



parent & baby / postnatal 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), Healthy Child Manitoba, an initiative of the Manitoba government and donations.



For more information
call 204-949-5350

Freight House

Community Centre
200 Isabel St, Door 1

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

Hope Centre

Health Care
240 Powers 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
* summer location is
at St. John's Leisure
Centre, 601 Aikins

Magnus Eliason

Recreation Centre
430 Langside 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

Maples

Community Centre
434 Adsum Dr

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

Newcomers

to Canada, Knox Centre
406 Edmonton St

1:30 – 3:30 p.m.
Alternate Wednesdays

MAR 6, 20
APR 3, 17
MAY 1, 15, 29
JUN 12, 26
JUL 10, 24
AUG 7 - No Group
AUG 21
SEP 4, 18
Interpreters Available

Pembina

Trinity United Church
933 Summerside Ave

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

Turtle Island

Community Centre
510 King 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

Wolseley

Family Place
691 Wolseley Ave

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

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, parent & baby group will be every second Wednesday:
JUN 26 JUL 10, 24
AUG 7 - No Group
AUG 21 SEP 4, 18
(prenatal group will be on opposite Wednesdays)