**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
* Antenatal Classes
Sister Ingrid Groenewald
l.groenewald@yahoo.com
[www.sisteringrid.co.za](http://sisteringrid.co.za/)
082 789 3021
* Breastfeeding Support
Victoria Ter Morshuizen
victoria@birthingmothers.org
083 553 7719
* Karen Clarke
karen@birhworks.co.za
082 776 3622
* FAMSA
Tel: 046 622 2580
Fax: 046 622 8494
famsa@imaginet.co.za
* Grahamstown Parent’s Network
<http://www.ru.ac.za/jobs/chooserhodes/choosegog/parentsnetwork/>