



Interlake Eastern Regional Health Authority and Public Health offering
"OUR TIME"
A Free Healthy Baby Program

Location: Mrs. Lucci's Resource Centre, 76 Third St. Lac du Bonnet, in the MPR

When: almost every other Thursday from 10:30 am to 12:30 pm

Please see the Calendar for exact dates in your area.

A safe space where you can meet other parents that are pregnant or have a baby up to 12 months old.

Attending our groups we have Public Health Nurses, Registered Dietitians, qualified Guest Speakers, Outreach Support and fun learning opportunities!

*A light snack is provided

*Siblings are welcome

*For safety, hot/open beverages are not allowed

*If you or your child have any symptoms of illness, please come another day

If you have questions or want to join our email list to receive current information and reminders, please connect with **Robin** by phone at **204-345-0284** or email at rcyr@ierha.ca



"Our Time" a Healthy Baby Drop-In


2026 Calendar

If you are pregnant or, you are a parent with children under one year of age

Participation is FREE. No Referral is needed.


Questions? Please contact your local Public Health Nurse.

Robin Cyr - Office 204-345-0284 or Cell 204-345-4247 Email rcyr@ierha.ca

Please note... 

Drop-in's may be cancelled due to public health orders or adverse weather and road conditions.

If at any time the schools in the area are closed, then our Drop-In Group will also be cancelled.

 MONTH	<u>Oakbank</u> 10:30 am - 12:30 pm Oakbank Baptist Church 26033-Springfield Rd. <i>Tuesday's</i>	<u>Lac du Bonnet</u> 10:30 am -12:30 pm Mrs. Lucci's Resource Centre 76-Third St. <i>Thursday's</i>	<u>Beausejour</u> 10:30 am - 12:30 pm Beausejour Health Centre Multipurpose Room 151 First St S. <i>Tuesday's</i>
January	6, 20	8, 22	13, 27
February	3, 17	5, 19	10, 24
March	3, 17	5, 19	10, 24
April	7, 21	2, 30	14, 28
May	5, 19	14, 28	12, 26
June	2, 16	11, 25	9, 23
July	7, 21	9, 23	14, 28
August	11	6	18
September	8, 22	3, 17	15, 29
October	6, 20	1, 15	13, 27
November	3, 17	12, 26	10, 24
December	8	10	15