



Media Release

November 4, 2019

Public Health Offers Free Mobile-Friendly Prenatal Education

The Grey Bruce Health Unit has launched a new mobile-friendly online prenatal education program from pre-conception to early childhood. Using the YoMingo® platform, the free program is made up of web-based “chapters” including audio and visual elements, evidence-based information and links to other sites and supports.

For those that prefer in-person prenatal education, the online program can support those classes. Online education is available anytime, anywhere, on many types of devices. Its accessibility overcomes barriers to in-person prenatal classes including transportation, childcare, time and schedules. The Grey Bruce Health Unit partners with local hospitals that offer prenatal classes and will refer clients to their programs.

To register for YoMingo®, visit www.publichealthgreybruce.on.ca/onlineprenatal

Clients registered with the previous Gift of Motherhood online prenatal program will continue to have access to the program for six months from the time of registration.

Pregnancy, caregiving and child rearing can be exciting, challenging and uncertain all at the same time. It takes a village to raise a child - the Grey Bruce Health Unit is here to help support you.

Attachment: Planning or expecting a baby YoMingo® poster

For More Information:

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A healthier future for all.

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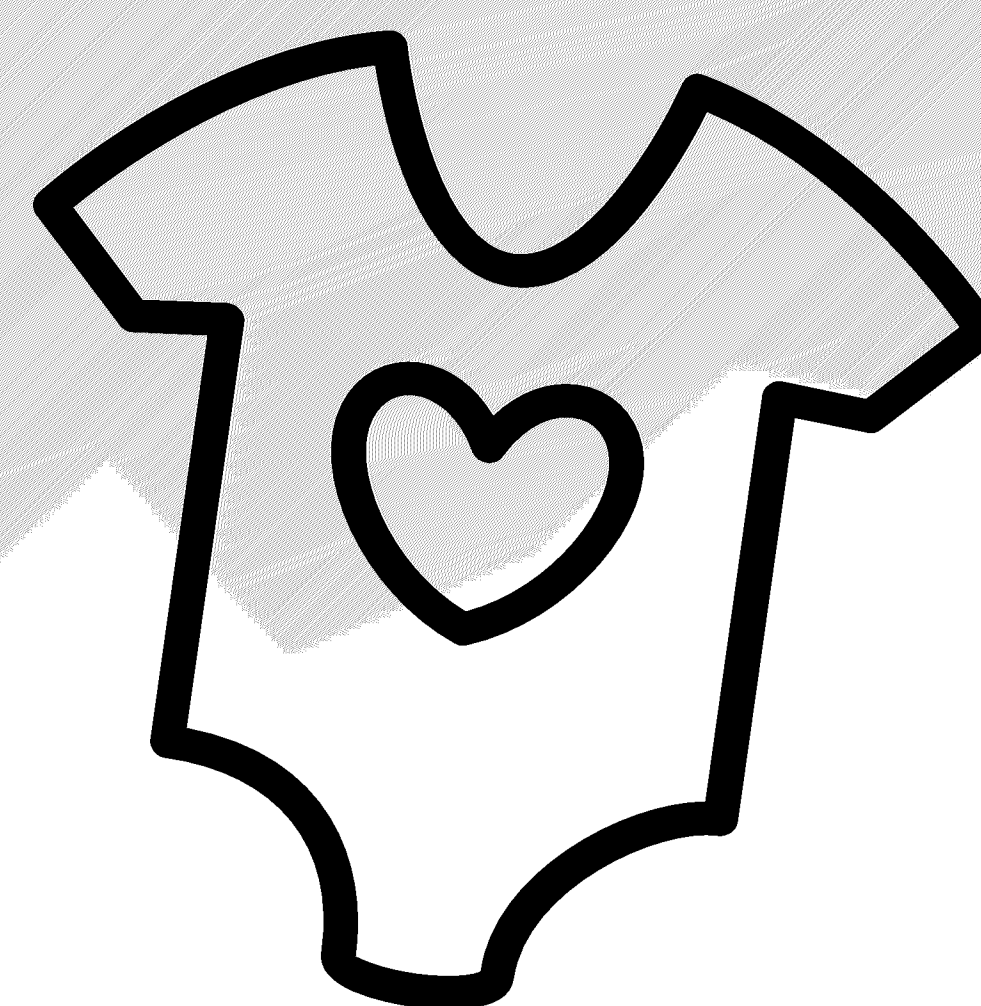
Fax 519-376-0605

Planning or Expecting a Baby?

ASK YOUR HEALTHCARE PROVIDER
and join our FREE online prenatal classes

Learn About:

- Supporting your partner during pregnancy
- Prenatal health
- Labour and delivery
- Baby care
- Bonding with baby
- Breastfeeding and feeding baby
- Infant safety ... and more!



Complete in your own home, on your own schedule!

Register Online:

www.publichealthgreybruce.on.ca/onlineprenatal
or call 800 263 3456 ext 1221



There's also an app for it!

