

Next Birth After Caesarean (NBAC)



If you have had a caesarean birth before, these FREE and interactive sessions are to help you decide how you would like to birth your baby this time. The classes are held online, every second month, via Zoom.

You can attend at any stage during your pregnancy

The sessions provide:

- ✓ Specific information and current evidence about the different birthing choices and the risks and benefits of each
- ✓ Opportunity to ask questions and talk about any concerns you might have for this birth
- ✓ Provide specific strategies to assist women planning a vaginal birth
- ✓ Provide access to further resources

Tuesdays
12.30 – 2.30pm
(NSW time)

Session Dates

- ✓ 20 December 2022
- ✓ 21 January 2023
- ✓ 18 April 2023
- ✓ 20 June 2023
- ✓ 15 August 2023
- ✓ 17 October 2023
- ✓ 19 December 2023



For bookings and enquiries contact:
(07) 5506 7813 - Childbirth and Early Parent
Education Coordinator, or
(07) 5506 7540 Tweed Community Health

Northern NSW
Local Health District