

# Prairie Mountain Health Healthy Baby Program

For pregnant women & parents with babies under 1  
Winter 2022 Dates



Healthy Baby is a drop-in program where you can ask questions about your pregnancy, learn about your baby's growth and development, meet other parents, enjoy a healthy snack, do activities with your baby and receive milk coupons (if eligible).

## CENTRAL REGION (BRANDON) - Virtual

FOR PREGNANT WOMEN:	1:30 pm to 3:00 pm	FOR PARENTS AND BABIES UNDER 1:	1:30 pm to 3:00 pm
January 4 & 18		January 11 & 25	
February 1 & 15		February 8 & 22	
March 1 & 15		March 8 & 22	

## SOUTH REGION — Virtual

COMMUNITY	DATE	TIME
Birtle	Monthly; 4th Wednesday	10 am to NOON
Boissevain	Monthly; 3rd Wednesday	10 am to NOON
Carberry	Bi-Weekly; 3rd Tuesday & 4th Tuesday	11am-1pm & 2pm-4pm
Glenboro	Monthly; 3rd Wednesday	10 am to NOON
Hamiota	Monthly; 2nd Wednesday	10 am to NOON
Killarney	Monthly; 3rd Wednesday	10 am to NOON
Melita	Monthly; 1st Tuesday	10 am to NOON
Minnedosa	Bi-Weekly; 3rd Tuesday & 4th Tuesday	11am-1pm & 2pm-4pm
Neepawa	Bi-Weekly; 3rd Tuesday & 4th Tuesday	11am-1pm & 2pm-4pm
Rivers	Monthly; 3rd Tuesday	10 am to NOON
Russell	Monthly; 3rd Wednesday	10 am to NOON
Treherne	Monthly; 3rd Wednesday	10 am to NOON
Virden	Bi-Weekly; 2nd & 4th Tuesday	10 am to NOON

## NORTH REGION — Virtual

COMMUNITY	DATE	TIME
Grandview	Monthly; 3rd Thursday	9:30 am to 11:30 am
Roblin	Monthly; 3rd Tuesday	1:00 pm to 3:00 pm
Ste. Rose	Monthly; 3rd Wednesday	10:00 am to 12:00 pm
Swan River	Bi-Weekly; 2nd & 4th Tuesday	1:00 pm to 3:00 pm

The COVID-19 situation is rapidly changing; please contact the Healthy Baby Coordinator to find out the most up-to-date information. | 204-578-2545 | [ebrown2@pmh.mb.ca](mailto:ebrown2@pmh.mb.ca)