



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

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

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 Group

1:30 – 3:30 p.m.

Alternate Wednesdays

JAN 7, 21

FEB 4, 18

MAR 4, 18

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