



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

ENGLISH • BIEL/BIENNE
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

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



Course locations in Biel

Spitalzentrum Biel
Centre hospitalier Bienne
Abteilung Physiotherapie
Service de physiothérapie
Physiotherapy Department
Vogelsang 84
2501 Biel/Bienne
www.szb-chb.ch

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





Course registration / Contact

www.mamamundo.ch

Or contact the intercultural translator:

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Français, English, Português	Sabina Schöni	079 576 50 44
Español (Spanisch)	Sabina Schöni	079 576 50 44
Shqip (Albanisch)	Saime Isufi	079 732 37 55
اللغة العربية (Arabisch)	Khadra Ibrahim	078 784 66 55
فارسی (Farsi)	Farah Milani	076 470 13 35
Kurdi, Türk (Kurdisch)	Shavin Ibrahim	078 344 47 44
தமிழ் (Tamilisch)	Sanja Karthigesu	078 918 12 25
བོད་སྐད་ཡིག་ (Tibetisch)	Pema Pünlhatsang	076 681 30 34
Soomaali (Somalisch)	Abshira Mahamed	076 574 63 35
ትግርኛ (Tigrinja)	Asmeret Habte	076 515 06 13
ቋንቋዎቻችን (Amharisch)	Asmeret Habte	076 515 06 13
УКРАЇНСЬКА	Katja Freiburghaus	078 819 66 55
РОСІЙСЬКА	Katja Freiburghaus	078 819 66 55



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www.healthpromotion.ch

Spitalzentrum
Centre hospitalier
Biel-Bienne



www.spitalzentrum-biel.ch
