



Healthy Start for Mom & Me PARENT & BABY/POSTNATAL GROUPS



Schedule: September 2018 - February 2019
Ongoing Schedule to Follow

<p>Freight House Community Centre 200 Isabel Street, Door 1 1:30 – 3:30 p.m. Alternate Thursdays</p> <p>September 13, 27 October 11, 25 November 8, 22 December 6, 20 Jan. 3 - No Group January 17, 31 February 14, 28</p>	<p>Hope Centre Health Care 240 Powers Street 1:30 – 3:30 p.m. Alternate Wednesdays</p> <p>September 12, 26 October 10, 24 November 7, 21 December 5, 19 Jan. 2 - No Group January 16, 30 February 13, 27</p>	<p>Magnus Eliason Recreation Centre 430 Langside Street 1:30 – 3:30 p.m. Alternate Tuesdays</p> <p>September 4, 18 October 2, 16, 30 November 13, 27 December 11 Dec. 25 - No Group January 8, 22 February 5, 19</p>	<p>Maples Community Centre 434 Adsum Drive 1:30 – 3:30 p.m. Alternate Tuesdays</p> <p>September 11, 25 October 9, 23 November 6, 20 December 4, 18 Jan. 1 - No Group January 15, 29 February 12, 26</p>	
<p>Newcomers to Canada Interpreters Available Knox Centre 406 Edmonton Street 1:30 – 3:30 p.m. Alternate Wednesdays</p> <p>September 5, 19 October 3, 17, 31 November 14, 28 December 12 Dec. 26 - No Group January 9, 23 February 6, 20</p>	<p>Pembina Trinity United Church 933 Summerside Ave. 1:30 – 3:30 p.m. Alternate Thursdays</p> <p>September 6, 20 October 4, 18 November 1, 15, 29 December 13 Dec. 27 - No Group January 10, 24 February 7, 21</p>	<p>St. John's Leisure Centre 601 Aikins Street **enter at back of building** Pregnancy and Parent & Baby Group 1:30 – 3:30 p.m. <u>EVERY Wednesday</u></p> <p>Sept. 5, 12, 19, 26 October 3 Oct 10, 17 - No Group October 24, 31 Nov. 7, 14, 21, 28 December 5, 12, 19 Dec. 26 - No Group Jan. 2 - No Group Jan. 9, 16, 23, 30 Feb. 6, 13, 20, 27</p>	<p>Turtle Island Community Centre 510 King Street 1:30 – 3:30 p.m. Alternate Tuesdays</p> <p>September 11, 25 October 9, 23 November 6, 20 December 4, 18 Jan. 1 - No Group January 15, 29 February 12, 26</p>	<p>Wolseley Family Place 691 Wolseley Avenue 1:30 – 3:30 p.m. Alternate Thursdays</p> <p>September 6, 20 October 4, 18 November 1, 15, 29 December 13 Dec. 27 - No Group January 10, 24 February 7, 21</p>

For more information call: 204-949-5350

