



mamamundo

www.mamamundo.ch

Birth preparation in your language

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

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 5th and 9th 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.



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.**



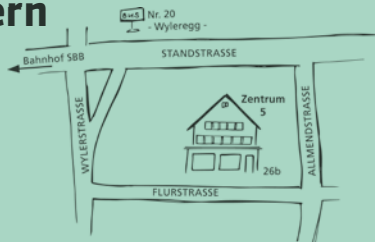
Course locations in Bern

Zentrum 5

Flurstrasse 26b

3014 Bern

www.zentrum5.ch

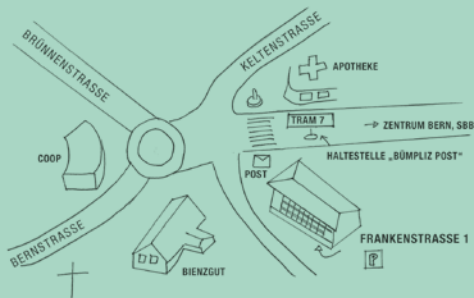


Familienhaus Bümpliz

Frankenstrasse 1

3018 Bern

FOR ADDITIONAL LOCATIONS IN
THE CANTON OF BERN SEE
www.mamamundo.ch





Course registration / Contact

www.mamamundo.ch

Or contact the intercultural translator:

Shqip / Albanisch

Brikela Andrea

078 808 52 20

Français | English

Español

Doris Wyssmüller

079 158 14 61

བོད་སྐད་ཡིག / Tibetisch

Pema Sonam

076 681 30 34

اللغة العربية / Arabisch

Hayat Ismail

076 519 38 00

Kurdi / Kurdisch

Selda Yalcin

076 442 33 08

Soomaali / Somalisch

Khadija Jamaac

079 838 55 53

فارسی / Farsi

Parvin Hemmati

078 601 99 24

தமிழ் / Tamilisch

Nanthini Murugaverl

079 397 38 77

ትግርኛ / Tigrinja

ቋንቋዎቹ / Amharisch

Sara Ghebray

076 503 16 71



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