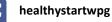


pregnancy/ prenatal group

Schedule for OCTOBER 2023 TO MARCH 2024 - Ongoing schedule to follow

www.hsmm.ca





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

OCT 12, 26 NOV 9, 23 DEC 7, 21

JAN 4 - no group JAN 18

FEB

MAR 14, 28
Ongoing schedule to follow

1, 15, 29

Winnipeg area: Downtown

Hope Centre

240 Powers St

Pregnancy Group

1:30 – 3:30 p.m. Alternate Wednesdays

OCT 11, 25 NOV 8, 22 DEC 6, 20 *JAN 3 - no group* JAN 17, 31 FEB 14, 28 MAR 13, 27

Winnipeg area: Point Douglas

Ongoing schedule to follow

Magnus Eliason

Recreation Centre 430 Langside St

Pregnancy Group

1:30 – 3:30 p.m. Alternate Thursdays

OCT 5, 19 NOV 2, 16, 30 DEC 14 **DEC 28 - no group** JAN 11, 25 FEB 8, 22

MAR 7, 21
Ongoing schedule to follow

Winnipeg area: Downtown

Maples

Community Centre 434 Adsum Dr

Pregnancy Group

1:30 – 3:30 p.m. Alternate Tuesdays

OCT 10, 24 NOV 7, 21 DEC 5, 19 JAN 2 - no group

JAN 16, 30 FEB 13, 27 MAR 12, 26

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

OCT 6, 20 NOV 3, 17 DEC 1, 15

DEC 29 - no groupJAN 12, 26
FEB 9, 23

MAR 8, 22

Ongoing schedule to follow.

Winnipeg area: St. Boniface

Newcomers

to Canada, Freight House Community Center Door1 200 Isabel St

Pregnancy Group 1:30 – 3:30 p.m. Alternate Wednesdays

OCT 11, 25 NOV 8, 22 DEC 6, 20 *JAN 3 - no group* JAN 17, 31 FEB 14, 28 MAR 13, 27

Interpreters Available—call us to arrange

Ongoing schedule to follow

Pembina

at Trinity United Church 933 Summerside Ave Pregnancy Group

1:30 – 3:30 p.m.

Alternate Thursdays

OCT 12, 26 NOV 9, 23 DEC 7, 21 *JAN 4 - no group* JAN 18 FEB 1, 15, 29 MAR 14, 28

Winnipeg area: Southend

Ongoing schedule to follow

Turtle Island

Community Centre 510 King St Pregnancy Group

1:30 – 3:30 p.m. Alternate Tuesdays

OCT 10, 24

NOV 7, 21

DEC 5, 19

JAN 2 - no group

JAN 16, 30

FEB 13, 27

MAR 12, 26

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

OCT 4, 18 NOV 1, 15, 29 DEC 13 DEC 27 - no group

JAN 10, 24
FEB 7, 21
MAR 6, 20
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

OCT 3, 17, 21 NOV 14, 28 DEC 12

DEC 26 - no groupJAN 9, 23
FEB 6, 20

MAR 5, 19

Ongoing schedule to follow

Winnipeg area: Wolseley