

Are you expecting a baby?

Then come along to our

Pregnancy Matters

a 4 week rolling programme
for expectant parents

Sessions include::

Information on pregnancy,
labour, pain relief and
breastfeeding

physical & emotional health

and much more!



1-3pm

Mondays

at The Springfield Centre

The Springfield Centre

Springfield Road

Moseley

B13 9NY

**Mum, Dad & birth
partners all
welcome!**

Language support available

To book your place or for more details,
call Hasmita on 777 2722



Birmingham
**forward
steps**
The best start for our children

 **The Springfield Project**