



RIGHT FROM THE START PRENATAL REGISTRATION **and PRENATAL CLASSES**

Right From The Start Prenatal Registration:

Please register with **Right From The Start Prenatal Registration**; Island Health's universal prenatal registration, at <https://surveys.viha.ca/Checkbox/RFTSRegistration.aspx>

Registration can also be done in person at the Comox Valley Public Health Nursing office (961 England Avenue, Courtenay), at doctor's offices or midwifery offices.

The Registration Form is a way to connect with a Public Health Nurse for additional information and support both during pregnancy and after the birth of your baby. If you have any questions, please phone the Comox Valley Public Health Nursing office at (250) 331-8520 and ask to speak to a Nurse.

Prenatal Classes and Breastfeeding Class:

Registering with **Right from the Start** also allows you to register for Public Health's FREE Prenatal Classes (Preparing for labor, Birth and Breastfeeding).

On the **Right From The Start Prenatal** Registration Form there is the following question: *Are you currently attending, or planning to take Prenatal Classes?*
Yes No

If you wish to be registered to take the FREE Prenatal Classes offered by Comox Valley Public Health Nursing tick Yes.

Please provide complete contact information and you will be contacted by phone to register for the classes. (It is recommended that classes be completed approximately 6 weeks prior to the due date).