



Healthy Start

pregnancy/ prenatal group

Schedule for OCTOBER 2023 TO MARCH 2024 - *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

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

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
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

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 group
JAN 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
Ongoing schedule to follow

Interpreters Available—call us to arrange

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
Ongoing schedule to follow

Winnipeg area: Southend

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 group
JAN 9, 23
FEB 6, 20
MAR 5, 19
Ongoing schedule to follow

Winnipeg area: Wolseley