

- Are you pregnant?
- How are you feeling about giving birth?
- Do you want to feel emotionally, mentally and physically prepared for your birth?
- Do you want to make informed decisions with your caregivers about birth choices?
- Do you want to learn how to feel safe and calm?

Then, you can trust Calmbirth®, taught by trained birth professionals.

## With Knowledge Comes Confidence

Calmbirth® believes when we learn how to embrace birth as a natural part of life and not fear it, and stay connected by working together as a family, then not only will unnecessary intervention rates be reduced but the way we experience and talk about birth will be far more positive and empowering for future generations of families.

***"The Calmbirth course was AMAZING!... It completely changed our outlook and made our first birth the most wonderful experience..."***

Calmbirth® is a highly acclaimed childbirth education program that is leading the way in childbirth education, training and ongoing research in Australia and abroad since its inception in 2004. Calmbirth® inspires and educates couples to birth their babies with knowledge and confidence. Calmbirth embodies the connection between the mind, body and family during birth. Learn how to embrace and work with the wonders and challenges of birth.

Couples can use their knowledge and skills learnt in Calmbirth® to meet any birthing journey they encounter with confidence. These life changing elements in Calmbirth® can be used during pregnancy, childbirth, parenting and then for the rest of one's life.

The Calmbirth® program is suitable for first time or subsequent births; for couple's who have had a challenging birth experience; as well as for couple's who know they'll be having a caesarean. Calmbirth® embraces and accepts all pregnant couples regardless of their age, culture, socio-economic or sexual orientation.

## Calmbirth® Course at the John Hunter Hospital (JHH) Newcastle

- The program will be conducted from Level 2, Newcastle Community Health Building, 670 Hunter Street Newcastle.
  - Classes will be held each Tuesday from 5.30pm - 8.30pm for four consecutive weeks.
  - For couples, the best time to attend the Calmbirth® course is between 24-34 weeks' gestation
  - After completing the program, couples also receive a Calmbirth® book and relaxation audio tracks to support and assist with practice
  - Rebates are available for most private health funds.
- The Calmbirth® course at the John Hunter Hospital Newcastle is conducted by experienced Midwives who are registered Calmbirth® Educators. Places are limited so book early to secure your place.

**BOOK A CALMBIRTH COURSE AT THE JHH NOW**

<http://www.hnehealth.nsw.gov.au/HavingABaby/Pages/John-Hunter-Hospital-parenting-education.aspx>

or go to [calmbirth.com.au](http://calmbirth.com.au)



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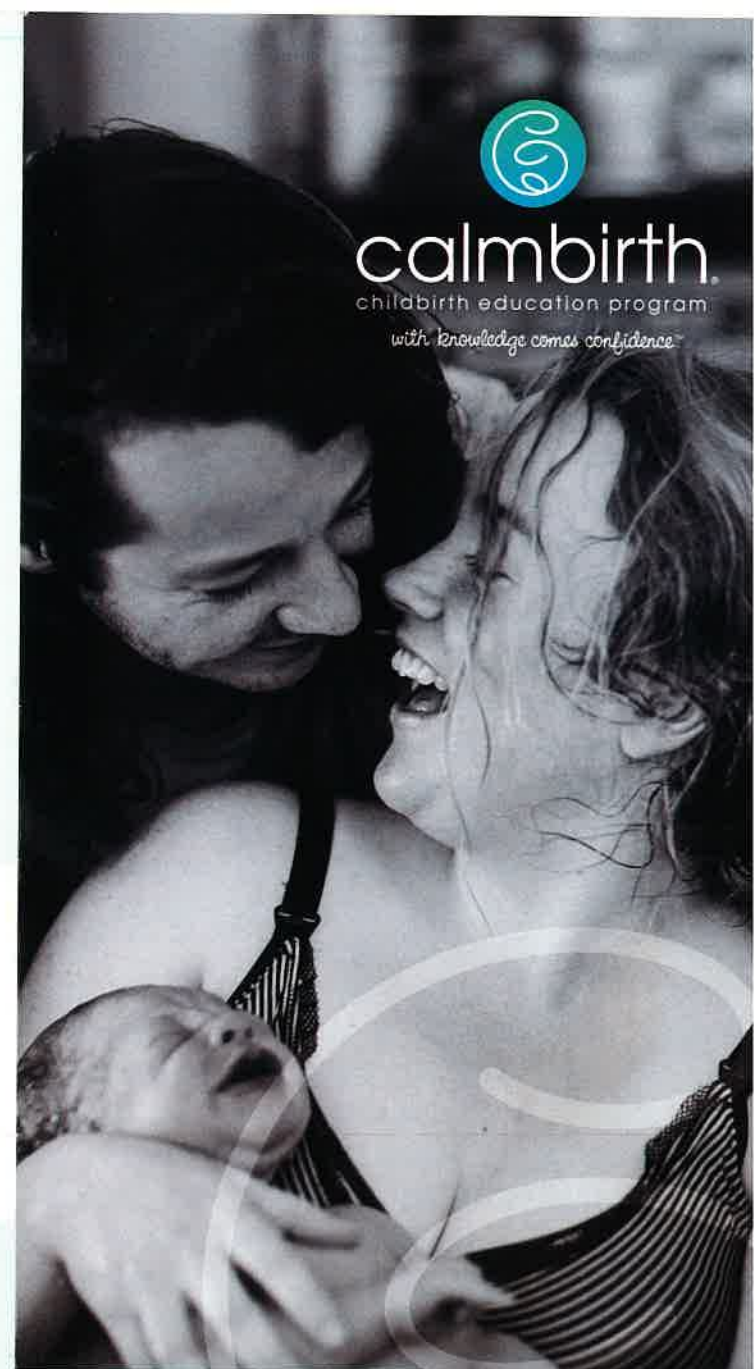
[calmbirth.com.au](http://calmbirth.com.au)

[f/calmbirth](https://www.facebook.com/calmbirth) [@calmbirth](https://www.instagram.com/calmbirth)

Calmbirth® would like to thank Danielle and Saige for allowing us to use their birth as the new image for Calmbirth.



Calmbirth® and Hunter New England Local Health District have partnered together to bring you this program.



**calmbirth.**  
 childbirth education program  
*with knowledge comes confidence™*

**childbirth course**  
 THE JOHN HUNTER HOSPITAL NEWCASTLE