



pregnancy/ prenatal group

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

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

Pregnancy 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

Hope Centre

240 Powers St

Pregnancy Group

1:30 – 3:30 p.m.

Alternate Wednesdays

MAR 12, 26
APR 9, 23
MAY 7, 21
JUN 4, 18
JUL 2, 16

JUL 30 - no group

AUG 13, 27
SEPT 10, 24

Ongoing schedule to follow
Winnipeg area: Point Douglas

Magnus Eliason

Recreation Centre

430 Langside St

Pregnancy 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

Maples

Community Centre

434 Adsum Dr

Pregnancy Group

1:30 – 3:30 p.m.

Alternate Tuesdays

MAR 11, 25
APR 8, 22
MAY 6, 20
JUN 3, 17
JUL 15

JUL 1 - no group

JUL 29 - no group

AUG 12, 26
SEPT 9, 23

Ongoing schedule to follow
Winnipeg area: Inkster/Seven Oaks

St. Boniface

Access St. Boniface

170 Goulet St

Pregnancy Group

10:00 a.m. – 12:00 p.m.

Alternate Fridays

MAR 7, 21
APR 4

APR 18 - no group

MAY 2, 16, 30
JUN 13, 27
JUL 11, 25

AUG 8 - no group

AUG 22
SEPT 5, 19

Ongoing schedule to follow
Winnipeg area: St. Boniface

Newcomers

Freight House Community Center - Door 1
200 Isabel St

Pregnancy Group

1:30 – 3:30 p.m.

Alternate Wednesdays

MAR 12, 26
APR 9, 23
MAY 7, 21
JUN 4, 18
JUL 2, 16

JUL 30 - no group

AUG 13, 27
SEPT 10, 24

Ongoing schedule to follow
Interpreters Available—call us to arrange

Southend

at Trinity United Church
933 Summerside Ave

Pregnancy 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: South-end

Turtle Island

Community Centre
510 King St

Pregnancy 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 29 - no group

AUG 12, 26
SEPT 9, 23

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

Pregnancy 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: Wolseley