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**Are You New to Canada and Having a Baby?
Sign up for "Giving Birth and Becoming
a Parent in Canada" classes!**

**Five-week series
Every Tuesday, October 15 to November 12
3:00 p.m. - 4:00 p.m.
Gros Morne/Nahanni Meeting Rooms
Ajax Welcome Centre**

Snacks provided

Learn about:

- Healthy pregnancy
- Labour and birth
- Caring for baby and mom
- Breastfeeding
- Parenting

**To sign-up call the Welcome Centre
1-877-761-1155**



**Welcome Centre - Ajax
458 Fairall Street, Unit 5
Ajax, ON L1S 1R6**

**Toll-free: 1-877-761-1155
www.welcomecentre.ca**



*Welcome Centre Lead Agencies:
Ajax – Community Development Council Durham
Pickering – Durham Region Unemployed Help Centre*

Welcome Centres
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