISSS de la Côte-Nord. We invite parents who have questions on the subjects discussed to contact their local perinatology team. An English version of the capsules will be available soon.

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