

Get **Connected!**

# Families Connecting

## A Healthy Baby Community Support Program

Families Connecting groups help pregnant people and new parents meet with other parents, families, and health professionals. Healthy snack, coupons for free milk\*, bus tokens, and childcare for older children are also available.

*\*Milk coupons provided for pregnant people and up to six months postnatal.*

### **Mondays**

1:30 - 3:30 p.m.      West Central Women's Resource Ctr.      640 Ellice Avenue

### **Tuesdays**

9:45 - 11:45am      Fort Rouge Leisure Centre      625 Osborne St  
1:00 - 3:00 p.m.      Transcona Memorial United Church      209 Yale Ave W

### **Wednesdays**

10:00a.m. - noon      Mayfair Recreation Centre      40 Mayfair Pl  
1:00 - 3:00 p.m.      John Black Memorial United Church      898 Henderson Hwy

### **Thursdays**

1:00 - 3:00 p.m.      East Elmwood Community Centre      490 Keenleyside St

### **Fridays**

10:00 a.m. - noon      Seven Oaks Arena      745 Kingsbury Ave

*There is no pre-registration required, drop in when you can.*

For more information contact:

 204-947-2422 ext. 113  
1-866-947-1517

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@whcwpg



women's  
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