



Applegrove's FREE Prenatal Program

for expecting mothers and their families



May & June 2026

Join Applegrove's FREE Prenatal Program; start when you are pregnant and stay until your baby is 12 months old. Meet other women who are pregnant or new moms to discuss the challenges and blessings of pregnancy and child-birth. Please email [prenatal@applegrovecc.ca](mailto: prenatal@applegrovecc.ca) for more details and to get an intake form.

May 4	May 11	May 18	May 25	
Sue Lyon, Social Worker	Sacha, TPH Nurse "Safe Sleep for Babies"	No Program Happy Victoria Day	In-Person @ Duke Location Rebeca, TPH Dietitian "Food Budgeting for Pregnancy and Breastfeeding"	
June 1	June 8	June 15	June 22	June 29
Elaine May, Prenatal Educator	Sacha, TPH Nurse "Prenatal Care"	Rebeca, TPH Dietitian "Let's Discuss Calcium"	In-Person @ Duke Location Sue Lyon, Social Worker "Meet and Greet Q&A"	Elaine May, Prenatal Educator

Virtual ZOOM Sessions

Mondays 5:30 pm – 7:30 pm

Join us to learn about and discuss topics related to pregnancy and raising a healthy baby with various presenters.

In-Person Sessions

Monday May 25, 5:00 – 7:00 pm

Duke of Connaught, 60 Woodfield Rd, use entrance 12.

Dinner provided.

Monday June 22, 5:00 – 7:00 pm

Duke of Connaught, 60 Woodfield Rd, use entrance 12.

Dinner provided

- You, your children and another adult (spouse, partner, friend, mother, sister, a support person) are invited to attend
- Receive grocery gift cards and TTC fare for attending
- Free gifts for attending: diapers, wipes and other supplies
- Time to meet and socialize with the other families who use our programs and meet the staff

