

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 Height
Sturgeon Height 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
- Have your child weighed and measured
 - Enjoy a nutritious snack

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

This program is completely free.

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

Children under the age of one stay with their parents 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 2020

July 7	Feeding Baby Solids
July 14	Wants vs Needs
July 21	Couples and Money (CCS)
July 28	Closed
August 4	Closed
August 11	Relationships (Coping With Change)
August 18	Cannabis
August 25	TBA
September 1	Food Marketing
September 8	Post Natal Fitness
September 15	Community Resources
September 22	Food Allergies
September 29	Flu/Vaccinations

These topics are also posted weekly on Facebook in the following groups; Mom's of St. James, West Winnipeg Moms, St. James Moms, Winnipeg Mommas, Crunch Manitoba Parents, Prairie Moms, Charleswood, Charleswood Parents and the St. James Community as well as on Twitter @Gr8Xpektations