

Hospitals

Women's Hospital Health Sciences Centre

735 Notre Dame Avenue, 204-787-3647

- Virtual Tour "Women's Hospital Prenatal Tour" access at: <http://www.hsc.mb.ca/patientsWomensHosp.html>

St. Boniface General Hospital

409 Tache Avenue, 204-235-3144

- Virtual Tour "Having a Baby" access at: <http://www.sbg.h.mb.ca/patientCare/videoareyouinlbr.html>

Prenatal Support

Winnipeg Regional Health Authority Public Health Nursing Services

- **Downtown East and West**
Access Downtown Health Action Centre
2-640 Main Street, 204-940-8711
- **Fort Garry**
2735 Pembina Highway, 204-940-2015
- **Inkster**
Access Norwest
785 Keewatin St., 204-938-5900
- **Point Douglas**
601 Aikins Street, 204-940-2542
- **River East**
Access River East
975 Henderson Highway, 204-938-5300
- **River Heights**
677 Stafford Avenue, 204-938-5144
- **3-1050 Leila Avenue,**
Seven Oaks, 204-938-5607
- **St. Boniface and St. Vital**
100-614 Des Meurons, 204-940-2035
- **St. James and Assiniboine South**
Access Winnipeg West
280 Booth Drive, 204-940-2040
- **Transcona**
Access Transcona
845 Regent Avenue W, 204-938-5555

Winnipeg Regional Health Authority Midwifery Services

*Central Intake Line: (204) 947-2422 ext. 307

- **Access Downtown Health Action,** 640 Main Street
- **Access River East,** 975 Henderson Highway
- **Mount Carmel Clinic,** 886 Main Street
- **Women's Health Clinic,** A-419 Graham Ave.
- **Birth Centre,** 603 St. Mary's Road

Prenatal Education and Resources

- **Access Downtown Health Action Centre**
640 Main Street, 204-940-1626
Individual education for clients of Health Action, free

- **Birth Centre (Women's Health Clinic)**
603 St. Mary's Road, 204.947.2422 ext. 300
Education on parenting and prenatal care
Counseling and group support

- **Centre de Sante-Saint Boniface Health Centre,**
D1048-409 Tache Avenue, 204-235-3910
Free prenatal classes offered in French

- **Centre Youville Center**
33 Marion Street, www.youville.ca
Young Expectations, free prenatal classes for people 25 and under.
To register or for more information call 204-255-4840 or text outreach worker at 204-223-7472

- **Healthy Baby Program,** 204-945-1301 or 1-888-848-0140, www.manitoba.ca/healthychild
- Drop-in support for pregnant women, new parents and babies (milk coupons, bus tickets *may* be available)
- **Financial help for women more than 14 wks pregnant and a net family income of less than \$32,000**
- Various locations

- **Healthy Start for Mom and Me,** 204-949-5350
<http://www.hsmm.ca/wp/>
Drop-in for pregnant women/teens and new parents
Locations, dates and times vary

- **Manitoba Association for Childbirth and Family Education**
603 St. Mary's Road,
<http://www.manitobachildbirth.com>
macfedoula@gmail.com
Doula Services, group and private prenatal classes
Sliding scale for low income

- **Mount Carmel Clinic,** 886 Main St
204-582-2311 or 204-589-9425
www.mountcarmel.ca
Birth preparation for youth < 21 yrs of age, single class

- **Villa Rosa,** 784 Wolseley Avenue,
204-786-5741(ext. 223)
Pre-natal series for clients of Villa Rosa and young, single mothers wanting support.

Breastfeeding Support

WRHA Public Health and community agencies offer free individual and group support with breastfeeding. Phone to confirm times or book an appointment.

- **River East/Transcona**
Access River East
975 Henderson Hwy, 204-938-5000
Monday 1:30 – 3:30 pm (except holidays)
 - **St. Boniface/St. Vital (Youville Centre)**
6-845 Dakota Street, 204-255-4840
Tuesday 1:00 – 3:00 p.m. (except holidays)
 - **Downtown**
755 Portage Avenue, 204-940-6669
Wednesday 9:00 -10:30 a.m. (except holidays)
AND Breastfeeding Buddies Support Group,
Wednesday 1000 -11:30 a.m.
 - **Ft Garry/River Heights**
Shriner's (Khartum)
1155 Wilkes Ave., 204-940-2015
Wednesday 1:00 – 3:00 p.m. (except holidays)
 - **Inkster/Seven Oaks**
1050 Leila Ave, 204-938-5607
Friday 9:30 – 11:30 a.m. (except holidays)
 - **St. James/AssiniboineSouth**
Sturgeon Heights Community Centre
210 Rita Street
Thursdays 10:00 - 11:30 am (except holidays)
Call 204-940-2397 to book 1 on 1 appt
- To make a weekend appointment with a Public Health Nurse, call 204-940-2362 (Monday to Friday)
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- **Breastfeeding Hotline** 204-788-8667, 24 hours nurse phone support with possible referral to WRHA Public Health
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- **Breastfeeding Online**
<http://www.breastfeedingonline.com>
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- **Kelly Mom**
<http://www.kellymom.com>
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- **La Leche League,** various group locations, phone support. www.LLCC.ca 204-257-3509
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- **Women's Hospital,** 735 Notre Dame Avenue
204-787-1166, Phone support
Lactation Consultant by appt or drop-in
Breastfeeding Clinic Thursday 1:00 – 3:00 p.m.
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- **Youville St. Vital,** 6-845 Dakota Street
204-255-4840
Lactation Consultant (by appointment) Tuesdays
Breastfeeding support drop-in: Tuesdays 1-3 p.m.
Telephone support: Monday-Thursday 9 a.m.-8:45 p.m.

Additional Supports and Resources

Parenting

- **Caring for Kids**, information for parents from Canadian Paediatrics Society
<http://www.caringforkids.cps.ca>
- **Child and Family Services**, Intake 204-944-4200 after 4:30 p.m. 204-944-4050 or 1-866-345-9241
- **Healthy Baby Program**, 204-945-1301 or 1-888-848-0140, www.manitoba.ca/healthychild
- Drop-in support for new parents and babies (milk coupons, bus tickets *may* be available)
- Various locations
- **Manitoba ParentZone**
Resources and information for parents
<http://www.manitobaparentzone.ca>
- **Positive Parenting Program (Triple P)**
Parenting tips and resources
3rd Floor, 332 Bannatyne Ave.
204-945-2266 <http://www.manitobatriplep.ca>

Mental Health and Wellness

- **Crisis Response Centre**, 817 Bannatyne Avenue
Open 24 hours a day, 7 days a week
- **Klinic 24 Hour Crisis Line** 204-786-8686
24 hour counseling and support
- **Manitoba Suicide Line** 1-877-435-7170
24 hour counseling and support
- **Mobile Crisis Service**, 817 Bannatyne Avenue
Services for adults in crisis
204-940-1781
- **Mood Disorders Association of Manitoba**
100-4 Fort Street, 204-786-0987
www.mooddisordersmanitoba.ca
Peer support, education and advocacy
- **Postpartum Depression Association of Manitoba**
www.ppdmanitoba.ca
- **Women's Health Clinic**, 204-947-2422 (ext. 113)
<http://www.womenshealthclinic.org/birthingmothering>
Community based support to help new families
Mothering Support, Families Connecting Support Group,
Coping with Change Workshops

Other

- **Dial-a-Dietician**
204-788-8248 or visit:
<http://www.wrha.mb.ca/prog/nutrition/>
- **Domestic Abuse Crisis Line (24 Hour)**
1-877-977-0007
- **Employment Assistance After-hours**
(EIA-Family Services) 204-945-0183
- **Encompass**, information on WRHA services,
www.wrha.mb.ca or
speak with a service navigator 204-788-8200
- **Family Doctor Connection**,
names of family doctors accepting new patients
call 204-786-7111 or 1-866-690-8260
- **Health Links**, 24 hour phone information line answered by
registered nurses, 204-788-8200 or 1-888-315-9257
- **Mother Risk Pregnancy Help-lines** (Hospital for Sick
Children, Toronto). www.motherisk.org, Monday to Friday
daytime hours (may need to leave message)
Alcohol + Substance Use 1-877-FAS-INFO (toll free)
Drugs + Chemicals during pregnancy 1-416-813-6780
HIV 1-888-246-5840 (toll free)
Nausea + Vomiting 1-800-436-8477 (toll free)
- **Quick Care Clinics**
363 McGregor Street 17 St. Mary's Road
Phone: 204-940-1963 Phone: 204-940-4332

620 Dakota Street, Unit 3
Phone: 204-940-2211
- **Smokers' Helpline** 1 877 513 5333
www.smokershelpline.ca
- **Winnipeg Regional Health Authority**
General inquiries 204- 926-7000

Resources

for

Childbirth Preparation,

Breastfeeding and

Postpartum Support



This resource includes education and support options that may be helpful to people who are pregnant or new parents.

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