

We understand that early pregnancy can be an exciting and worrying time.

We offer **TWO** classes in early pregnancy.

You can attend these even if you haven't had your first scan or Booking appointment.

Each class is about an hour long, and there is no need to book. Just log in on the day via the WebEx Meeting codes provided.

### 1<sup>st</sup> Class: Early Pregnancy Class

Learn about the normal, physical changes in early pregnancy, and find out about what lifestyle changes are recommended for your health and for your babies health.

### 2<sup>nd</sup> Class: Well-Being in Pregnancy: Minding your Mental Health

This class will teach you about the normal psychological changes you might experience in pregnancy. We will practice some tools and techniques for managing your worries and to help you relax.

You can find lots more advice about early pregnancy at <https://www2.hse.ie/my-child/>

**Please speak to your GP or Midwife if you have any concerns in early pregnancy.**

## Early Pregnancy Class



Learn all about normal changes in pregnancy and what to expect

Join us on Webex from 5pm – 7pm On the following Monday's throughout 2023

WebEx Meeting code: 2733 284 4758

Password: 1234

Jan 9 <sup>th</sup>	Feb 6 <sup>th</sup>	March 6 <sup>th</sup>
April 3 <sup>rd</sup>	May 8 <sup>th</sup>	June 12 <sup>th</sup>
July 3 <sup>rd</sup>	NO CLASS IN AUGUST	Sept 4 <sup>th</sup>
Oct 2 <sup>nd</sup>	Nov 6 <sup>th</sup>	Dec 4 <sup>th</sup>

## Well-Being in Pregnancy: Minding your Mental Health

This class is open to everyone who wants to learn more about how to manage the emotional changes and worries of pregnancy and new parenthood.

This monthly class will be held on WebEx from 17.00 – 18.00 on the following Mondays throughout 2023

WebEx Meeting Code: 2731 688 4484

Password: 1234

16 <sup>th</sup> Jan	13 <sup>th</sup> Feb	13 <sup>th</sup> March
17 <sup>th</sup> April	15 <sup>th</sup> May	19 <sup>th</sup> June
10 <sup>th</sup> July	No Class in August	11 <sup>th</sup> Sept
9 <sup>th</sup> October	13 <sup>th</sup> Nov	11 <sup>th</sup> Dec



We offer four other classes later in your pregnancy. Please see the Information Boards in Antenatal Clinics for details of these classes

We usually recommend starting these from around week 28 of your pregnancy.



These classes include separate sessions on preparing for labour, early parenthood, infant feeding & hypnobirthing.

## Useful Telephone Numbers

WestDoc: Out of Hours Urgent GP Care · 0818 360 000

Mayo University Hospital Antenatal Clinic via

Switchboard: 094 9042000

MUH Maternity Ward: 094 9042353/2354

MUH Delivery Suite: 094 9042359/2360

MUH Pregnancy Support and Counselling Service: 094 90 42099

Medical Social Work: 094 90 21733 Ext 3095

Pieta House: Crisis Freephone 1800 247 247 or Text HELP to 51444

Therapy Enquiries: 0818 111126

WomensAid Ireland: 24hr National Freephone Helpline 1800 341 900

My Options: 1800 828 010

Claremorris Family Resource Centre: 094 937 7838

Ballyhaunis Family Resource Centre: 094 963 0929

Castlebar Le Cheile Family Resource Centre: 094 902 5126

Ballina Family Resource Centre: 096 75573

Westport Family & Community Resource Centre: 098 24419

The Family Centre, Castlebar: 094 902 5900

Tacu Family Resource Centre, Ballinrobe: 094 954 2908

Cairdeas Family Resource Centre, Kilmovee: 094 964 9814

PLEASE REMEMBER: THERE IS A 24 HOUR ON-CALL PSYCHIATRIC SERVICE AVAILABLE VIA THE EMERGENCY DEPARTMENT OF MAYO UNIVERSITY HOSPITAL. IF YOU ARE AT RISK OF SUICIDE, DELIBERATE SELF HARM OR FEEL LIKE YOU MAY HARM YOUR BABY PLEASE COME TO THE EMERGENCY DEPARTMENT FOR URGENT PSYCHIATRIC ASSESSMENT.



# Welcome to Mayo University Hospital



Thank you for choosing  
MUH for your Maternity  
Care