



# mamamundo

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## Birth preparation in your language

Deutsch • Shqip • தமிழ் • English • Soomaali • عربي • Español  
ትግርኛ • خوتن‌زبانگير • Português • Українська

ENGLISCH • ZÜRICH  
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 location

Stadtspital Triemli  
Pavillon E2  
Birmensdorferstrasse 497  
8063 Zürich

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## Course fees

Course fees are based on income. There is a fund available for families with no financial resources. The current fees are visible on our website:  
[www.mamamundo.ch/en/zurich/](http://www.mamamundo.ch/en/zurich/)



## **Information / Kontakt**

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

Further information are available via e-mail :  
[admin.mamamundo-zh@hin.ch](mailto:admin.mamamundo-zh@hin.ch)

Please provide us your phone number in order that someone can call you back in your language.