



Prairie Mountain Health HEALTHY BABY Program

For pregnant women & parents with babies under 1



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 (BRANDON) - First Presbyterian Church (339 12th St)



2019 Dates

For Pregnant women:

1 to 3 pm

For parents and babies under 1:

10 to NOON or 1 to 3 pm

September 3 & 17

October 1 & 15

September 10 & 24

October 8 & 22

November 5 & 26

December 10

November 19

December 3 & 17

SOUTH

COMMUNITY	LOCATION	DATE	TIME
Birtle	Community Development Centre (August & September sessions held at the Community Health Office)	Monthly; 1st Thursday	10 am to NOON
Boissevain	Mennonite Brethren Church	Monthly; 2nd Wednesday	10 am to NOON
Carberry	Carberry Plains Health Centre	Monthly; 4th Wednesday	10 am to NOON
Glenboro	United Church	Monthly; 1st Wednesday	10 am to NOON
Hamiota	Cornerstone Pentecostal Church	Monthly; 2nd Wednesday	10 am to NOON
Killarney	New Life Assembly Church	Monthly; 3rd Wednesday	10 am to NOON
Melita	Elim Chapel	Monthly; 4th Tuesday *	10 am to NOON
Minnedosa	St. Marks Anglican Church	Monthly; 3rd Tuesday	10 am to NOON
Neepawa	Public Library	Monthly; 2nd Tuesday	10 am to NOON
Neepawa	Neepawa & Area Immigrant Settlement Services	Monthly; 4th Tuesday	1:30 to 3:30 pm
Reston	United Church	Monthly; 4th Tuesday *	1:00 to 3:00 pm
Rivers	Zion Church (580 2nd Ave)	Monthly; 1st Tuesday *	10 am to NOON
Russell	United Church	Monthly; 2nd Thursday	10 am to NOON
Treherne	Rec Centre (Kin Room)	Monthly; 1st Tuesday	10 am to NOON
Viriden	Oxford Assembly Church	Biweekly; 2nd & 4th Thursday *	10 am to NOON

* Session date change effective July 2019

NORTH

COMMUNITY	LOCATION	DATE	TIME
Roblin	United Church	Monthly; 3rd Tuesday	12:45 to 3:15 pm
Ste. Rose	Primary Health Care Centre	Monthly; 3rd Wednesday	10 am to 12:30 pm
Grandview	School - Multipurpose Room	Monthly; 3rd Thursday	9:15 to 11:45 am
Swan River	Temple Baptist Church	Monthly; 4th Tuesday	12:45 to 3:15 pm
Winnipegosis	Mennonite Church	Monthly; 4th Thursday	10 am to 12:30 pm

For program information contact the Healthy Baby Coordinator | 204-578-2545 | swoodmass@pmh-mb.ca