

# HEALTHY BABY PROGRAM

For pregnant people & parents with babies under 1



At Healthy Baby 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). Support people are welcome.

COMMUNITY	LOCATION	DATE	TIME
Birtle <b>(ON HOLD)</b>	Health Centre Boardroom	4th Wednesday	1 pm to 3 pm
Boissevain	Living Hope Community Church	2nd Wednesday	10 am to Noon
Brandon	Vineyard Community Church	2nd & 4th Tuesday	10 am to Noon & 1 pm to 3pm
Brandon—Evening Prenatal	Vineyard Community Church	3rd Monday	5:30 pm to 7:30 pm
Carberry	Health Centre Boardroom	4th Tuesday	10 am to Noon
Deloraine	United Church	2nd Wednesday	1:30 pm to 3:30 pm
Erickson	Lutheran Church	3rd Monday	10 am to Noon
Glenboro	United Church	1st Wednesday	10 am to Noon
Grandview	Elementary School	3rd Thursday	9:30 am to 11:30 am
Hamiota <b>(ON HOLD)</b>	Cornerstone Pentecostal Church	3rd Tuesday	1 pm to 3 pm
Killarney	New Life Assembly Church	3rd Wednesday	10 am to Noon
Melita <b>(ON HOLD)</b>	Elim Chapel	1st Tuesday	1 pm to 3 pm
Minnedosa	United Church	3rd Tuesday	10 am to Noon
Neepawa	Library	2nd Tuesday	10am to Noon
Neepawa	Immigrant Settlement Services	2nd Tuesday	1:30 pm to 3:30 pm
Rivers	Zion Church	2nd Thursday	11 am to 1 pm
Roblin	Knox United Church	3rd Tuesday	1 pm to 3 pm
Russell	Multiplex (Bunge Room)	3rd Thursday	11am to 1pm
Shilo	Military Family Resource Centre	1st Wednesday	1 pm to 3pm
Ste. Rose	Health Office	3rd Wednesday	10 am to Noon
Swan River	Temple Baptist Church	2nd & 4th Tuesday	1 pm to 3 pm
Treherne	Rec Centre (Kin Room)	1st Tuesday	10 am to Noon
Virden	Public Health Office Boardroom	3rd Wednesday	10 am to Noon

A virtual session is offered for all PMH communities on the 4th Monday of each month.

To register or for program information contact:

Healthy Baby Coordinator | 204-578-2545 | [swoodmass@pmh-mb.ca](mailto:swoodmass@pmh-mb.ca)

