

Prenatal courses



Jeffery Hale
Community Services

- Babyproofing your home
- Lifestyle during pregnancy
- Becoming parents
- Labour and delivery
- Feeding & caring for a newborn
- The return home
- Postnatal visits

418 684-JEFF (5333), ext. 1580

Ask for the Perinatal Nurse

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**
1-888-984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English
(formerly known as Holland Centre)



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