

# Welcome to our antenatal group

Pregnancy can be an emotional time for everybody!

## Journey to Parenthood

If you find yourself asking some of these questions, why not come along to one of our Journey to Parenthood groups?

This is a **FREE** six week antenatal course which covers the usual things you would expect such as managing your labour, pain relief, relaxation, the birth and how to feed your baby. It also helps you to think about your relationship with your baby and how you can begin to get to know them before they're even born!

**Groups are held at  
Children's Centres across  
Islington**



**To book your place please speak to your midwife, family support worker or other professional involved in your care.**

**For further information you can call or text 07887 627231**

University College London Hospitals **NHS**  
NHS Foundation Trust

the **Breastfeeding**  
network  
Islington

**Bright Start**  
Islington  
Every child | Every family

**UNDERSTANDING YOUR CHILD**  
  
SOLIHULL APPROACH

 **ISLINGTON**

Working in partnership

Whittington Health **NHS**

