

Prairie Mountain Health

HEALTHY BABY PROGRAM



Having a baby? Have a baby under one year of age?

Join the free Healthy Baby Program!

Learn about baby's growth and development, meet others, enjoy a snack, do activities with your baby and receive milk coupons (if eligible). Support people are welcome.

COMMUNITY	LOCATION	DATE	TIME
Birtle	Health Centre Boardroom	4th Wednesday	10 am to NOON
Boissevain	Mennonite Brethren Church	2nd Wednesday	10 am to NOON
Brandon	Brandon Vineyard Community Church	2nd & 4th Tuesday	10 am to NOON & 1 pm to 3 pm
Brandon (prenatal session)	Brandon Vineyard Community Church	1st Tuesday	1 pm to 3 pm
Brandon (evening prenatal)	Brandon Vineyard Community Church	3rd Monday	5:30 pm to 7:30pm
Carberry	Health Centre Boardroom	4th Tuesday	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	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	1:30pm to 3:30pm
Rivers	Zion Church	2nd Wednesday	10 am to NOON
Roblin	First United Church	3rd Tuesday	1 pm to 3 pm
Russell	Multiplex (Bunge Room)	3rd Wednesday	10:15 am to 12:15 pm
Souris	Faith Community Baptist Church	1st Tuesday	10 am to NOON
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	Oxford Assembly Church	2nd & 4th Tuesday	10 am to NOON

Interested in joining a virtual session? Virtual Healthy Baby sessions are offered monthly!

4th Monday @ 1:30 – 3:00pm

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