

Whanake te kura - Nurturing healthy babies



Te Taiwhenua o
HERETAUNGA

Congratulations on your pregnancy!

To help you on your pregnancy journey, and prepare you and your family/whānau for your new baby, our DHB funds a **free** Pregnancy & Parenting Education programme (previously known as ante-natal classes).

The name of the programme is **Whanake te Kura**.

These classes are for **all** pregnant women and their whānau/families, and are held regularly.

Locations include Hastings, Napier, Wairoa and Central Hawke's Bay.

The classes cover a range of topics about pregnancy, having your baby, and becoming a parent.

Whanake te kura is an open, friendly and supportive where you and your whānau/family can ask questions and get expert advice!

Contact us:

Contact us directly, or ask your doctor or Lead Maternity Carer to refer you.

Nau mai waea mai - give us a call:
Ph: 06 871-5350 or 022-010-3351.
Email: register@ttoh.iwi.nz

