



Applegrove's FREE Virtual Prenatal Program

Helping Our Babies Grow



WEEKLY WORKSHOPS & GROUP DISCUSSION

Mondays 5:30 – 7:30 pm
May/June 2025

May 5	May 12	May 19	May 26 In-Person	
Sue, Social Worker Self Care, Healthy Boundaries	Rebeca, TPH Dietitian TPH Dietitian Vitamins Before, During & After Pregnancy	Happy Victoria Day No Program	Mother's Day Celebration In-Person	
June 2	June 9	June 16	June 23	June 30 In-Person
Sue, Social Worker Self Care, Healthy Boundaries 2	Elaine, Physical Trainer Working Your Core	Sacha, TPH Nurse Safe Sleep for Babies (0-12 months)	Rebeca, TPH Dietitian "Dietary discomforts of pregnancy"	To Be Announced

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. currently we are virtual using ZOOM but will be in person soon. Every week we have a workshop and check in and chat. Email prenatal@applegrovecc.ca for more details and to get an intake form.

Online Grocery Card Eligibility and Criteria:

1. Must attend the workshop with the guest speaker on camera for the full presentation.
2. Grocery Gift Cards are an additional perk for the joining Applegrove's Prenatal Program, it's not a program requirement (it is your choice to follow the criteria to receive the gift cards).
3. No Shows/Absent from program: there is no rescheduling and you will not receive a gift card if you are not present at all or for the entire workshop.
4. If you have any questions contact prenatal@applegrovecc.ca or May Seto, Program Director jgranger@applegrovecc.ca.