



pregnancy / prenatal group

Schedule for March to September 2019 - Ongoing schedule to follow

www.hsम्म.ca / healthystartwpg

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.

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



For more information call 204-949-5350

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 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