



Applegrove's FREE Virtual Prenatal Program

Helping Our Babies Grow

WEEKLY WORKSHOPS & GROUP DISCUSSION
Mondays 5:30 – 7:30 pm
July & August 2025



July 7	July 14	July 21	July 28 In Person
In-Person Program At 1470 Gerrard St. East, 2:00 – 4:00 pm Details to follow.	Rebeca, TPH Dietitian TPH Dietitian Vitamins Before, During & After Pregnancy	Elaine Let's Get Physical	Picnic at Jonathan Ashbridge Park 20 Woodward Avenue (Across from McDonalds)
August 4	August 11	August 18	August 25
Simcoe Day Civic Holiday No Program	Elaine Ask a Prenatal Educator	Sacha, TPH Nurse Prenatal Care	Picnic at Greenwood Park 64 Greenwood Ave.

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 and in-person the last Monday of the month from 2:00 – 4:00 p.m. 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 Josh Grainger, Program Director jgrainger@applegrovecc.ca.