



Frequently asked questions (FAQ)

Midwifery clinics, Regionhälsan

## My course booking

Below you'll find answers to the most common questions regarding bookings for courses and information sessions organized by the midwifery clinics.

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### **I need to cancel my participation, but I can't find the link?**

If you need to cancel your participation but cannot find the booking link. The link was sent via SMS or to the email address you provided when booking. If you accidentally deleted the link, follow these steps:

1. Go to <https://regionkalender.vgregion.se/>

2. Search for the event by typing "Birth Preparation Course" in the search field.
3. Find the session and cancel your participation.

### **Does my partner also need to register?**

No, it is sufficient for the pregnant person to register for the event/session.

### **I am on the waiting list, what are the chances of getting a spot?**

It's hard to say. It depends on how many people cancel and how many are on the list.

If a spot opens up, you'll automatically receive a confirmation email from Regionkalendern.

### **Our course was canceled due to illness. Will there be a replacement course?**

Unfortunately, we are not always able to offer a replacement course for a canceled session.

### **Will more courses be available?**

Yes, new courses are added regularly, but not during the summer.

### **I am registered at a private midwifery clinic, can I participate in Regionhälsan's birth preparation sessions?**

We are unable to offer birth preparation courses to those registered at midwifery clinics outside of Regionhälsan VGR.

## **I have given birth before, but the terms state that the course is for first-time mothers.**

If your midwife has recommended that you attend the course, you are welcome to join!

## **What does the course cost?**

All our events are free to attend. However, a no-show or late cancellation for the "Birth preparation course" courses will incur a fee of 100 SEK, as per routine.

No-shows or late cancellations for our digital courses are not charged.

## **Where can I find the Teams link for the digital course sessions?**

After you sign up for a digital course, you will receive a confirmation email at the email address you provided. The Teams link is included in that email.