



mamamundo

www.mamamundo.ch

Birth preparation in your language

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

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

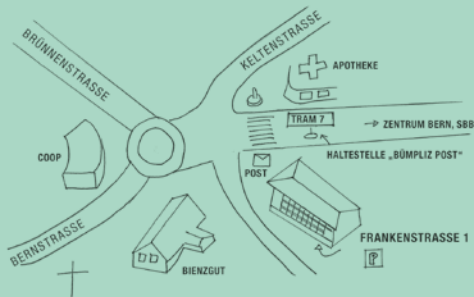


Familienhaus Bümpliz

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:

Français, English, Português	Doris Wyssmüller	079 158 14 61
Español (Spanisch)	Eugenia Gäumann	077 435 57 37
Shqip (Albanisch)	Brikela Andrea	078 808 52 20
اللغة العربية (Arabisch)	Hayat Ismail	076 519 38 00
فارسی (Farsi)	Parvin Hemmati	078 601 99 24
Kurdî (Kurdisch)	Selda Yalcin	076 442 33 08
தமிழ் (Tamilisch)	Nanthini Murugaverl	079 397 38 77
བོད་སྐད་ཡིག་ (Tibetisch)	Pema Sonam	076 681 30 34
Soomaali (Somalisch)	Khadija Jamaac	079 838 55 53
ትግርኛ (Tigrinja)	Sara Ghebray	076 503 16 71
ቋንቋዎቹ። (Amharisch)	Sara Ghebray	076 503 16 71



**Mamamundo is an independent,
charitable association** and is
supported by:



**Kanton Bern
Canton de Berne**

www.gesundheitsfoerderung-be.ch



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www.healthpromotion.ch