



# 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 Wednesday  
Prenatal & Postnatal*

MAR 6, 13, 20, 27  
APR 3, 10, 17, 24  
MAY 1, 8, 15, 22, 29  
JUN 5, 12, 19, 26  
JUL 3, 10, 17, 24  
**JUL 31 - No Group**  
**AUG 7 - No Group**  
AUG 14, 21, 28  
SEP 4, 11, 18, 25