



Applegrove's FREE Prenatal Program

for expecting mothers and their families



July & August 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 for more details and to get an intake form.

July 6	July 13	July 20	July 27	
Elaine May, Sun Safety Pt 2	Sacha, TPH Nurse Perinatal Mood Disorders	In-Person Program 3:00 – 5:00 p.m. @ Duke, 60 Woodfield Rd.	Rebeca, TPH Dietitian Vitamin D and Calcium	
August 3	August 10	August 17	August 24	August 31
Simcoe Day No Program	Sacha, TPH Nurse Newborn Care	Rebeca, TPH Dietitian Protein in Pregnancy & Breastfeeding	In-Person Program 3:00 – 5:00 p.m. @ Duke, 60 Woodfield Rd.	Elaine May, Prenatal Educator Prenatal Q & A

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 July 20, 3:00 – 5:00 p.m.

Duke of Connaught, 60 Woodfield Road.

Dinner is provided.

Monday August 27, 3:00 – 5:00 p.m.

Duke of Connaught, 60 Woodfield Road.

Dinner is 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 diapers, wipes and other supplies for attending.
- Time to meet and socialize with the other families who use our programs and meet the staff