

Outline of Childbirth Education Sessions (Public)

Education Session	Birth & Parenting Group	HypnoBirthing® Workshop
Description	<p>The series covers birth & parenting.</p> <p>Topics include normal childbirth, comfort measures during the birth process, common interventions during birth including epidural & caesarean birth, care of newborn, breastfeeding, transition to parenthood, community resources and a tour of the maternity unit. The workshop is facilitated by a midwife.</p> <p>Recommended time to attend is 4 - 5 weeks BEFORE your due date</p>	<p>For couples wanting to learn natural childbirth methods. HypnoBirthing® the Mongan Method, empowers and educates birthing couples through learning natural techniques to reduce pain and fear in birth.</p>
Delivery	<p>5 x Consecutive Week nights 7.00pm - 9.00pm</p> <p>OR</p> <p>2 x Consecutive Saturdays 9.30am - 2.30pm</p>	<p>5 x Consecutive Week nights 6.30pm - 9.00pm</p>
Cost	\$370	\$500

Please read the following information carefully:

- Send your form in as soon as you are 18 weeks. Places are limited and fill up quickly.
- Bookings will not be accepted before 18 weeks. We are not able to guarantee placement if you send the booking in late.
- Bookings may be sent by email or post to the addresses below.
- All confirmation of bookings will be by email. Please allow at least 7 days for confirmation of your booking.
- We aim to group together couples who are due to give birth at similar times. **The recommended time to finish your workshop is at 35 - 36 weeks i.e. four to five weeks before your due date.**
- Please choose your dates carefully as rescheduling is not possible.
- Saturday sessions run for two consecutive weeks and it is not possible to split the dates.
- Receipts are posted to you when your payment is processed.
- Refunds are only issued where a medical reason exists.

Northern Beaches Hospital

105 Frenchs Forest Road, Frenchs Forest NSW 2086
 Phone: 02 9105 5000 | Email: nbh@healthscope.com.au

ABN 83 722 380 020 | A Healthscope hospital.

Booking Form (Public)

Education Session	Cost	Star Day & Date: 1st Preference		Star Day & Date: 2nd Preference	
Birth & Parenting Skills Workshop Saturday Sessions 9.30am – 2.30pm	\$370	Day		Day	
		Date		Date	
Birth & Parenting Skills Workshop Weeknight Session Tuesday or Thursday 7.00pm - 9.00pm	\$370	Day		Day	
		Date		Date	
HypnoBirthing® Workshop Monday or Tuesday 6.30 - 9.00pm	\$500	Day		Day	
		Date		Date	

Personal Details (Please Complete All Fields)

Title:	First Name:	Surname:
Name of Partner/Support Person:		
Address:		Postcode:
Doctor's Name:	Health Fund:	
Admission/Booking Number:	Due Date: / /	
Mobile Number:	Email:	

Payment Details (Please Complete All Fields)

Payment Type:	Visa: <input type="checkbox"/> (1% Surcharge)
	MasterCard: <input type="checkbox"/> (1% Surcharge)
Name on Card:	
Card Number: / / /	Expiry Date: /
Amount Authorised: \$	Signature:

Office Use Only

Class Booked:	
Fee:	Date Processed: / /
Venue:	

Please return with payment delivery details to:

Email: nbhpublicbirthing@healthscope.com.au
 Post: Northern Beaches Hospital Maternity Bookings
 105 Frenchs Forest Road (West), Frenchs Forest NSW 2086

Northern Beaches Hospital

105 Frenchs Forest Road, Frenchs Forest NSW 2086
 Phone: 02 9105 5000 | Email: nbh@healthscope.com.au

ABN 83 722 380 020 | A Healthscope hospital.