

Diabetes & Chronic Disease Self-Management Education Programs by Health Region

Revised: June, 2013

Health Region, Program Name and Base Location(s)	Telephone	Fax	E-Mail / Website <small>(admin support unless otherwise noted)</small>
Province-wide Services			
Get Better Together! A program for living better with ongoing health conditions - a free 6-week program for people with chronic conditions. Offered at numerous sites throughout Manitoba (locations list on website).	(204) 632-3927	(204) 697-2412	http://sogh.ca/wellness/get-better-together/ gbt@wellnessinstitute.ca
TeleCare Manitoba Provides individual education for those at risk of diabetes and those with type 2 diabetes who have an A1c under 9, via telephone or telehealth, by referral.	(204) 788-8688, 1-866-204-3737	(204) 779-5645	http://www.gov.mb.ca/health/primarycare/public/chronicdisease/selfmgnt/telecare.html
Canadian Diabetes Association Provides a toll-free information line that assists with support, information and referrals. Website provides educational resources on prevention and management, and information on locations of local offices.	1-800-BANTING (226-8464)	(204) 949-0266	http://www.diabetes.ca
National Aboriginal Diabetes Association (NADA) Provides patients with links to appropriate resources, supports, and provides strategies and tools to Aboriginal communities, no referral required.	1-877-232-6232	(204) 927-1222	www.nada.ca diabetes@nada.ca
Interlake-Eastern RHA			
Community Wellness	1-877-979-9355	(204) 467-4750	wellness@ierha.ca
Northern RHA			
Regional Diabetes Program Eastern campus (Thompson)	(204) 677-5316	(204) 778-1534	acrate@brha.mb.ca (manager)
Regional Diabetes / Heart Health Western campus (The Pas)	(204) 623-9650	(204) 627-8285	cscott6@nrha.ca (educator)
Prairie Mountain Health			
Diabetes & Heart Health Former Assiniboine	1-877-509-7852	(204) 759-4035	aarmitage@arha.ca
Diabetes & Heart Health Promotion Former Brandon	(204) 578-2374	(204) 578-2823	johnsonk2@brandonrha.mb.ca
Diabetes & Chronic Disease Former Parkland	(204) 638-2107 (Dauphin) (204) 734-6607 (Swan River)	(204) 629-3406 (204) 629-3477	ktischinski@prha.mb.ca blabbe@prha.mb.ca
Southern Health-Santé Sud			
Diabetes & Chronic Disease East area (Steinbach)	(204) 326-7569	(204) 326-7665	CDHMadminsupport@southernhealth.ca
Regional Diabetes Program North area (Portage)	(204) 239-2411	(204) 239-2444	cbrown1@southernhealth.ca
Regional Diabetes Program West area (Morden/Winkler)	(204) 331-8841	(204) 331-8831	tdoell@southernhealth.ca
Diabetes & Chronic Disease Mid area	(204) 745-2021 (Carman) (204) 836-2132 (Swan Lake)	(204) 745-2756 (204) 836-2044	
Winnipeg RHA			
This list does not include all services available at each clinic, only those accessible to external clients, with or without a referral. This list focuses on diabetes educational services, not those for all chronic disease. An online Diabetes Service Directory will be launched by fall 2013 at: http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php			
Services based in Churchill			
Primary Health Care - Churchill	(204) 675-8360	(204) 675-8370	jnault@churchillrha.mb.ca
Services based in Winnipeg			
Aboriginal Health and Wellness Centre Provides group diabetes education, social support services, sharing and teaching circles, medicine picking and sweat lodge ceremonies, open to all urban Aboriginal People, no referral required. Also holds an Annual Diabetes Day education event open to all.	(204) 925-3700	(204) 925-3709	www.abcentre.org
Access Downtown / Health Action Centre Annual Diabetes Day education event for the public held in the fall, no referral required	(204) 940-1626	(204) 942-7828	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php

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Access NorWest Provides group diabetes education for Inkster and Seven Oaks residents, no referral required. Individual diabetes education available to area residents by referral.	(204) 940-2020	(204) 632-4666	http://www.norwestcoop.ca
Access River East Provides group diabetes education and management sessions for River East residents (postal codes R2E, R2I, R2K, and R2G) no referral required. Individual education and dietitian available by referral.	(204) 938-5000	(204) 938-5449	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php
Access Transcona Provides group diabetes education for Transcona residents (postal codes R2C, R3W). Individual education sessions available by referral.	(204) 938-5555 (204) 938-5700	(204) 938-5511	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php
Adult Medical Clinic – Grace Hospital Provides individual education and specialist care to Manitoba residents by referral (specializes in complex care, such as A1c over 9, complications, patients requiring insulin (with type 1 or type 2 diabetes).	(204) 837-0790	(204) 837-0791	http://www.gracehospital.ca
Aikins Street Community Health Centre Provides group diabetes education sessions to the public, no referral required	(204) 940-2640	(204) 940-2069	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php
Centre de Santé, St. Boniface Health Centre Provides group diabetes education for French speaking Winnipeg residents. Individual education available to St Boniface residents (postal codes R2H, R2J, and R3X) by referral.	(204) 235-3910	(204) 237-9057	http://www.centredesante.mb.ca
Corydon Primary Care Clinic Provides individual and group diabetes management education for River Heights residents (postal codes R3L, R3M, R3N) by referral.	(204) 940-2000	(204) 477-5730	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php
Healthy Aging Resource Team (H.A.R.T.) Downtown/Point Douglas Group education sessions for Downtown and Point Douglas area residents 55+. Individual education available by referral.	(204) 940-2269 (204) 940-2225	(204) 940-2116	www.wrha.mb.ca/community/seniors/resourceteams.php
Healthy Aging Resource Team (H.A.R.T.) River East/Transcona Group education sessions for River East and Transcona area residents 55+. Individual education available by referral.	(204) 940-2114	(204) 940-3629	www.wrha.mb.ca/community/seniors/resourceteams.php
Healthy Aging Resource Team (H.A.R.T.) St. James Assiniboia Individual and group education sessions to St. James area residents 55+ years. Individual education available by referral.	(204) 940-3261 (204) 940-2683	(204) 987-8856	www.wrha.mb.ca/community/seniors/resourceteams.php
Hope Centre Health Care Inc. Provides group diabetes education to Point Douglas residents (postal code R2W) no referral required.	(204) 589-8354	(204) 586-4260	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php
HSC Diabetes Education Centre (DEC) Provides individual education and specialist care to residents of Manitoba and NW Ontario by referral (specializes in complex care, such as A1c over 9, complications, patients requiring insulin (with type 1 or type 2 diabetes).	(204) 787-3011 (204) 787-7852 (204) 233-0262	(204) 787-1655 (204) 787-3786 (204) 233-1520	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php
HSC Diabetes Education Resources for Children and Adolescents (DER-CA) Provides individual education to youth (<18) with diabetes. Available to residents of Manitoba, NW Ontario, Eastern Saskatchewan and Nunavut by referral.	(204) 787-3011	(204) 787-1655	http://www.wrha.mb.ca/healthinfo/a-z/diabetes.php
Klinik Community Health Centre Provides individual and group diabetes education to Downtown residents (postal codes R3G, R3E, R3C, and R3A) by referral.	(204) 784-4090	(204) 784-4013	www.klinik.mb.ca
Maestro Program for Young Adults Provides transitional support and system navigation for Manitoba young adults 18-25 with diabetes (type 1 and type 2), no referral required.	(204) 789-3719	(204) 272-3064	www.maestroproject.com

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Mount Carmel Clinic Provides group diabetes education to Point Douglas residents (postal code R2W), no referral required.	(204) 582-2311	(204) 582-6006	www.mountcarmel.ca
Reh-Fit Centre Provides health, fitness, and nutrition education sessions (free for members, minimal cost for non-members). Provides exercise programs including First Steps introduction to exercise (fee for service).	(204) 488-8023	(204) 488-4819	http://www.reh-fit.com
St. Boniface General Hospital Department of Endocrinology Provides individual education and specialist care to residents of Manitoba, NW Ontario, and NWT by referral (specializes in complex care, such as A1c over 9, complications, patients requiring insulin (with type 1 or type 2 diabetes)).	(204) 235-3305	(204) 233-7154	www.sbgh.mb.ca
Victoria General Hospital Diabetes Education Centre Provides individual and group education, and access to specialist care for residents of South Winnipeg, St. Norbert and Ste. Anne by referral.	(204) 477-3305	(204) 275-1376	www.vgh.mb.ca
Wellness Institute at Seven Oaks Hospital Provides an 8-week diabetes exercise and education program at the Wellness Institute, Youville & West YM/YWCA for a fee. Delivers Get Better Together! A program for living better with ongoing health conditions , a free 6-week program for people with chronic conditions. Offered at numerous sites (locations list on website). Annual diabetes education day for the public and regular seminars on nutrition, stress, etc.	(204) 632-3927	(204) 697-2412	http://sogh.ca/wellness
WRHA Home Care Provides individual education, support and nursing care for Home Care clients who are unable to access external diabetes education.	(204) 940-2175	(204) 940-6620	www.wrha.mb.ca
Youville Centre (St. Vital) Provides individual and group diabetes education to St. Vital residents (postal codes R2M and R3M) by referral.	(204) 255-4840	(204) 255-490	www.youville.ca
Youville Centre St. Boniface Provides individual and group education to Winnipeg residents, by referral (specializes in complex care, such as A1c over 9, complications, patients requiring insulin (with type 1 or type 2 diabetes)).	(204) 233-0262	(204)233-1520	www.youville.ca