**Helpful numbers for the parents to be:**

* Department of Labour Grahamstown:  
  Tembisa Nqavashe (Supervisor for maternity leave UIF applications)  
  046 622 2104  
  [thembisa.nqavashe@labour.gov.za](mailto:thembisa.nqavashe@labour.gov.za)
* Antenatal Classes  
  Sister Ingrid Groenewald  
  [l.groenewald@yahoo.com](mailto:%20l.groenewald@yahoo.com)  
  [www.sisteringrid.co.za](http://sisteringrid.co.za/)  
  082 789 3021
* Breastfeeding Support  
  Victoria Ter Morshuizen  
  [victoria@birthingmothers.org](mailto:%20victoria@birthingmothers.org)  
  083 553 7719
* Karen Clarke  
  [karen@birhworks.co.za](mailto:%20karen@birhworks.co.za)  
  082 776 3622
* FAMSA  
  Tel: 046 622 2580  
  Fax: 046 622 8494  
  [famsa@imaginet.co.za](mailto:%20famsa@imaginet.co.za)
* Grahamstown Parent’s Network  
  <http://www.ru.ac.za/jobs/chooserhodes/choosegog/parentsnetwork/>