



Healthy Start

# Parent and baby/ postnatal group

Schedule for MARCH 2025 TO SEPTEMBER 2025 - *Ongoing schedule to follow*

[www.hsmm.ca](http://www.hsmm.ca)



healthystartwpg

Healthy Start is a collaborative Pregnancy and Parenting Program funded by the Public Health Agency of Canada (Canada Prenatal Nutrition Program), Healthy Baby Program, Government of Manitoba and donations

## Freight House Community Centre

200 Isabel St, Door 1

**Parenting Group**  
1:30 – 3:30 p.m.

*Alternate Thursdays*

MAR 6, 20  
APR 3, 17  
MAY 1, 15, 29  
JUN 12, 26  
JUL 10, 24

**AUG 7 - no group**

AUG 21  
SEPT 4, 18

Ongoing schedule to follow  
Winnipeg area: Downtown

## Hope Centre

240 Powers St

**Parenting Group**

1:30 – 3:30 p.m.

*Alternate Wednesdays*

MAR 5, 19  
APR 2, 16, 30  
MAY 14, 28  
JUN 11, 25  
JUL 9, 23

**AUG 6 - no group**

AUG 20  
SEPT 3, 17

Ongoing schedule to follow  
Winnipeg area: Point Douglas

## Magnus Eliason

Recreation Centre

430 Langside St

**Parenting Group**

1:30 – 3:30 p.m.

*Alternate Thursdays*

MAR 13, 27  
APR 10, 24  
MAY 8, 22  
JUN 5, 19  
JUL 3, 17

**JUL 31 - no group**

AUG 14, 28  
SEPT 11, 25

Ongoing schedule to follow  
Winnipeg area: Downtown

## Maples

Community Centre

434 Adsum Dr

**Parenting Group**

1:30 – 3:30 p.m.

*Alternate Tuesdays*

MAR 4, 18  
APR 1, 15, 29  
MAY 13, 27  
JUN 10, 24  
JUL 8, 22

**AUG 5 - no group**

AUG 19  
SEPT 2, 16

**SEPT 30 - no group**

Ongoing schedule to follow  
Winnipeg area: Inkster/Seven Oaks

## St. Boniface

Access St. Boniface

170 Goulet St

**Parenting Group**

10:00 a.m.– 12:00 p.m.

*Alternate Fridays*

MAR 14, 28  
APR 11, 25  
MAY 9, 23  
JUN 6, 20  
JUL 4, 18

**AUG 1 - no group**

AUG 15, 29  
SEPT 12, 26

Ongoing schedule to follow.  
Winnipeg area: St. Boniface

## Newcomers

Freight House Community Center - Door1  
200 Isabel St

**Parenting Group**  
1:30 – 3:30 p.m.

*Alternate Wednesdays*

MAR 5, 19  
APR 2, 16, 30  
MAY 14, 28  
JUN 11, 25  
JUL 9, 23

**AUG 6 - no group**

AUG 20  
SEPT 3, 17

Ongoing schedule to follow  
**Interpreters Available—call us to arrange**

## Southend

at Trinity United Church  
933 Summerside Ave

**Parenting Group**

1:30 – 3:30 p.m.

*Alternate Thursdays*

MAR 6, 20  
APR 3, 17  
MAY 1, 15, 29  
JUN 12, 26  
JUL 10, 24

**AUG 7 - no group**

AUG 21  
SEPT 4, 18

Ongoing schedule to follow  
Winnipeg area: South-end

## Turtle Island

Community Centre  
510 King St

**Parenting Group**

1:30 – 3:30 p.m.

*Alternate Tuesdays*

MAR 4, 18  
APR 1, 15, 29  
MAY 13, 27  
JUN 10, 24  
JUL 8, 22

**AUG 5 - no group**

AUG 19  
SEPT 2, 16

**SEPT 30 - no group**

Ongoing schedule to follow  
Winnipeg area: Point Douglas

## St. John's

Leisure Centre

601 Aikins St

Enter at back of building

**Pregnancy and Parenting groups meet together**

1:30 – 3:30 p.m.

*Every Wednesday*

MAR 5, 12, 19, 26  
APR 2, 9, 16, 23, 30  
MAY 7, 14, 21, 28  
JUN 4, 11, 18, 25  
JUL 2, 9, 16, 23

**JUL 30 - no group**

**AUG 6 - no group**

AUG 13, 20, 27  
SEPT 3, 10, 17, 24

Ongoing schedule to follow  
Winnipeg area: Point Douglas

## Wolseley

at St. Peter's Lutheran Church

65 Walnut St

**Parenting Group**

1:30 - 3:30 p.m.

*Alternate Tuesdays*

MAR 11, 25  
APR 8, 22  
MAY 6, 20  
JUN 3, 17

**JUL 1 - no group**

JUL 15

**JUL 29 - no group**

AUG 12, 26  
SEPT 9, 23

Ongoing schedule to follow  
Winnipeg area: Wolseley