

**Are you expecting a child and
is German not your mother tongue?**



**Canton Uri is offering an
ante-natal course in your language**

Albanian, Arabic, Portuguese, Serbian/Bosnian/Croatian, Somali, Tamil,
Tigrinya, Turkish (other languages on request)

What does the ante-natal course consist of?

The course is aimed at women whose mother tongue is not German and who are expecting a child here in Canton Uri, far from their home country.

It answers your questions, clears up uncertainties and provides information. We explain what happens during pregnancy and the birth. We also teach breathing and physical exercises in readiness for the birth. We prepare you for the birth, as well as for breastfeeding and the early days with the infant at home.

The course takes place in a small group where you can meet other women and share your experiences and expectations. We respect and take personal and cultural values and customs into account.

Ideally, you should attend the course from the 24th week of pregnancy onwards.

Who are the course leaders?

The course is led by two Uri-based midwives, Romi Walker and Pia Prandi, supported by intercultural interpreters.

When is the course taking place?

On four Tuesday afternoons between 2 and 4 p.m. The actual dates will depend on the demand.

Where is the course taking place?

At the Uri Cantonal Hospital in Altdorf (www.ksuri.ch).

What is the cost of the course?

The mothers' contribution is CHF 80.

The remaining costs are borne by Canton Uri's integration agency, the Gesundheitsförderung Uri agency and a health insurer.

Any questions about the course?

Midwives Romi Walker and Pia Prandi have the answers.

Romi Walker



Mobile: 079 740 67 72
email: r.walker-arnold@bluewin.ch

Pia Prandi



Mobile: 078 639 70 87
email: pia.prandi@gmx.ch

Contact us if you have any questions about the project:

Canton Uri
Directorate of Education and Culture

Lena Greber

Ansprechstelle Integration
Klausenstrasse 4
6460 Altdorf
Telephone: 041 875 20 66
Email: lena.greber@ur.ch

Gesundheitsförderung Uri
Cantonal Office for Prevention and Health Promotion

Simone Abegg

Programmleiterin „Ernährung und Bewegung“
Gemeindehausplatz 2
6460 Altdorf
Telephone: 041 500 47 27
Email: simone.abegg@gesundheitsfoerderung-uri.ch

In association with:



With the support of:



Gesundheitsförderung
Schweiz

Ante-natal course for women whose mother tongue is not German

Are you expecting? Is German not your mother tongue? Canton Uri offers an ante-natal course in your language. Once a number of expectant mothers have registered for 1-2 different languages, we'll organise an ante-natal course and get back to you. To be able to do this, we need your permission to contact you.

☐ I agree to be contacted for the purpose of attending an ante-natal course.

Last name First name

Street/house no. Postcode/town

Telephone/mobile

Nationality/country of origin

Mother tongue

Expected date of delivery

Referring office

Remarks:.....

.....

Place/date Signature

Please complete and send to:

Kanton Uri, Bildungs- und Kulturdirektion

Lena Greber, Ansprechstelle Integration

Klausenstrasse 4, 6460 Altdorf

Email: lena.greber@ur.ch / telephone: 041 875 20 66