

Would you like to connect with other moms-to-be and parents of children under one year of age?

We would love to have you!



Great Expectations Sturgeon Heights
Sturgeon Heights Community Centre
210 Rita Street
Tuesday Mornings
9:30 – 11:15

**During a Great Expectations session,
you can expect to:**

- have a chance to meet other parents,
- learn some fun ways to interact with your child,
- be presented with interesting and pertinent information,
- have the opportunity to ask questions about parenting,
- speak with a Public Health nurse about your baby's growth and development, get your baby weighed and measured, and
- have a nutritious snack.

All prenatal women and parents of babies up to six months of age are eligible to receive coupons for 4 litres of milk per week. Bus tickets are available if assistance with transportation is needed. This program is free.

For more information, or if you are attending for the first time, please email Traci at traciw@mts.net

Children under the age of one stay with their parent during the session. Older children will be cared for by a qualified childcare provider.

***Please note, for safety concerns for the babies and others, hot beverages are not welcome in group.**

Under extreme weather conditions, GE may be cancelled. You will be contacted by email.

Great Expectations Sturgeon Heights CC

Topics for July - August - September 2019

Note: All topics are subject to cancellation or change due to unforeseen circumstances.

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| July 2 | Baby Blues & Beyond |
| July 9 | Relationships (Coping with Change) (PHN) |
| July 16 | Personal and Home Safety (WPD) |
| July 23 | Food Marketing (RD) |
| July 30 | CLOSED |
| August 6 | CLOSED |
| August 13 | Books for Babies (WRC) |
| August 20 | Fun at the Library (WPL) |
| August 27 | Nutrition Topic TBD |
| September 3 | Postnatal Fitness (Fit4two) |
| September 10 | Community Resources |
| September 17 | Health Topic TBD |
| September 24 | Cooking Demonstration |
| October 1 | Cancelled due to Facility Use |

They are also posted weekly on Facebook in Moms of St. James, West Winnipeg Moms, St. James Moms, Winnipeg Mommas, Crunchy Manitoba Parents, Prairie Moms, Charleswood, Charleswood Parents and the St. James Community, as well as on Twitter @Gr8tXpektations.