

# Community Clinic, Primary Care and Ambulatory Care Clinic Nutrition Counselling Services



Winnipeg Regional  
Health Authority

*Caring for Health*

Office régional de la  
santé de Winnipeg

*À l'écoute de notre santé*

## Listing of Registered Dietitian Services in Winnipeg for:

- Community Clinics**
- Primary Care Clinics**
- Ambulatory Care Clinics**

Fee for service noted where applicable

**November 2016**

# Section 1: Community Clinic, Primary Care Clinics

**ACCESS Downtown**

**ACCESS Fort Garry**

**ACCESS Nor'West**

**ACCESS RiverEast**

**ACCÈS-ACCESS Saint-Boniface**

**ACCESS Transcona**

**ACCESS Winnipeg West**

**Breast Health Centre**

**Cancer Care Manitoba**

**Health Action Centre: Health Services for the Elderly**

**KLINIC**

**Manitoba Home Nutrition Program**

**Mount Carmel Clinic**

**Nine Circles Community Health Centre**

**Nor'West Co-op Community Health Centre (ACCESS Nor'West)**

**Provincial Health Contact Centre**

**REH-FIT Centre**

**Wellness Institute**

**WRHA Healthy Aging Resource Team**

**WRHA Home Care**

**WRHA Nutrition & Food Services**

**Women's Health Clinic**

**Youville Diabetes Centre**

**Youville Centre – St. Vital**

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<b>ACCESS Downtown</b> 640 Main Street R3B 0L8 Tel: 204-940-1626 Fax: 204-942-7828	ACCESS Downtown clients living in: Postal codes: R3A, R3B, R3E	Self-referral, health professional, internal clinic referral	Therapeutic, individual and group diabetes education	38.75 Hours / week
<b>ACCESS Fort Garry</b> 135 Plaza Drive R3T 5K8 Tel: 204-940-7100 Fax: 204-261-0888	AFG Primary Care clients and people living within postal codes: R3P, R3T, R3V, R3Y	Self-referral, health professional, internal clinic referral		37.5 hours/week
<b>ACCESS Nor'West (See Nor'West Co-op Community Health Centre)</b>				
<b>ACCESS RiverEast</b> 975 Henderson Hwy R2K 4L7 Tel: 204-938-5000 Fax: 204-938-5099	ARE Primary Care clients and people living within postal codes: R2L, R2K, R2G, R2E	Physician, health professional and Self-referrals	Therapeutic, individual and group diabetes education and heart health education	37.5 hours / week
<b>ACCÈS-ACCESS Saint-Boniface, Centre de santé Saint-Boniface</b> 170 Goulet Street R2H 0R7 Tel: 204-940-1155 Fax: 204-237-9057 <a href="http://centredesante.mb.ca">centredesante.mb.ca</a>	Postal codes: R2H, R2J, R3X and any Winnipeg resident requesting French services.	Self-referral, health professional	General nutrition counselling, diabetes education, individual or group sessions.  English and French languages	40 hours / week
<b>ACCESS Transcona</b> 845 Regent Ave West R2C 3A9 Tel: 204-938-5700 Fax: 204-938-5510	AT Primary Care clients and people living within postal codes: R2C, R3W	Physician, health professional and Self-referrals	Therapeutic, individual and group diabetes education and heart health education	18.75 hours / week

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<b>ACCESS Winnipeg West</b> 280 Booth Drive R3J 3R7 Tel: 204-940-8724 Fax: 204-940-2605	ACCESS Winnipeg West clients living in: Postal codes: R3H, R3J, R3K, R3P, R3R, R3S, R2Y West of Rt 90 ONLY: R3N, R2R	Self-referral, health professional	Therapeutic, individual and group diabetes education	37.5 hours/ week
<b>Breast Health Centre</b> 100-400 Taché Ave. R2H 3C3 Tel: 204-235-3906 Fax: 204-231-3839	Manitoba  Individuals receiving acute or follow-up treatment for non-metastatic breast cancer.	Self-referral, health professional	Individual counselling for breast health. Group education: Eat Well, Get Fit & Live Well program and Bone Health After Breast Cancer (available through MB Telehealth upon request)	38.5 hours / week
<b>CancerCare Manitoba</b> 675 McDermot Ave. R3E 0V9 Tel: 204-787-2109 Fax: 204-786-0623 <a href="http://cancercare.mb.ca">cancercare.mb.ca</a>	Manitoba and from outside Manitoba if being followed by oncologist at this facility.  Individuals receiving acute or follow-up treatment.  **Non-metastatic breast cancer patients can be referred to WRHA Breast Health Centre**	Multi-disciplinary referrals, self-referral	Individual counselling related to treatment and prevention of cancer and cancer related issues.	37.5 hours / week 2 RD positions
<b>Health Action Centre: Health Services for the Elderly</b> 425 Elgin Ave. R3A 1P2 Tel: 204-940-3817 Fax: 204-940-3830	Area bordered by Red River (E), Inkster (N), Keewatin (W) and the Assiniboine River (S)  Seniors >60 years of age who do not have access to other RD's	Self-referral, health professional	Therapeutic and healthy eating counselling focused on the elderly	2 hours / week

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<b>KLINIC</b> 870 Portage Ave. R3G 0P1 Tel: 204-784-4090 Fax: 204-784-4013 <a href="http://klinik.mb.ca">klinik.mb.ca</a>	Postal codes: R3A (South of Logan), R3B, R3C, R3E, R3G	Self-referral , health professional	Therapeutic, healthy eating, counselling, group diabetes education.	30 hours / week
<b>Manitoba Home Nutrition Program</b>  <b>Adult</b> 425 Elgin Tel: 204-940-1911 Fax: 204-940-1933  <b>Pediatrics</b> Special Services for Children & Youth 1155 Notre Dame Tel: 204-258-6554 Fax: 204-474-2387	Manitoba  Home tube feeding, TPN or hydration > 2 weeks. Inability to meet nutritional requirements by oral route  Includes Specialty Infant Formula Program	Physician <a href="#">Forms-MHNPRreferral.pdf</a>		56 hours / week  80 hours / week
<b>Mount Carmel Clinic</b> 886 Main Street R2W 5L4 Tel: 204-582-2311 Fax: 204-582-6006	Point Douglas and new comers only (persons who have immigrated to Canada within the last 5 yrs & residents of Winnipeg)	Self-referral, health professional	Therapeutic, healthy eating, counselling and diabetes group education/support classes	25 hours / week
<b>Nine Circles Community Health Centre</b> 705 Broadway R3G 0X2 Tel: 204-940-6001 Fax: 204-940-6003	Manitoba, NW Ontario  Clients who have a family physician at Nine Circles	Physician, health professional	Nutrition education and counselling for individuals and groups	18.75 hours/ week

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<b>Nor'West Co-op Community Health Centre (ACCESS NorWest)</b> 785 Keewatin St. R2X 3B9 Tel: 204-938-5906 Fax: 204-938-5994 <a href="http://norwestcoop.ca">norwestcoop.ca</a>	Inkster area, postal codes: R2R, R2X, R3E  Seven Oaks community area (excluding Riverbend and West St. Paul)  Group education classes are open city wide	Self-referral, health professional	Therapeutic, general nutrition counselling, diabetes education and support groups  Group education classes: heart health diabetes group, nutrition and diabetes group, healthy eating class	20 hours / week
<b>Provincial Health Contact Centre (within Misericordia Health Centre)</b>				
* <b>Dial-A-Dietitian</b> Tel: 204-778-8248 or 1-877-830-2892	Manitoba	No referral required	General food and nutrition questions and advice over the phone. English, French and access to interpreters.	8 am – 6 pm, Monday to Friday with voicemail service
* <b>TeleCARE/TeleSOINS</b> Tel: 204-788-8688 or 1-866-204-3737	Manitoba Adults with heart failure, pre diabetes or Type 2 diabetes (not on insulin)	Self-referral or health professional. Click <a href="#">here</a> for a referral form.	Nurse led self-management program for Type 2 diabetes and heart failure	8 am - 6 pm Monday to Friday with voicemail service
<b>REH-FIT Centre</b> 1390 Taylor Ave. R3M 3V8 Tel: 204-488-8023 Fax: 204-488-4819 Ext: 242 <a href="http://reh-fit.com">reh-fit.com</a>	Winnipeg	Members: self-referral  Non-members: self-referral, physician, health professional	<b>• Fees For Service</b> (members complimentary initial RD visit)  Therapeutic and general nutrition counselling. Diabetes programs-does not require physician referral	30 hours / week Wednesday evenings & Saturdays available

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<b>Wellness Institute</b> 1075 Leila Ave. R2P 2W7 Tel: 204-632-3910 Fax: 204-633-3753 <a href="http://sogh.ca/wellness">sogh.ca/wellness</a>	City wide	Self-referral or physician referral	<ul style="list-style-type: none"> <li>• Fee For Service</li> </ul> Therapeutic and healthy eating. Individual appointments only	20 - 40 hours / month
<b>WRHA Healthy Aging Resource Team</b> 3 <sup>rd</sup> floor- 203 Duffield St R3J 0L3 Tel: 204-940-3261 Fax: 204-940-2443 <a href="http://stjamescentre.com">stjamescentre.com</a>	Postal codes: R2Y, R3J, R3K, R3R, R3S, R3P  Seniors 55+	Self-referral, health professional	Therapeutic and healthy eating counselling for clients 55 years of age and older	5 days / week
<b>WRHA Nutrition &amp; Food Services</b> <b>Outpatient Dietitian</b> 345 DeBaets Street R2J 3V6 Tel: 204-654-6552 Fax: 204-943-6278 <a href="http://wrha.mb.ca/prog/nutrition">wrha.mb.ca/prog/nutrition</a>	Winnipeg  Focus on children, youth or teens and their families with weight concerns plus adults who do not have access to other RD services	Health professional, self-referral	Therapeutic counselling and healthy eating education for children, youth, teens and their families (including weight, food acceptance and the Family Lifestyles Program) and adults (focus on out of province post bariatric)	23.25 hours / week
<b>Women's Health Clinic</b> 419 Graham Ave. R3C 0M3 Tel: 204-947-1517 Fax: 204-944-0223 <a href="http://womenshealthclinic.org">womenshealthclinic.org</a>	Manitoba  Females only (12 and up) concerned with weight, chronic dieting, emotional eating and disordered eating	Self-referral, health professional	Individual dietitian nutrition counselling.  “Well Now” – Health At Every Size (HAES) based group sessions. Offered once per year.  Train the trainer for health care professionals and other groups on HAES, non-dieting approach, Intuitive Eating and weight bias.	

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<p><b>* Provincial Eating Disorder Prevention &amp; Recovery Program</b>  el: 204-947-2422  ext. 137  Fax: 204-944-0223  <a href="http://eatingdisordersmanitoba.ca">eatingdisordersmanitoba.ca</a></p>	<p>Manitoba</p> <p>All genders (18 and up) for treatment of eating disorders (binge eating, anorexia, bulimia). Need to be medically stable</p>	<p>Self-referral, health professional</p> <p>No direct dietitian referral. Will see dietitian after admission into the program.</p>	<p>Group based treatment plus individual nutrition counselling.</p> <p>Free community <a href="#">workshops</a> available to clients, community members, and health professionals</p>	
<p><b>WRHA Home Care</b>  Tel: 204-940-6639  Fax: 204-940-2009</p>	<p>Clients open to WRHA Home Care program that are unable to access other RD ambulatory service due to lack of access or inability</p>	<p>Physician, health professional</p>	<p>Therapeutic, healthy eating, individual education in the home</p>	<p>37.5 hours / week</p>
<p><b>Youville Diabetes Centre</b>  33 Marion Street  R2H 0S8  Tel: 204-233-0262  Fax: 204-233-1520  <a href="http://youville.ca">youville.ca</a></p>	<p>Winnipeg</p> <p>Type 1 diabetes or Type 2 diabetes on prescribed medication or insulin. Pregnant Type 1 or Type 2 diabetes or Gestational diabetes (GDM).</p> <p>** Pre-diabetes and Type 2 diabetes with only lifestyle treatment need to access other community diabetes services.</p>	<p>Referral from Physician, Nurse Practitioner (NP) or Physician Assistant (PA) Current lab values required on referral</p>	<p>Therapeutic counselling specific to diabetes management.</p> <p>Evenings available.</p>	<p>72 hours / week</p>
<p><b>Youville Centre - St. Vital</b>  6-845 Dakota Street  R2M 5M3  Tel: 204-255-4840  Fax: 204-255-4903</p>	<p>Postal codes: R2M, R2N</p>	<p>Self-referral, health professional</p>	<p>Individual therapeutic and healthy eating counselling.</p> <p>Individual and group diabetes education.</p>	<p>4-6 hours / week</p>



## **Section 2: Ambulatory Care Clinics**

**Concordia General Hospital**

**Deer Lodge Centre**

**Grace General Hospital**

**Health Sciences Centre**

**Misericordia Health Centre**

**Riverview Health Centre**

**St. Amant: Clinical Services**

**St. Boniface Hospital**

**Seven Oaks General Hospital**

**Victoria General Hospital**

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<b>Concordia Hospital</b> 1095 Concordia Ave. R2K 3S8 Tel: 204-661-7123 Fax: 204-661-7262 No Outpatient Nutrition Services Presently (Possible Future Developments: Cardiac Class)				
<b>Deer Lodge Centre</b> 2109 Portage Ave R3J 0L3 Tel: 204-831-1301 Fax: 204-831-2901 <a href="http://deerlodge.mb.ca/programsoutpatient">deerlodge.mb.ca/programsoutpatient</a>				
* <b>Dysphagia Outpatient Clinic</b> Tel: 204-831-2568	Manitoba  High nutritional risk dysphagia clients screened by the SLP	Physician referral to central intake		3.75 hours / week
* <b>Motor Neuron Disease Clinic</b> Tel: 204-831-2568	Manitoba, NW Ontario, Saskatchewan  Substantiation of diagnosis by neurologist	Physician referral to central intake		7.5 hours / week
* <b>Movement Disorder Clinic</b> Tel: 204-940-8400	Manitoba	Physician	Therapeutic individual nutrition counselling	3.75 hours / week
* <b>PRIME Program</b> Tel: 204-831-2568	Winnipeg  Program enrolment required prior to RD service	Physician, homecare, day hospital, allied health or self-referral	Therapeutic and healthy eating individual nutrition counselling	18.75 hours / week
<b>Grace Hospital</b> 300 Booth Drive R3J 3M7 Tel: 204-837-0207 Fax: 204-888-3167				

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<p>* <b>Oncology Clinic</b></p> <p>*<b>Heart Healthy Class</b></p> <p>* <b>Adult Medicine Clinic</b> Tel: 204-837-0790</p>	<p>Must be a patient of Grace Oncology Clinic</p> <p>Winnipeg</p> <p>Must be a patient at Grace Hospital Adult Medical Clinic</p>	<p>Health professional</p> <p>Health professional</p> <p>Health professional</p>	<p>Individual counselling related to treatment and prevention of cancer and cancer related issues</p> <p>Group class</p> <p>Therapeutic individual nutrition counselling</p>	<p>As required</p> <p>Once per month</p> <p>37.5 hours / week</p>
<p><b>Health Sciences Centre</b> 820 Sherbrook Street R3A 1R9 Tel: 204-787-2343 Fax: 204-787-2311 <a href="http://hsc.mb.ca/patientsFindAClinic">hsc.mb.ca/patientsFindAClinic</a></p>				
<p>* <b>Child and Adolescent Mental Health Program</b> Tel: 204-787-7218</p>	<p>Manitoba</p> <p>Youth with eating disorders &amp; other mental health issues.</p>	<p>Self-referrals, health professionals</p>	<p>Nutrition counselling is available after a comprehensive assessment by the team</p>	<p>20 hours / week</p>
<p>* <b>Children's Outpatient Dietitian</b> Tel: 204-787-4057</p>	<p>Manitoba, NW Ontario &amp; Territories</p>	<p>Physician, health professional</p>	<p>Therapeutic, FTT, Multiple allergies, Crohn's Disease, Hyperlipidemia</p>	<p>5 hours / week</p>
<p>* <b>CF Clinic</b> Tel: 204-787-2543</p>	<p>Manitoba, NW Ontario &amp; Territories</p> <p>Pediatric Cystic Fibrosis only</p>	<p>Physician</p>		<p>5 hours / week</p>
<p>* <b>Diabetes Education Centre (Adult)</b> Tel: 204-787-7852</p>	<p>Manitoba, NW Ontario &amp; Territories</p> <p>HSC endocrine patients only</p>	<p>Physician</p>	<p>Diabetes education and management</p>	<p>60 hours/week</p>

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<p>* <b>Diabetes Education Resource for Children &amp; Adolescents (DERCA)</b> Tel: 204-787-3011</p>	<p>Manitoba, NW Ontario SE Saskatchewan</p> <p>Pediatric Type 1, Type 2 and pre-diabetes</p>	<p>Physician, health professional, self-referral</p>	<p>Diabetes education and medical care for children and adolescents and their families.</p>	<p>70 hours/week</p>
<p>* <b>Manitoba HIV Program</b> Tel: 204-787-2287 Fax: 204-787-3893</p>	<p>Manitoba and NW Ontario</p> <p>Adults living with HIV</p>	<p>Physician, health professional</p>	<p>Individual nutrition education and counselling</p>	<p>18.75 hours/week</p>
<p>* <b>Multiple Sclerosis Clinic</b> Tel: 204-787-5111</p>	<p>Manitoba</p> <p>Multiple Sclerosis patients only</p>	<p>Neurologist, allied health, screening Tool</p>		<p>15 - 23 hours/week</p>
<p>* <b>Adult Ambulatory Care Dietitian</b> Tel: 204-787-3327</p>	<p>Manitoba and outside MB if actively followed by physician at HSC</p>	<p>Physician or Health Professional within HSC</p>	<p>Specialized therapeutic nutrition service: Cystic Fibrosis, Lung Transplant and Digestive Health Care</p>	<p>30 hours/ week</p>
<p>* <b>Progressive Neuromuscular Disorders (PND) Swallowing and Nutrition Clinic</b> Tel: 204-787-5105</p>	<p>Manitoba, NW Ontario, Nunavut, SE Saskatchewan</p> <p>People 16 years or older with a PND and signed modified barium swallow</p>	<p>Physician</p>		<p>11.5 hours / week</p>
<p>* <b>Psych Health Centre, Mental Health Program</b> Tel: 204-787-5179</p>	<p>Manitoba</p> <p>Adults with eating disorders &amp; other mental health issues</p>	<p>Any psychiatrist or health professional from HSC</p>		<p>5-6 hours / week 12 hours / week</p>
<p>* <b>Rehabilitation Hospital</b> Tel: 204-787-2250</p>	<p>Manitoba</p>	<p>Health professional from Rehab</p>		<p>3 hours / week</p>
<p>* <b>Renal Clinic</b> Tel: 204-787-3637</p>	<p>Manitoba</p>	<p>Nephrologist</p>	<p>Pre-dialysis education</p>	<p>5 days / week</p>

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
* <b>Women's Hospital, Women's Health Program</b> Tel: 204-787-1162	Manitoba, NW Ontario & Territories  Females only	Physicians with admitting privileges at Women's, and health professionals from Women's	Prenatal nutrition and gestational diabetes	9 hours / week (includes time in weekly clinics)
<b>Misericordia Health Centre</b> 99 Cornish Ave. R3C 1A2				
* <b>Ambulatory Care/ Outpatient Dietitian</b> Tel: 204-788-8187	City Wide	Physician	Therapeutic, healthy eating counselling	18.75 hours / week
* <b>MHC for Lungs</b> Tel: 204-788-8023	Manitoba  People with COPD	Physician, self-referral		3.75 hours / week
* <b>PRIME Program</b> Tel: 204-789-2421		Physician, homecare, day hospital, allied health or self-referral		
* <b>Easy Street Rehab Program</b> Tel: 204-788-8158	Manitoba	Physician, health professional		7.5 hours / week
<b>Riverview Health Centre</b> No Outpatient Nutrition Services 1 Morley Ave. R3L 2P4 Tel: 204-478-6203 Fax: 204-478-6157				
<b>St. Amant: Clinical Services</b> 440 River Road R2M 3Z9 Tel: 204-256-4301 Fax: 204-258-7065 <a href="http://stamant.ca/programs">stamant.ca/programs</a>	Manitoba  Adults & children with intellectual or developmental disabilities living in the community. Must be open to either Community Living disABILITY or Children's Disability Services	Community support workers completes application form	Individual and group counselling. Feeding, swallowing, nutrition clinic.	50 hours / week

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
<b>St. Boniface Hospital</b> 409 Taché Ave. R2H 2A6 Fax: 204-237-2923				
* <b>Family Medical Centre (FMC)</b>	Manitoba, NW Ontario	Referral from physician with admitting privileges to FMC	Individual counselling, group diabetes classes	Mon - Fri
* <b>Ambulatory Care Facility (ACF) - General Nutrition Consults</b>	Manitoba, NW Ontario	Referral from physician with admitting privileges to ACF	Therapeutic, individual and general nutrition counselling	
* <b>Ambulatory Care Facility (ACF) - Outpatient Multidisciplinary Clinics</b>	Manitoba, NW Ontario  For clients of SBH endocrine clinic, renal clinic, prenatal or adolescent clinic	Referral from physician or known to the programs		
* <b>Cardiac Classes</b>	Manitoba, NW Ontario  Post MI (heart attack) and cardiac surgery patients	Mailed invitations	Heart healthy nutrition group classes	Tuesday's bimonthly
* <b>Heart Failure Clinic</b>	Manitoba, NW Ontario  SBH and VGH HF patients		Group classes	Wednesday's bimonthly
* <b>Lipid Clinic</b> CR 3127 - 369 Taché R2H 1A6 Tel: 204-258-1496 Fax: 204-237-2076	Manitoba, NW Ontario	Physician		Tuesday - Thursday  23 hours / week
<b>Seven Oaks General Hospital</b> 2300 McPhillips Street R2V 3M3 Tel: 204-632-3483 Fax: 204-694-2939				

Site/Organization	Eligibility	Referral Information	Services	Registered Dietitian (RD) Availability
* <b>Renal Clinic</b> Tel: 204-632-3454 Fax: 204-697-4204	Manitoba – Pre-dialysis, renal stage 3 and higher	Nephrologist referred	No Fee	Wednesday and Thursday
* <b>Oncology Clinic</b> Tel: 204-632-3677	Manitoba – Individual counselling of Oncology patients receiving treatments	Physicians or Health Care professional	No Fee	Monday and Thursday morning
* <b>Cardiac Class</b> Tel: 204-632-3483	Winnipeg – Cardiac patients	Upon referral by Health Professional following cardiac related admission	No Fee	Once a month, Wednesday
<b>Victoria General Hospital</b> 2340 Pembina Hwy. R3T 2E8 Fax: 204-275-8546				
* <b>Outpatient Dietitian</b> Tel: 204-477-3380 Fax: 204-275-8546	R3V, R3T,R3N, R3M,R3Y, R3L	Physician, health professional within VGH	Therapeutic and general nutrition counselling	15 hours / week
* <b>Diabetes Education Centre</b> Tel: 204-477-3305 Fax: 204-275-8546	Home or PC provider PC: R3N, R3M, R3L, R3T, R3V, R3Y	Physician, health professional within VGH	Diabetes education and management	1 day / week
* <b>Centre for Metabolic and Bariatric Surgery</b> Tel: 204-477-3540 Fax: 204-477-3299	Manitoba	Physician	Individual and group counselling for those accepted for bariatric surgery	43 hours / week
* <b>Mature Women's Centre</b> Tel: 204-477-3505 Fax: 204-275-8546 <a href="http://vgh.mb.ca/mwc">vgh.mb.ca/mwc</a>	Manitoba, NW Ontario  Menopausal women	Physician or health professional <a href="#">Click here</a> for a referral form	Individual counselling focused on menopause and post menopause issues	18.75 hours / week