

ABOUT BOAA

Who Are We?

We are a not for profit volunteer organisation that has been created by parents, midwives, childbirth educators, birth attendants and other people passionate about birth.

What do we believe?

We believe that every woman should have the opportunity to access the full range of options for pregnancy, birth, and nurturing her baby, and to accurate information on all available birthing sites, caregivers, and practices.

What We Do?

We facilitate and support individuals, families, groups, communities, organisations, professionals and businesses to provide information, education, celebration and support in our community regarding pregnancy, birth, breastfeeding and early parenting.

Get Involved

Be the change you want to see, become part of the Birth Options team.

Facts and Stats

Find out the cold hard facts about birth in Australia.

Visit us at:

www.birthoptions.org.au

DETAILS

Where?

BellyBelly Pregnancy Centre

Level 1, 89 Canterbury Rd, Canterbury 3126.
(Enter on Wentworth Street). Ph: 9836 7734.

Prices

Couple: \$150 waged / \$100 concession
Individual: \$75 waged / \$50 concession

Please show current government or student concession card on first attendance. Lunch is BYO, morning and afternoon tea will be provided.

Payment

Please send a cheque or money order to Birth Options Association Australia Inc. with your booking form to : BOAA, Level 1, 89 Canterbury Rd, Canterbury Vic 3126

Alternatively, you can pay via direct deposit (EFT):

Account name:

Birth Options Association Australia Inc.

BSB: 633 000

Account Number: 130855075

Credit Card payments by phone (ph: 9836 7734) or via the booking form in this flyer.

Contact Us

For more information, please contact us at info@birthoptions.org.au or phone the BellyBelly Pregnancy Centre: (03) 9836 7734

BIRTH OPTIONS

INFORMATION SESSIONS



**If you don't know your options
then you don't have any...**

**But it's never too late, or too
early, to find out what your
options really are for birth and
beyond.**

WORKSHOP OVERVIEW

Birth Options Information Sessions bring together the most asked about pregnancy, birth and early parenting topics and are presented by highly respected and skilled educators.

- * What is birth really like?
- * What options are really available?
- * Am I going to be able to give birth naturally?
- * What can I do to reduce the chances of having a 'horror story' birth everyone tells me about?

Birth Options will answer these questions and many more in their workshops about pregnancy, birth and parenting in Australia today:

Session 1: The Birth Matrix

What you absolutely, without question, need to know about birthing today - before you give birth. Recent stats, the facts and the truth about birth in Victoria - you won't be told anywhere else. Presented by Rhea Dempsey, in one of her trademark talks. Rhea has been working in birth for almost 30 years tells it as it absolutely is.

Session 2: Birth Rehearsal

What childbirth is really like and how to support birthing women. Labour and birth told with film, theatre, story, laughter - and occasional tears. Presented by Jules Brooks and Lael Stone of About Birth. They will lead you through the nuts and bolts of birth in a 'birth rehearsal' session - giving you an idea of what labour is like, what your body might be doing and how to tell if it's really labour.

www.birthoptions.org.au

WORKSHOP OVERVIEW (CONT.)

Session 3: Beyond Birth

OK, you have your baby - now what?! Gentle strategies to help with bonding, breastfeeding, sleep and nurture for the first few hours, days and beyond. Presented by Pinky McKay, an international board certified lactation consultant (IBCLC), an infant massage instructor, author of several brilliant parenting books and a mother of 5 to boot!

Dates for 2009

Birth Options is run on a Sunday once a month, featuring all three topics in one information packed day. The day is run from 10am until 5pm in Canterbury on the following dates for 2009:

- * 15th of February
- * 22nd of March
- * 17th of May
- * 21st of June
- * 16th of August
- * 13th of September
- * 15th of November
- * 13th of December

We suggest you attend this workshop as soon as you find out about them - it is never too early or too late in your pregnancy. Those trying to conceive are also very welcome

It is important to book early to avoid disappointment, as places are limited and classes fill up quickly.

www.birthoptions.org.au

BOOKING FORM

Yes, I/we wish to attend on _____

Full Name: _____

Partner/support person name (if coming):

When are you due and where are you giving birth?

Address inc. post code:

Email: _____

Phone: _____

Mobile: _____

Where did you hear about our classes?

Total amount due: \$ _____

To pay via credit card:

Card number: _____

Expiry: __ / __ Name: _____

Signature: _____

**** BYO lunch. Morning and afternoon tea provided.**

Fax this page to (03) 9836 1474 or by post to:

BOAA, Level 1, 89 Canterbury Rd,

Canterbury Vic 3126.