

# Prairie Mountain Health Healthy Baby Program

For expectant parents & parents with babies under 1

## 2022 In-person & Virtual 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).

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

### CENTRAL REGION - IN-PERSON

COMMUNITY	LOCATION	DATE	TIME
Brandon (Expectant parents)	First Presbyterian Church	1st & 3rd Tuesday	1 pm to 3 pm
Brandon (Parents and Babies)	First Presbyterian Church	2nd & 4th Tuesday	10 am to NOON & 1 pm to 3 pm

### SOUTH REGION—IN-PERSON & VIRTUAL

COMMUNITY	LOCATION	DATE	TIME
Birtle	Community Development Centre	Virtual (contact 204-748-2321, extension 294)	10 am to NOON
Boissevain	Mennonite Brethren Church	2nd Wednesday	10 am to NOON
Carberry	Anglican Free Church	4th Tuesday	10am to NOON
Glenboro	United Church	1st Wednesday	10 am to NOON
Hamiota	Cornerstone Pentecostal Church	Virtual (contact 204-748-2321, extension 294)	10 am to NOON
Killarney	New Life Assembly Church	3rd Wednesday	10 am to NOON
Melita	Elim Chapel	Virtual (contact 204-748-2321, extension 294)	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	Virtual (contact 204-748-2321, extension 294)	10 am to NOON
Russell	United Church	Virtual (contact 204-748-2321, extension 294)	10:15 am to 12:15 pm
Treherne	Rec Centre (Kin Room)	1st Tuesday	10 am to NOON
Virden	Oxford Assembly Church	Virtual (contact 204-748-2321, extension 294)	10 am to NOON

### NORTH REGION—IN-PERSON

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](mailto:swoodmass@pmh-mb.ca)