



# mamamundo

[www.mamamundo.ch](http://www.mamamundo.ch)

## Birth preparation in your language

Deutsch • Shqip • தமிழ் • English • བོད་སྐད་ཡིག། • Soomaali • اللغة العربية  
Kurdi • Français • ትግርኛ • فارسی

ENGLISCH • BERN

FURTHER LANGUAGES UPON REQUEST



# The birth preparation course for women / couples from all over the world

**This course is for women far from their home countries who are about to become mothers.**

A midwife and a female intercultural interpreter will answer your questions and give you information about pregnancy, childbirth, breastfeeding and your time at home with your baby. They will show you physical exercises that can help you relax and prepare for giving birth.

You will have the chance to talk to other women about your experiences and expectations relating to this special time. You can also exchange information and views about cultural practices with other women. Future fathers/companions are welcome to join some of the meetings.

The course meets seven times. Ideally, you would attend the course between the 5<sup>th</sup> and 9<sup>th</sup> month of your pregnancy.



## Course times

Courses are held in the afternoons and early evenings. Current course dates and times are posted on the website [www.mamamundo.ch](http://www.mamamundo.ch).

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## Course fees

### **Course fees are based on income\***

Families with no income

Single-income families

Two-income families

Your health insurance fund will pay an additional 150 Fr. directly to Mamamundo.

**\* THERE IS A FUND AVAILABLE FOR FAMILIES WITH NO FINANCIAL RESOURCES.**



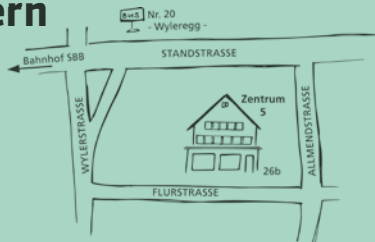
## Course locations in Bern

### Zentrum 5

Flurstrasse 26b

3014 Bern

[www.zentrum5.ch](http://www.zentrum5.ch)

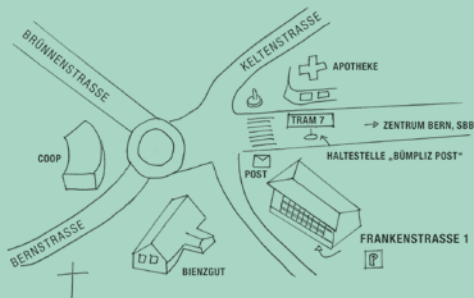


### Familienhaus Bümpliz

Frankenstrasse 1

3018 Bern

FOR ADDITIONAL LOCATIONS IN  
THE CANTON OF BERN SEE  
[www.mamamundo.ch](http://www.mamamundo.ch)





## Course registration / Contact

[www.mamamundo.ch](http://www.mamamundo.ch)

Or contact the intercultural translator:

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**Shqip** (Albanian)

Saime Isufi

079 732 37 55

**Français / English**

Margret Lehmann

079 158 14 61

**བོད་སྐད་ཡིག** (Tibetan)

Pema Sonam

076 681 30 34

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**اللغة العربية** (Arab)

Hayat Ismail

076 519 38 00

**Kurdî** (Kurdish)

Selda Yalcin

076 442 33 08

**Soomaali** (Somali)

Khadija Jamaac

079 838 55 53

.....  
**فارسی** (Farsi)

Shirin Garmaroudi

076 327 11 93

**தமிழ்** (Tamil)

Nanthini Murugaverl

079 397 38 77

**ትግርኛ** (Tigrinya)

Sara Ghebray

076 503 16 71



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