

New Parents on the Block 新手爸媽講座

ALL AGES

New mothers, fathers, grandparents, all are welcome!

(国/粤语讲座 In Mandarin and Cantonese)



A Workshop for New Parents and an Information Session on Cord Blood Donation to Save Lives !

為迎接新生命作好準備，分享產前後營養及心理健康。認識新生兒行為及瞭解臍帶血的功能

SATURDAY, MARCH 25

10:00 AM to 12:00 Noon

2nd Floor Program Room,

Brighthouse Branch, registration required

Please join us and learn about:

- Nutrition and weigh gain during pregnancy 吃出好營養
- Newborn normal behavior 新生兒行為
- Mental Health during pregnancy 懷孕期間精神健康
- Postpartum Depression 產後抑鬱症
- How your Cord Blood can help save a life 臍帶血如何能拯救生命

Li Yan, is a registered midwife(註冊執業助產士) and mother of two will be sharing her unique experiences and walking you through the paths of pregnancy, birth and early parenthood.

Ginny Wong is a registered clinical counsellor (註冊輔導員) with a Master's Degree in Counselling and over 20 years of experience as a community-based social worker serving immigrants and refugee claimants in Metro Vancouver.

OtherHalf Chinese Stem Cell Initiative 加華幹細胞協會 with a mission to help save more patients' lives by increasing the number of stem cell registrants and cord blood donors.

For more details, visit yourlibrary.ca/events, call 604.231.6413 or talk to a staff member.

