



Early and Latent phase of Labour Classes

Face to face and online classes with discussion surrounding what to expect with advice and tips

Please call Tirion Birth Centre on 01443443524 to book as limited spaces



Water Birth Classes



Face to face and online classes looking at the benefits of water in labour and birth

Please call Tirion Birth Centre on 01443443524 to book as spaces limited



We are pleased to announce that we are now also able to provide small face to face classes. Please call Tirion Birth Centre on 01443443524 to book as spaces limited



Hypnobirth Classes



Face to face or online classes with discussion on benefits of use before and during labour

Please call Tirion Birth Centre on 01443443524 to book as spaces limited



Infant Feeding Classes



Face to face and online classes for feeding advice and support

Call Tirion Birth Centre on 01443 443524 to book as limited spaces

