pregnancy/ prenatal group

Schedule for SEPT TO MARCH 2026/2027 - *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

Magnus Eliason
Recreation Centre
430 Langside St

Pregnancy Group
1:30 – 3:30 p.m.
Alternate Thursdays

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: Downtown

Maples
Community Centre
434 Adsum Dr

Pregnancy Group
1:15 – 3:15 p.m.
Alternate Tuesdays

SEPT	8, 22
OCT	6, 20
NOV	3, 17
DEC	1, 15
DEC 29 - no group	
JAN	12, 26
FEB	9, 23
MAR	9, 23

Ongoing schedule to follow
Winnipeg area: Inkster/Seven Oaks

Newcomers
Freight House Community Center - Door1
200 Isabel St

Pregnancy Group
1:30 – 3:30 p.m.
Alternate Wednesdays

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
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	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: South-end

St. Boniface
Access St. Boniface
170 Goulet St

Pregnancy Group
10:00 a.m.– 12:00 p.m.
Alternate Fridays

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: St. Boniface

St. John's
Leisure Centre
601 Aikins St
Enter at back of building

Pregnancy Group
1:30 – 3:30 p.m.
Alternate Wednesdays

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, 31

Ongoing schedule to follow
Winnipeg area: Point Douglas

Turtle Island
Community Centre
510 King St

Pregnancy Group
1:30 – 3:30 p.m.
Alternate Tuesdays

SEPT	8, 22
OCT	6, 20
NOV	3, 17
DEC	1, 15
DEC 29 - no group	
JAN	12, 26
FEB	9, 23
MAR	9, 23

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	1, 15, 29
OCT	13, 27
NOV	10, 24
DEC	8
DEC 22 - no group	
JAN	5, 19
FEB	2, 16
MAR	2, 16, 30

Ongoing schedule to follow
Winnipeg area: Wolseley

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