

Seven Oaks Community Healthy Baby Groups



Healthy Baby Groups are free & for women who are pregnant or with children under 1 year. Come enjoy a snack, siblings welcome. Milk coupons are available.

***Families Connecting**

Seven Oaks Adult Learning Centre, 950 Jefferson Ave
Every Friday morning 10:00 a.m. to 12:00 a.m.

Email: mothersprogram@womenshealthclinic.org or call (204)947-2422 ext 113

See website for upcoming topics <https://whcbirthcentre.com/workshops/>

***Healthy Start for Mom & Me**

Maples Community Centre, 434 Adsum Drive, (204)949-5350
Tuesday afternoons from 1:30 p.m. to 3:30 p.m.-see schedule below

Pregnancy Group 2022

Sept 13, 27, Oct 11, 25, Nov 8, 22, Dec 6, 20

Parent & Baby Group 2022

Sept 20, Oct 4, 18, Nov 1, 15, 29, Dec 13, 27 – No group

Breastfeeding Support Group & Clinic

Drop-in Mondays starting at 1:30 pm -3:30 p.m. at 785 Keewatin Street

Can schedule 1 to 1 appointment if needed by calling (204) 938-5900

Breastfeeding Hotline 24 hours/7 days a week- (204)788-8667 ext 2

Infant scale also available for you to drop-in and weigh your baby

Monday-Friday from 9am-4pm, excluding holidays at 3-1050 Leila Ave

WRHA Parenting Website, go to healthyparentingwinnipeg.ca

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