



# pregnancy/ prenatal 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

### Pregnancy 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

## Hope Centre

240 Powers St

### Pregnancy Group

1:30 – 3:30 p.m.

*Alternate Wednesdays*

SEPT 10, 24

OCT 8, 22

NOV 5, 19

DEC 3, 17

**DEC 31 - no group**

JAN 14, 28

FEB 11, 25

MAR 11, 25

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*

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

## Maples

Community Centre

434 Adsum Dr

### Pregnancy 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: Inkster/Seven  
Oaks

## St. Boniface

Access St. Boniface

170 Goulet St

### Pregnancy Group

10:00 a.m. – 12:00 p.m.

*Alternate Fridays*

SEPT 5, 19

OCT 3, 17, 31

NOV 14, 28

DEC 12

**DEC 26 - no group**

JAN 9, 23

FEB 6, 20

MAR 6, 20

Ongoing schedule to follow  
Winnipeg area: St. Boniface

## Newcomers

Freight House Community

Center - Door1

200 Isabel St

### Pregnancy Group

1:30 – 3:30 p.m.

*Alternate Wednesdays*

SEPT 10, 24

OCT 8, 22

NOV 5, 19

DEC 3, 17

**DEC 31 - no group**

JAN 14, 28

FEB 11, 25

MAR 11, 25

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*

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: South-end

## Turtle Island

Community Centre

510 King St

### Pregnancy 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: 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

### Pregnancy 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: Wolseley

For more information call 204-949-5350 or email: [hsmm@hsmm.ca](mailto:hsmm@hsmm.ca)