



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, June 25th, 2025)

RCDHU Launches Free Online Prenatal Program: Bump to Baby

Renfrew County and District Health Unit (RCDHU), in partnership with South East Health Unit, is pleased to announce the launch of **Bump to Baby**, a free online prenatal education program.

Bump to Baby is designed to support parents-to-be with information and resources that can be completed at their own pace, providing flexibility to learn when it's most convenient.

The program guides expectant parents through all stages of pregnancy, birth, and newborn care, with topics including:

- Pregnancy
- Labor and delivery
- Feeding your baby
- Caring for your baby and keeping them safe
- Parenting
- Helpful services available in the community

RCDHU encourages families to register for this free and comprehensive prenatal education program.

Registration Information:

To register for Bump to Baby, visit: <https://www.rcdhu.com/clinics-classes/prenatal-education/>

For questions about Bump to Baby or other Family Health services:

Call: 613-735-9774 or 1-800-267-1097 ext. 589

Email: familyhealth@rcdhu.com

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