



Applegrove's FREE Virtual Prenatal Program

Helping Our Babies Grow



WEEKLY WORKSHOPS & GROUP DISCUSSION

Mondays 5:30 – 7:30 pm
March/April 2025

March 3	March 10	March 17	March 24	March 31
Josh Grainger Program Director Funding Focus Group	Sacha, TPH Nurse Immunization in Pregnancy and in Children 0-6 years	Tamara, SGM Ask A Midwife	Rebeca, TPH Dietitian Breastfeeding and Healthy eating	Sue Lyon, Social Worker Understanding Your Child's Unique Personality
April 7	April 14	April 21	April 28	
Elaine Doula/Personal Trainer Prenatal – First Month Postnatal	Sacha, TPH Nurse Your Growing Baby	No Program Easter Monday	Rebeca, TPH Dietitian Vitamins: Before, During & After Pregnancy	

Are you pregnant? Looking for prenatal classes?

- Join Applegrove's FREE Prenatal Program; start when you are pregnant and stay until your baby is 6 months old.
- Meet other women who are pregnant or new moms to discuss the challenges and blessings of pregnancy and child-birth.
- Every Monday 5:30 – 7:30 p.m. This month the program is virtual on ZOOM. Every week we have a workshop and check in and chat. Email [prenatal@applegrovecc.ca](mailto: prenatal@applegrovecc.ca) for more details and to get an intake form.

Online Participation & Grocery Card Eligibility Criteria:

- Participation is needed to learn and build connections. Not participating means you are taking a spot away from someone who could benefit from the program fully.
- Grocery Gift Cards are an additional perk for joining Applegrove's Prenatal Program, to receive the gift cards you must follow the following guidelines:
 1. You must have completed your Intake form before attending the session. Please speak to staff if you need help completing the form.
 2. You must participate during the session and have your camera on. Please speak to staff privately if you have restrictions or concerns being on camera.
 3. You must be present for attendance towards the end of the session, a response is required. Please speak to staff privately if you have to leave before.
 4. If you have any questions contact [prenatal@applegrovecc.ca](mailto: prenatal@applegrovecc.ca) or Josh Grainger, Program Director [jgrainger@applegrovecc.ca](mailto: jgrainger@applegrovecc.ca)