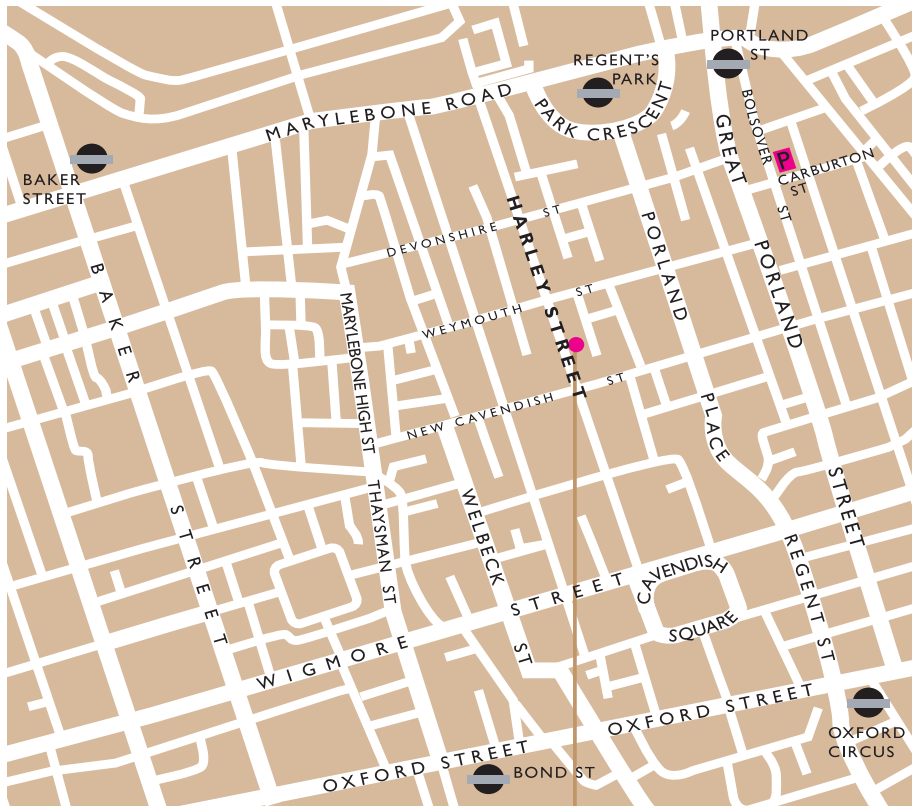


## How to find us



The Harley Street Centre for Women, 78 Harley Street, London W1G 7HJ

### Car Parking

There is meter parking in the surrounding streets. The nearest NCP is in Carburton Street. Please note The Harley Street Centre for Women is within the congestion charging zone.



The Harley Street Centre for Women T 020 7034 8969 W [www.hscfw.co.uk](http://www.hscfw.co.uk)

## Childbirth Education at The Harley Street Centre for Women



The Harley Street Centre for Women offers childbirth preparation classes in comfortable and peaceful surroundings with the convenience of a central London location.

Our classes are led by experienced practising midwives who will present you with unbiased information. We believe in empowering you to make informed choices and offer continued support before, during and after your course. Our flexible programmes are available on a one to one basis or in groups of 4 to 6 couples and are designed to be interactive so you can ask questions along the way.



The Harley Street Centre for Women

## One to One Sessions

### Early Bird Class

A one off class for women in early pregnancy, that offers advice and reassurance about diet, minor pregnancy disorders and prenatal screening. These classes are offered on a one to one basis at a time convenient to you.

### One to One Childbirth Preparation

If you simply do not have time for a course or require a more personalised or confidential approach then this is the perfect option. We will arrange a session at a time and place to suit you. Tailored to your individual requirements, this session aims to cover the essential topics and answer any specific questions you may have.



### Postnatal visit

Bringing your baby home from the hospital can be overwhelming. We are on hand to offer support during this exciting yet daunting time. Book a 2 hour session with one of our midwives who will visit you at home and use this time to discuss any concerns you may have. Whether you need help and support with breastfeeding, working towards a routine, practical baby care or sleep issues we can help.

### Antenatal and postnatal package

This is an extension of the one to one service which combines a 2 hour session before birth and another more practical session at home after baby is born.

## Group Classes

### Childbirth Preparation Classes

A comprehensive course designed to prepare couples for childbirth and early parenthood. Topics include:

- **Recognising labour**
- **Pain relief options**
- **Role of the birthing partner**
- **Medical assistance**
- **Practical baby-care**
- **Infant feeding**

This course is offered as a series of 4 once a week two hour evening classes or as a one off class on a Saturday. Evening classes are held on Monday and Wednesday evenings, 7–9pm (refreshments included). Saturday classes are held 10am–4pm (refreshments included). We recommend that classes are commenced around 28 weeks of pregnancy.

### Prices

Course	Price (per couple)
Early Bird Classes (one to one at HSCfW)	£95
Childbirth Preparation Classes – evening course	£300 (Inclusive)
Childbirth Preparation Classes – Saturday course	£225
One to one session (2 hours clients choice of location)	£200
Postnatal visit (2 hours at clients home)	£200
Antenatal and postnatal package	£375

For further information or to book any of these classes please contact:  
The Harley Street Centre for Women, 78 Harley Street, London W1G 7HJ  
T 020 7034 8969 F 020 7034 8989 E [info@hscfw.co.uk](mailto:info@hscfw.co.uk) W [www.hscfw.co.uk](http://www.hscfw.co.uk)