



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 REGION (BRANDON) - Central United Church

For Pregnant women:

1 to 3 pm

January 9 & 23

February 13

March 6 & 20

April 3 & 17

For parents and babies under 1:

10 to NOON or 1 to 3 pm

January 16

February 6 & 27

March 13 & 27

April 10 & 24

SOUTH REGION

COMMUNITY	LOCATION	DATE	TIME
Birtle	Birtle United Church - First Thursday of every 2nd month	Feb. 1, April 5, June 7 Aug. 2, Oct. 4, Dec. 6	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; 1st 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	Reston United Church	Monthly; 1st Tuesday	1:00 to 3:00 pm
Rivers	Zion Church	Monthly; 3rd Tuesday	10 am to NOON
Russell	United Church	Monthly; 2nd Thursday	10 am to NOON
Shoal Lake	Westminster United Church - 1st Thursday of every 2nd month	March 1, May 3, July 5 Sept. 6, Nov. 1	10 am to NOON
Treherne	Rec Centre (Kin Room)	Monthly; 1st Tuesday	10 am to NOON
Virden	Oxford Assembly Church	Biweekly; 2nd & 4th Tuesday	10 am to NOON

NORTH REGION

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 | chunt1@pmh-mb.ca