



# **Portobello Expectant and New Parents Event**

## **The Dalriada – 12noon-2pm – Saturday 22<sup>nd</sup> November 2014**

**Are you expecting or have recently had a baby recently? Do you live in the Portobello or Joppa area?**

**Please come along to this free information event to let new and expectant parents know about groups, classes and services on in Portobello. We are lucky to have a great range of services for parents available locally, so this is a great opportunity to find out more about what's on and to speak with people from:**

**Antenatal preparation classes (NHS and private)**  
**Café Bambino NHS support group**  
**PEEP baby groups (NHS)**  
**Coffee Break @ Portobello and Joppa Parish Church**  
**Twins group**  
**Portobello Toy Library**  
**Bookbug sessions**  
**Porty Dads Group**  
**Activities at Portobello Swim Centre and Tumbles**  
**Pre and Postnatal mentoring from Birth and Beyond**  
**Private midwifery and doula services**

**HypnoBirthing**  
**Lazy Daisy Edinburgh**  
**Pre and Postnatal Osteopathy**  
**The Real Nappy Project**  
**Closer to You slings**  
**Sing and Sign**  
**Tumble Tots**  
**Breastfeeding Support**  
**Pre and Post Natal Depression Advice and Support (PANDAS)**

**The first 50 people will receive a brilliant PlayTalkRead goody bag, so get there quick!**  
**For more information, please contact Sarah at [Sarah@birthandbeyond.org.uk](mailto:Sarah@birthandbeyond.org.uk)**  
**or check out our facebook page: "Portobello Expectant and New Parents Event"**