



Kingston

The capital city of Jamaica.

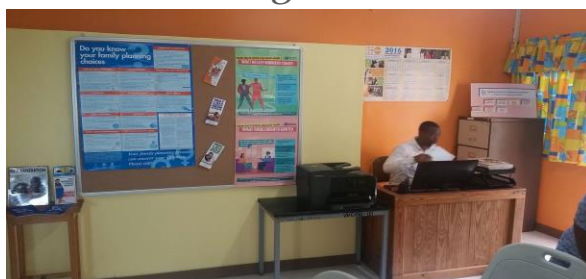
A population of 96,052 in 2001 including St Andrew with 667,778 in 2009.

Kingston is known for hosting parties for the entire month of February. Music and

entertainment will be provided!!

Adolescent Resource Centre

- Grup Counseling
- Contraceptives
- STI & HIV referrals
- Access to midwives & gynecologists
- Treatment for post-partum depression
- Mental Health screenings



1978-Present

Address: 42 Trafalgar Road,
Kingston 10, Jamaica

Phone Number: (876) 929-7608

Email: info@womenscentreja.com

Contact Information

Women's Center of Jamaica Foundation

CSEC

Some of the requirements are finishing the 10th grade, be willing to sit for three classes consecutively, have been recommended by your previous school and/or completed the immersion phase of programme in September.

Important If You Are Pregnant

They provide you with many resources such as what's important for pre-natal care, your general hospital check-ups, provide you what to expect if you are in labor and what to do in labor, and what is important for post-natal care.

(exercise and eat properly, check blood pressure, urine, and weight, shirts, diapers, toiletries, vaginal discharge, water breakage, do not eat a heavy meal, deep breaths) INCLUDES THESE AND MORE*



DANCE/NIGHTLIFE

Kingston is a city to dance 24/7. They even have days of the week; Good Sunday, Hot Monday, Early Tuesday, Weddy Weddy, and Jiggy Friday.

Although contemporary dance is popular, there dances originate from early African dances such as the Calimbe, the Dinki Mini, and Gerreh

Come to Doctor's Cave Beach!

It's perfect for family activities

Some activities you can encounter are snorkeling and tanning

It is a beautiful view with crystal clear water and white sand. What is there not to like?



Montego Bay

Soccer

A popular sport/game that is played at the beginning of the day and early evenings.

There are both English and Jamaican League games that are supported by young men.

Art

The style of art was based on traveling artists who saw the New World. They made a living painting aristocrats in Europe.

Famous native-born artist: Isaac Mendes. His art portrayed insights on the Africans and landowners in post-emancipation Jamaica

Literature

Ashanti folk tales such as spider man were a way of giving people hope to survive slavery.

The Calabash International Literary Festival including enjoying storytelling, music, poetry and readings from upcoming writers from all over the world.