



pregnancy / prenatal 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), 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

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

Hope Centre
Health Care
240 Powers 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

Magnus Eliason
Recreation Centre
430 Langside 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

Maples
Community Centre
434 Adsum Dr

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



Newcomers
to Canada, Knox Centre
406 Edmonton 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
Interpreters Available

Pembina
Trinity United Church
933 Summerside Ave

1:30 – 3:30 p.m.
Alternate Thursdays

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

Jan 2 – No group

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

Ongoing schedule to follow

Turtle Island
Community Centre
510 King 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

St. John's
Leisure Centre
601 Aikins St
Enter at back of building

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

Wolseley
at St. Peter's Lutheran
65 Walnut St

1:30 – 3:30 p.m.
Alternate Fridays

OCT 11, 25
NOV 8, 22
DEC 6, 20

Jan 3 – No group

JAN 17, 31
FEB 14, 28
MAR 13, 27

Ongoing schedule to follow