



pregnancy / prenatal 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), 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 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

Hope Centre
 240 Powers St

1:30 – 3:30 p.m.
Alternate Wednesdays

MAR 4, 18
 APR 1, 15, 29
 MAY 13, 27
 JUN 10, 24

***SUMMER LOCATION**
 for July and August
 St. John's Leisure Centre
 601 Aikins (back of building)

JUL 15*
 Jul 29 - No Group
 AUG 12*, 26*

then back to regular location
 SEP 2, 16, 30

Ongoing schedule to follow

Magnus Eliason
Recreation Centre
 430 Langside St

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

Maples
Community Centre
 434 Adsum Dr

1:30 – 3:30 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



For more information call 204-949-5350

Newcomers
 to Canada, Knox Centre
 406 Edmonton 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
 JUL 15
Jul 29 - no group
 AUG 12, 26
 SEP 9, 23

Ongoing schedule to follow
Interpreters Available

Pembina
Trinity United Church
 933 Summerside Ave

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

Turtle Island
Community Centre
 510 King St

1:30 – 3:30 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

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

1:30 – 3:30 p.m.
Alternate Wednesdays

MAR 11, 25
 APR 8, 22
 MAY 6, 20
 JUN 3, 17

Jul 1 - no group
 JUL 15
Jul 29 - no group
 AUG 12, 26
 SEP 9, 23

Ongoing schedule to follow

Wolseley
 at St. Peter's Lutheran
 65 Walnut St

11:00 a.m. - 1:00 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