



pregnancy / prenatal group

Schedule for March to September 2019 - *Ongoing schedule to follow*

www.hsmm.ca /  healthstartwpg

Healthy Start for Mom & Me is a collaborative Pregnancy and Parenting Program funded by the Public Health Agency of Canada (Canada Prenatal Nutrition Program), and Healthy Child Manitoba, an initiative of the Manitoba government and donations.

**Freight House
Community Centre**
200 Isabel St, Door 1

1:30 – 3:30 p.m.
Alternate Thursdays

MAR 7, 21
APR 4, 18
MAY 2, 16, 30
JUN 13, 27
JUL 11, 25
AUG 8 – No group
AUG 22
SEP 5, 19

Hope Centre
Health Care
240 Powers St
1:30 – 3:30 p.m.
Alternate Wednesdays
revised summer schedule

JUN 12 & 26 regular location

JUL 3*, 17*
JUL 31 - No Group
AUG 14*, 28*
*summer location is at
St. John's Leisure Centre,
601 Aikins (back of building)

after Aug 28 - back to regular location
SEP 4 & 18

**Magnus Eliason
Recreation Centre**
430 Langside St

1:30 – 3:30 p.m.
Alternate Tuesdays

MAR 12, 26
APR 9, 23
MAY 7 - No Group
MAY 21
JUN 4, 18
JUL 2, 16
JUL 30 - No Group
AUG 13, 27
SEP 10, 24

**Maples
Community Centre**
434 Adsum Dr

1:30 – 3:30 p.m.
Alternate Tuesdays

MAR 5, 19
APR 2, 16, 30
MAY 14, 28
JUN 11, 25
JUL 9, 23
AUG 6 - No Group
AUG 20
SEP 3, 17

Newcomers
to Canada, Knox Centre
406 Edmonton St

1:30 – 3:30 p.m.
Alternate Wednesdays

MAR 13, 27
APR 10, 24
MAY 8, 22
JUN 5, 19
JUL 3, 17
JUL 31 – No Group
AUG 14, 28
SEP 11, 25
Interpreters Available

Pembina
Trinity United Church
933 Summerside Ave

1:30 – 3:30 p.m.
Alternate Thursdays

MAR 14, 28
APR 11, 25
MAY 9, 23
JUN 6, 20
JUL 4, 18
AUG 1 – No Group
AUG 15, 29
SEP 12, 26

**Turtle Island
Community Centre**
510 King St

1:30 – 3:30 p.m.
Alternate Tuesdays

MAR 5, 19
APR 2, 16, 30
MAY 14, 28
JUN 11, 25
JUL 9, 23
AUG 6 - No Group
AUG 20
SEP 3, 17

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

1:30 – 3:30 p.m.
Every Wed. till Jun 12
MAR 6, 13, 20, 27
APR 3, 10, 17, 24
MAY 1, 8, 15, 22, 29
JUN 5, 12
After Jun 12, prenatal only every two weeks on these dates
JUN 19, JUL 3, 17
JUL 31 – No Group
AUG 14, 28
SEP 11, 25
(parent & baby group will be on opposite Wednesdays)



For more information
call 204-949-5350

Wolseley NEW INFO !

We are at 691 Wolseley Ave
From 1:30 to 3:30 PM on
Thursday, July 4 and 18.
Then, after a 2 week closure, we
re-open on August 16 at a

New Location, New Day, New Time
St. Peter's Lutheran Church
65 Walnut Street
(corner of Wolseley Ave)
Every Second Friday
from 11:00 AM to 1:00 PM
AUG 16, 30 SEP 13, 27
Ongoing schedule
to follow