



Healthy Start

pregnancy/ prenatal group

Schedule for MARCH TO SEPTEMBER 2026 - *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

Magnus Eliason

Recreation Centre
430 Langside St

Pregnancy Group
1:30 – 3:30 p.m.

Alternate Thursdays

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: Downtown

Maples

Community Centre
434 Adsum Dr

Pregnancy Group
1:30 – 3:30 p.m.

Alternate Tuesdays

MAR 10, 24
APR 7, 21
MAY 5, 19
JUN 2, 16, 30
JUL 14

JUL 28 - no group

AUG 11, 25
SEPT 8, 22

Ongoing schedule to follow
Winnipeg area: Inkster/Seven Oaks

Newcomers

Freight House Community
Center - Door1
200 Isabel St

Pregnancy Group
1:30 – 3:30 p.m.

Alternate Wednesdays

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
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 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: South-end

St. Boniface

Access St. Boniface
170 Goulet St

Pregnancy Group
10:00 a.m.– 12:00 p.m.

Alternate Fridays

MAR 6, 20
APR 3 - no group
APR 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: St. Boniface

St. John's

Leisure Centre
601 Aikins St
Enter at back of building

Pregnancy Group
1:30 – 3:30 p.m.

Alternate Wednesdays

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

Turtle Island

Community Centre
510 King St

Pregnancy Group
1:30 – 3:30 p.m.

Alternate Tuesdays

MAR 10, 24
APR 7, 21
MAY 5, 19
JUN 2, 16, 30
JUL 14

JUL 28 - no group

AUG 11, 25
SEPT 8, 22

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 3, 17, 31
APR 14, 28
MAY 12, 26
JUN 9, 23
JUL 7, 21

AUG 4 - no group

AUG 18
SEPT 1, 15, 29

Ongoing schedule to follow
Winnipeg area: Wolseley