

## Prenatal Class Options

We recommend that all expecting mothers and parents consider taking a prenatal class to help prepare for labour and childbirth in the third trimester.

There are many options for prenatal classes and parenting education throughout the city and surrounding area. Virtual and in-person programs are available. Many hospitals and community prenatal classes will charge a fee for their services. However, there are also options available for free. Here is a brief list to help you get started in your search. Some of these resources offer general prenatal education and may be of interest throughout your pregnancy journey.

### City of Toronto, Prenatal Programs (Free)

The City of Toronto also offers a series of free programs, in-person, to guide families through their parenting journey. Eligibility criteria may vary. No referral needed. Interpretation services available. A list of these options is available at the [City of Toronto website](#).



### Surrounding Regions

Community Health Centres (CHCs) - Many CHCs offer prenatal classes for free or at a reduced fee, to those living within their catchment area.

<a href="#">Peel Region</a>	<a href="#">York Region</a>	<a href="#">Durham Region</a>
		

#### Mount Sinai Hospital (Fees apply)

Generally recommended between 28-37 weeks of pregnancy. A full list of options is available at the [Mount Sinai website](#).



#### Markham Prenatal (Free)

An online series including information about labour and delivery as well as the postpartum period. Registration is available at [Markham Prenatal](#).



#### Sunnybrook Prenatal (Fees apply)

Sunnybrook offers a variety of classes in-person and on Zoom for parents-to-be. Classes prepare you for pregnancy, birth, and the newborn period. We recommend that you register early in your pregnancy to reserve your spot, and typically suggest attending one or two months before your expected date of delivery. More info at the [Sunnybrook hospital website](#).

