



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.



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 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

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
* 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 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

Wolseley Family Place

691 Wolseley 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

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)*