



parent & baby / postnatal group

Schedule for **MAR 2020 TO SEP 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.

Freight House

Community Centre
200 Isabel St, Door 1

1:30 – 3:30 p.m.
Alternate Thursdays

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

Ongoing schedule to follow

Hope Centre

240 Powers St

1:30 – 3:30 p.m.
Alternate Wednesdays

MAR 11, 25
APR 8, 22
MAY 6, 20
JUN 3, 17
Jul 1 - no group

***SUMMER LOCATION**
for July and August
St. John's Leisure Centre
601 Aikins (back of building)
JUL 8*, 22*
Jul 29 & Aug 5 - No Group
AUG 19*

then back to regular location
SEP 9, 23

Ongoing schedule to follow

Magnus Eliason

Recreation Centre
430 Langside St

1:30 – 3:30 p.m.
Alternate Thursdays

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

Ongoing schedule to follow

Maples

Community Centre
434 Adsum Dr

1:30 – 3:30 p.m.
Alternate Tuesdays

MAR 10, 24
APR 7, 21
MAY 5, 19
Jun 2 - no group
JUN 16, 30
JUL 14
Jul 28 - no group
AUG 11, 25
SEP 8, 22

Ongoing schedule to follow



For more information
call 204-949-5350

Newcomers

to Canada, Knox Centre
406 Edmonton St

1:30 – 3:30 p.m.
Alternate Wednesdays

MAR 4, 18
APR 1, 15, 29
MAY 13, 27
JUN 10, 24
JUL 8, 22
Aug 5 - no group
AUG 19
SEP 2, 16, 30

Ongoing schedule to follow
Interpreters Available

Pembina

Trinity United Church
933 Summerside Ave

1:30 – 3:30 p.m.
Alternate Thursdays

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

Ongoing schedule to follow

Turtle Island

Community Centre
510 King St

1:30 – 3:30 p.m.
Alternate Tuesdays

MAR 10, 24
APR 7, 21
MAY 5, 19
Jun 2 - no group
JUN 16, 30
JUL 14
Jul 28 - no group
AUG 11, 25
SEP 8, 22

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

MAR 4, 18
APR 1, 15, 29
MAY 13, 27
JUN 10, 24
JUL 8, 22
Aug 5 - no group
AUG 19
SEP 2, 16, 30

Ongoing schedule to follow

Wolseley

at St. Peter's Lutheran
65 Walnut St

11:00 a.m. - 1:00 p.m.
Alternate Tuesdays

MAR 3, 17, 31
APR 14, 28
MAY 12, 26
JUN 9, 23
JUL 7, 21
AUG 4 - no group
AUG 18
SEP 1, 15, 29

Ongoing schedule to follow