

# Prairie Mountain Health HEALTHY BABY Program

For pregnant women & parents with babies under 1

Winter / Spring 2021



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) - Virtual

FOR PREGNANT WOMEN: 1 pm to 3 pm		FOR PARENTS AND BABIES UNDER 1: 1 pm to 3 pm	
January 12 & 26	February 9 & 23	January 5 & 19	February 2 & 16
March 9 & 23	April 13 & 27	March 2 & 16	April 6 & 20
May 11 & 25	June 8 & 22	May 4 & 18	June 1 & 15

## SOUTH REGION — Virtual

COMMUNITY	DATE	TIME
Birtle	Monthly; 4th Wednesday	10 am to NOON
Boissevain	Monthly; 2nd Wednesday	10 am to NOON
Carberry	Monthly; 3rd or 4th Tuesday	11 am or 2 pm
Glenboro	Monthly; 1st Wednesday	10 am to NOON
Hamiota	Monthly; 2nd Wednesday	10 am to NOON
Killarney	Monthly; 3rd Wednesday	10 am to NOON
Melita	Monthly; 1st Tuesday	10 am to NOON
Minnedosa	Monthly; 3rd or 4th Tuesday	11 am or 2 pm
Neepawa	Monthly; 3rd or 4th Tuesday	11 am or 2 pm
Rivers	Monthly; 3rd Tuesday	10 am to NOON
Russell	Monthly; 3rd Wednesday	10 am to NOON
Treherne	Monthly; 1st Tuesday	10 am to NOON
Virden	Biweekly; 2nd & 4th Tuesday	10 am to NOON

## NORTH REGION — Virtual

COMMUNITY	DATE	TIME
Grandview	Monthly; 3rd Thursday	9:30 am to 11:30 am
Roblin	Monthly; 3rd Tuesday	1:00 pm to 3:00 pm
Ste. Rose	Monthly; 3rd Wednesday	10 am to 12:00 pm
Swan River	Monthly; 2nd & 4th Tuesday	1:00 pm to 3:00 pm

For program information contact the Healthy Baby Coordinator | 204-578-2545 | ebrown2@pmh-mb.ca