



# parent & baby / postnatal group

Schedule for Oct 2019 to Mar 2020 - *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*

OCT 10, 24  
NOV 7, 21  
DEC 5, 19

**Jan 1 – No group**

JAN 16, 30  
FEB 13, 27  
MAR 12, 26

Ongoing schedule to follow

## Hope Centre

Health Care  
240 Powers St

1:30 – 3:30 p.m.  
*Alternate Wednesdays*

OCT 9, 23  
NOV 6, 20  
DEC 4, 18

**Jan 1 – No group**

JAN 15, 29  
FEB 12, 26  
MAR 11, 25

Ongoing schedule to follow

## Magnus Eliason

Recreation Centre  
430 Langside St

1:30 – 3:30 p.m.  
*Alternate Tuesdays*

OCT 1, 15, 29  
NOV 12, 26  
DEC 10

**Dec 24 – No group**

JAN 7, 21  
FEB 4, 18  
MAR 3, 17, 31

Ongoing schedule to follow

## Maples

Community Centre  
434 Adsum Dr

1:30 – 3:30 p.m.  
*Alternate Tuesdays*

OCT 8, 22  
NOV 5, 19  
DEC 3, 17

**Dec 31 – No group**

JAN 14, 28  
FEB 11, 25  
MAR 10, 24

Ongoing schedule to follow

## Newcomers

to Canada, Knox Centre  
406 Edmonton St

1:30 – 3:30 p.m.  
*Alternate Wednesdays*

OCT 2, 16, 30  
NOV 13, 27  
DEC 11

**Dec 25 – No group**

JAN 8, 22  
FEB 5, 19  
MAR 4, 18

Ongoing schedule to follow  
**Interpreters Available**

## Pembina

Trinity United Church  
933 Summerside Ave

1:30 – 3:30 p.m.  
*Alternate Thursdays*

OCT 3, 17, 31  
NOV 14, 28  
DEC 12

**Dec 26 – No group**

JAN 9, 23  
FEB 6, 20  
MAR 5, 19

Ongoing schedule to follow

## Turtle Island

Community Centre  
510 King St

1:30 – 3:30 p.m.  
*Alternate Tuesdays*

OCT 8, 22  
NOV 5, 19  
DEC 3, 17

**Dec 31 – No group**

JAN 14, 28  
FEB 11, 25  
MAR 10, 24

Ongoing schedule to follow

## St. John's

Leisure Centre  
601 Aikins St  
Enter at back of building  
1:30 – 3:30 p.m.  
*Alternate Wednesdays*

OCT 2, 16, 30  
NOV 13, 27  
DEC 11

**Dec 25 – No group**

JAN 8, 22  
FEB 5, 19  
MAR 4, 18

Ongoing schedule to follow

## Wolseley

at St. Peter's Lutheran  
65 Walnut St

1:30 – 3:30 p.m.  
*Alternate Fridays*

OCT 4, 18  
NOV 1, 15, 29  
DEC 13

**Dec 27 – No group**

JAN 10, 24  
FEB 7, 21  
MAR 6, 20

Ongoing schedule to follow