



Applegrove's FREE Prenatal Program

for expecting mothers and their families



September & October 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 blessings and challenges of pregnancy and child-birth. Please email prenatal@applegrovecc.ca for more details and to get an intake form.

September 7	September 14	September 21	September 28	September 30 th National Day for Truth and Reconciliation
Labour Day No Program	Sacha, TPH Nurse Newborn Care	Rebeca, TPH Dietitian Discomforts of Pregnancy	In-Person Program 5:00 – 7:00 pm. @ Duke, 60 Woodfield Rd. Meet Sue, our Social Worker	
October 5	October 12	October 19	October 26	
Sue Lyon, Social Worker Parenting Together: Your Confidential Questions Discussed	Happy Thanksgiving No Program	Sacha, TPH Nurse Immunization	In-Person Program 5:00 – 7:00 pm. @ Duke, 60 Woodfield Rd. Meet Elaine, Prenatal Educator	

Commemoration: It honors the children who never returned home, residential school survivors, and their families and communities.

History: It recognizes the tragic legacy and intergenerational harm caused by Canada's residential school system.

Orange Shirt Day: Inspired by Phyllis Webstad, wearing an orange shirt symbolizes that "Every Child Matters"

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 September 28, 5:00 – 7:00 pm.

Duke of Connaught, 60 Woodfield Road.

Dinner is provided and served at 6:00 pm.

Monday October 26, 5:00 – 7:00 pm.

Duke of Connaught, 60 Woodfield Road.

Dinner is provided and served at 6:00 pm.

- 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