



Healthy Start

Parent and baby/ postnatal group

Schedule for SEPTEMBER 2025 TO MARCH 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

Freight House Community Centre

200 Isabel St, Door 1

Parenting Group
1:30 – 3:30 p.m.

Alternate Thursdays

SEPT 4, 18
OCT 2, 16, 30
NOV 13, 27
DEC 11

DEC 25 - no group

JAN 8, 22
FEB 5, 19
MAR 5, 19

Ongoing schedule to follow
Winnipeg area: Downtown

Hope Centre

240 Powers St

Parenting Group

1:30 – 3:30 p.m.

Alternate Wednesdays

SEPT 3, 17
OCT 1, 15, 29
NOV 12, 26
DEC 10

DEC 24 - no group

JAN 7, 21
FEB 4, 18
MAR 4, 18

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

SEPT 11, 25
OCT 9, 23
NOV 6, 20
DEC 4, 18

JAN 1 - no group

JAN 15, 29
FEB 12, 26
MAR 12, 26

Ongoing schedule to follow
Winnipeg area: Downtown

Maples

Community Centre

434 Adsum Dr

Parenting Group

1:30 – 3:30 p.m.

Alternate Tuesdays

SEPT 2, 16
SEPT 30 - no group
OCT 14, 28
NOV 11 - no group
NOV 25
DEC 9

DEC 23 - no group

JAN 6, 20
FEB 3, 17
MAR 3, 17

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

SEPT 12, 26
OCT 10, 24
NOV 7, 21
DEC 5, 19

JAN 2 - no group

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

Ongoing schedule to follow.
Winnipeg area: St. Boniface

Newcomers

Freight House Community Center - Door 1
200 Isabel St

Parenting Group
1:30 – 3:30 p.m.

Alternate Wednesdays

SEPT 3, 17
OCT 1, 15, 29
NOV 12, 26
DEC 10

DEC 24 - no group

JAN 7, 21
FEB 4, 18
MAR 4, 18

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

SEPT 4, 18
OCT 2, 16, 30
NOV 13, 27
DEC 11

DEC 25 - no group

JAN 8, 22
FEB 5, 19
MAR 5, 19

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

SEPT 2, 16
SEPT 30 - no group
OCT 14, 28
NOV 11 - no group
NOV 25
DEC 9

DEC 23 - no group

JAN 6, 20
FEB 3, 17
MAR 3, 17

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

SEPT 3, 10, 17, 24
OCT 1, 8, 15, 22, 29
NOV 5, 12, 19, 26
DEC 3, 10, 17

DEC 24 & 31 - no group

JAN 7, 14, 21, 28
FEB 4, 11, 18, 25
MAR 4, 11, 18, 25

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

SEPT 9, 23
OCT 7, 21
NOV 4, 18
DEC 2, 16

DEC 30 - no group

JAN 13, 27
FEB 10, 24
MAR 10, 24

Ongoing schedule to follow
Winnipeg area: Wolseley

For more information call 204-949-5350 or email: hsmm@hsmm.ca