

Prairie Mountain Health Healthy Baby Program

For expectant parents & parents with babies under 1
2023

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).

REGIONAL VIRTUAL SESSION: 4th Monday @ 1:30 – 3:00pm

CENTRAL REGION

| COMMUNITY | LOCATION | DATE | TIME |
|------------------------------|---------------------------|--|------------------------------|
| Brandon (Expectant parents) | First Presbyterian Church | 1st Tuesday | 1 pm to 3 pm |
| | | 3rd Monday (exception Feb 13/23 session) | 5:30 to 7:30pm |
| Brandon (Parents and Babies) | First Presbyterian Church | 2nd & 4th Tuesday | 10 am to NOON & 1 pm to 3 pm |

SOUTH REGION

| COMMUNITY | LOCATION | DATE | TIME |
|------------|--------------------------------|--------------------------------------|----------------------|
| Birtle | Community Development Centre | 4th Wednesday | 10 am to NOON |
| Boissevain | Mennonite Brethren Church | 2nd Wednesday | 10 am to NOON |
| Carberry | Evangelical Free Church | 4th Tuesday | 10am to NOON |
| Glenboro | United Church | 1st Wednesday | 10 am to NOON |
| Hamiota | Cornerstone Pentecostal Church | 3rd Tuesday | 10 am to NOON |
| Killarney | New Life Assembly Church | 3rd Wednesday | 10 am to NOON |
| Melita | Elim Chapel | 1st Wednesday | 10 am to NOON |
| Minnedosa | United Church | 3rd Tuesday | 10 am to NOON |
| Neepawa | Library | 2nd Tuesday | 10 am to NOON |
| Neepawa | Immigrant Settlement Services | 2nd Tuesday | 2pm to 4pm |
| Rivers | Zion Church | 2nd Wednesday | 10 am to NOON |
| Russell | United Church | 3rd Wednesday | 10:15 am to 12:15 pm |
| Souris | Faith Community Baptist Church | 1st Tuesday (starting February 2023) | 10 am to NOON |
| Treherne | Rec Centre (Kin Room) | 1st Tuesday | 10 am to NOON |
| Virden | Oxford Assembly Church | 2nd & 4th Tuesday | 10 am to NOON |

NORTH REGION

| COMMUNITY | LOCATION | DATE | TIME |
|------------|-----------------------|-------------------|---------------------|
| Grandview | Elementary School | 3rd Thursday | 9:30 am to 11:30 am |
| Roblin | First United Church | 3rd Tuesday | 1 pm to 3 pm |
| Ste. Rose | Health Office | 3rd Wednesday | 10 am to NOON |
| Swan River | Temple Baptist Church | 2nd & 4th Tuesday | 1 pm to 3 pm |

To register for regional virtual sessions please contact the Healthy Baby Coordinator | 204-578-2545 | swoodmass@pmh-mb.ca