



# Healthy Start for Mom & Me PREGNANCY/PRENATAL GROUPS

Schedule: September 2018 - February 2019  
Ongoing Schedule to Follow



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

**For more information call: 204-949-5350**