



Healthy Start

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

<p>Freight House Community Centre 200 Isabel St, Door 1</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Thursdays</i></p> <p>SEPT 11, 25 OCT 9, 23 NOV 6, 20 DEC 4, 18</p> <p>JAN 1 - no group JAN 15, 29</p> <p>Winnipeg area: Downtown</p>	<p>Hope Centre 240 Powers St</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Wednesdays</i></p> <p>SEPT 10, 24 OCT 8, 22 NOV 5, 19 DEC 3, 17</p> <p>DEC 31 - no group JAN 14, 28</p> <p>Winnipeg area: Point Douglas</p>	<p>Magnus Eliason Recreation Centre 430 Langside St</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Thursdays</i></p> <p>SEPT 4, 18 OCT 2, 16, 30 NOV 13, 27 DEC 11</p> <p>DEC 25 - no group JAN 8, 22 FEB 5, 19 MAR 5, 19</p> <p>Ongoing schedule to follow Winnipeg area: Downtown</p>	<p>Maples Community Centre 434 Adsum Dr</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Tuesdays</i></p> <p>SEPT 9, 23 OCT 7, 21 NOV 4, 18 DEC 2, 16</p> <p>DEC 30 - no group JAN 13, 27 FEB 10, 24 MAR 10, 24</p> <p>Ongoing schedule to follow Winnipeg area: Inkster/Seven Oaks</p>	<p>St. Boniface Access St. Boniface 170 Goulet St</p> <p>Pregnancy Group 10:00 a.m.– 12:00 p.m. <i>Alternate Fridays</i></p> <p>SEPT 5, 19 OCT 3, 17, 31 NOV 14, 28 DEC 12</p> <p>DEC 26 - no group JAN 9, 23 FEB 6, 20 MAR 6, 20</p> <p>Ongoing schedule to follow Winnipeg area: St. Boniface</p>
<p>Newcomers Freight House Community Center - Door1 200 Isabel St</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Wednesdays</i></p> <p>SEPT 10, 24 OCT 8, 22 NOV 5, 19 DEC 3, 17</p> <p>DEC 31 - no group JAN 14, 28 FEB 11, 25 MAR 11, 25</p> <p>Ongoing schedule to follow Interpreters Available—call us to arrange</p>	<p>Southend at Trinity United Church 933 Summerside Ave</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Thursdays</i></p> <p>SEPT 11, 25 OCT 9, 23 NOV 6, 20 DEC 4, 18</p> <p>JAN 1 - no group JAN 15, 29 FEB 12, 26 MAR 12, 26</p> <p>Ongoing schedule to follow Winnipeg area: South-end</p>	<p>Turtle Island Community Centre 510 King St</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Tuesdays</i></p> <p>SEPT 9, 23 OCT 7, 21 NOV 4, 18 DEC 2, 16</p> <p>DEC 30 - no group JAN 13, 27 FEB 10, 24 MAR 10, 24</p> <p>Ongoing schedule to follow Winnipeg area: Point Douglas</p>	<p>St. John's Leisure Centre 601 Aikins St Enter at back of building</p> <p>Pregnancy Group 1:30 – 3:30 p.m. <i>Alternate Wednesdays</i></p> <p>JAN 7, 21 FEB 4, 18 MAR 4, 18</p> <p>Ongoing schedule to follow Winnipeg area: Point Douglas</p>	<p>Wolseley at St. Peter's Lutheran Church 65 Walnut St</p> <p>Pregnancy Group 1:30 - 3:30 p.m. <i>Alternate Tuesdays</i></p> <p>SEPT 2, 16</p> <p>SEPT 30 - no group</p> <p>OCT 14, 28</p> <p>NOV 11 - no group</p> <p>NOV 25</p> <p>DEC 9</p> <p>DEC 23 - no group</p> <p>JAN 6, 20</p> <p>FEB 3, 17</p> <p>MAR 3, 17</p> <p>Ongoing schedule to follow Winnipeg area: Wolseley</p>