



Public Health Resource List

February 2023

Updated: February 2023

ACCESS Transcona
 845 Regent Avenue W.
 Winnipeg MB R2C 3A9
 Main Switchboard 204-938-5555
 After Hours Services 204-788-8331
EMERGENCY SERVICES 911
 Poison Helpline 1-855-776-4766

PUBLIC HEALTH

Communicable Disease
 Families First Program
 Immunization
 Infant Nutrition Classes
 Postpartum
 Breastfeeding Support
 Reproductive Health / Family Life
 Education

BREASTFEEDING SUPPORTS

Breastfeeding Hotline
 204-788-8667/1-888-315-9257
 La Leche League 204-272-0238
 Breastfeeding Drop in Access River East
 204-938-5000

CRISIS LINES

Crisis Pregnancy Centre
 1-800-665-0570
 Food Crisis Line (Harvest) 204-982-3671
 Ikwe-widdjitiwin Crisis Line & Shelter
 204-987-2780/1-800-362-3344
 MB Association of Women Shelter
 1-877-977-0007
 Ikwe Crisis Toll Free
 204-987-2780/1-800-362-3344
 Kids Help Phone 1-800-668-6868
 Klinik Crisis Lines
 204-786-8686/1-888-322-3019
 Sexual Assault
 204-786-8631/1-833-456-4566
 WRHA Mobile Crisis Services 204-940-1781
 (CRC) Youth Crisis Stabilization Services
 204-255-1135/1-888-383-2776
 Women's Shelter - Willow House
 204-942-3052

Red Cross Personal Disaster Assistance
 1-888-800-6493

NON-EMERGENCY SERVICES

Ambulance Children's Hospital Switchboard
 204-787-2595
 Fire Paramedic Service 204-986-6380
 Health Link 204-788-8200/1-888-315-9257
 Police Services 204-986-6222
 Kalo Medical Clinic 204-560-3585
 Minor Illness & Injury (ER physicians & nurses)
 431-222-2273
 Resource Assistance for Youth (RAY)
 204-783-5617
 Smoker's Help Line 1-877-513-5333

EDUCATION/EMPLOYMENT SERVICES

Community Unemployment Help Centre
 204-942-6556
 Horizons Management Systems
 204-988-6820
 New Directions 204-786-7051
 MB Adult Learning & Literacy 204-945-8247
 RETSD Literacy Links 204-667-7130 ext.2301
 Taking Charge 204-925-1100
 Adult Education Program 204-667-6193
 Transcona Springfield Emp. Network
 204-777-0302
 Urban Circle Training Centre
 204-589-4433
 Family Services Intake for Housing
 204-945-1335

FINANCIAL SERVICES

Child Tax Benefit 1-800-387-1193
 Community Financial Counseling
 Income Tax Preparation (*free*) (*May - Nov*)
 204-989-1900
 Manitoba Child Benefit
 204-948-7368/1-800-563-8793
 Employment Insurance
 1-800-206-7218
 Employment Income Assistance 204-948-4000
 Saving Circle Program-SEED 204-927-9935
 Rent Assistant 204-948-7368/1-877-587-6224
 Sunshine Fund (*camp subsidies*) 204-784-1130

COUNSELLING SERVICES

Addictions Foundation of MB
 204-944-6200/1-888-638-2561
 Evolve - Klinik 204-784-4090
 Family Resolution 204-945-2313
 Aurora Family Services Therapy Centre
 204-786-9251
 Psychology Services Centre 204-474-9222
 ▪ *U of M, Free psychological evaluations*
 Winnipeg South Family Centre
 204-284-9311

FAMILY RESOURCES

New Direction 204-786-7051
 A Woman's Place 204-940-6624
 Domestic Violence Support & Legal Services
 Adventist Community Services
 204-663-2278
 Centre Flavie-Laurent 204-231-9513
 Child & Family All Nations (*24hr*)
 204-944-4200/1-888-945-2627
 Early Learning and Child Care Program
 204-945-0776/1-888-213-4754
 Subsidy Information/Intake Line
 204-945-8195/204-945-0286
 Christmas Cheer Board (*Nov-Dec*)
 204-989-5683/948-2022
 Plessis Family Resource Centre
 204-777-1215
 Volunteer Manitoba
 204-477-5180/1-888-922-4545



ADDITIONAL PROGRAMS / SERVICES

Community Development

Public Health Resource List

February 2023

Community Home Care
Community Mental Health
Community Nutrition
Dietitian
Manitoba Home Nutrition Program
Manitoba Home Ostomy
Primary Care Clinic
Public Health Inspectors
Healthy Aging Resource Team (HART)
Speech & Language Pathology

FAMILY RESOURCES (cont.)

Contact Community Information
.....204-287-8827/1-866-266-4636
Canadian Centre for Child Protection
.....204-560-2083
Elmwood YMCA-YWCA..... 204-668-8140
Family Dynamics 204-947-1401
Food Banks / Harvest returning client
..... 204-982-3660
209 Yale Avenue W..... 204-222-1331
KidSport / Sport Manitoba
.....204-925-5911/1-866-774-2220
Kinsmen Centennial1-877-311-4974
Legal Aid Manitoba 204-985-8500
Winnipeg Provincial Court204-945-3454
Maintenance Enforcement Program
.....204-945-7133
Domestic Violence Victim Line
.....1-877-977-0007
Leisure Guide 311
MB Housing Authority
..... 204-945-4663/1-800-661-4663
Transcona Biz 204-222-8566
Transcona Library.....204-986-3950
Toxic Household Chemical (collection)
.....1-877-592-2972 ext. 366
United Way & Koats for Kids
.....204-477-5360

Klinic Crisis Line (24 hours)
.....204-786-8686/1-888-322-3019
Manitoba Suicide Line (24 hours)
.....1-877-435-7171
MB Suicide TEXT line 45645
Crisis Service Canada.....1-833-456-4566

HEALTH RESOURCES

Dial-a-Dietitian
.....204-788-8248/1-877-830-2892
Adolescent Health Service (Children's Hospital)
.....204-477-6391
Undergrad Dental Clinic (low cost)
.....204-789-3505
Machray Smile Plus Dental Clinic
..... 204-940-2090
Family Doctor Connection Line
.....204-786-7111/ 1-866-690-8260
Envoy (house calls).....204-786-4444
Health Calls (house calls).....204-988-1900
Women's Health Clinic.....204-947-1517
Walk-In Connected Care Clinic
▪ 363 McGregor St.....204-940-1963
▪ 280 Booth Dr.....204-940-2084
▪ 2-170 Goulet St.....204-940-3838
State's Quick Care 170-115 Vermillion
Road.....204-940-8319

PARENTING GROUPS

Plessis Family Resource Centre.....204-777-1215
Keenleyside Tenants Community Centre
.....204-667-4086
Dad's Groups -Better Fathers Inc.
..... 204-782-7987
Family Dynamics (counselling)204-947-1401
Families Connecting204-947-2422 ext.113
Thrive Community Support Circle
.....204-772-9091
RETSD Parent/Child Programs
.....204-667-7130

East Elmwood Community Centre
Temp location 975 Henderson Hwy
.....204-667-2777
Transcona East End Community Centre
.....204-222-8013
South Transcona Community Centre
.....204-986-7976
Thrive Community Support Circle St
..... 204-772-9291

TEEN / ADOLESCENT PARENT

Adolescent Parent Centre/School
.....204-775-5440
Child & Adolescent Mental Health
.....204-958-9660
Elmwood Teen Clinic.....204-667-8823
Temp location 975 Henderson Hwy
▪ Tuesdays, 4-7:30pm (Fall & Winter)
▪ Tuesdays 1-4:30pm (July & August)
Klinic Teen Clinic 167 Sherbrook
.....204-784-4090
▪ Teen Clinic Monday's 4-8
▪ STI (Tue, Wed, Thu: 4-8 / Sat 10-4)

Murdoch MacKay High School204-958-6460
Wee Bairns Day Care204-958-6489
Mount Carmel204-582-2311
▪ Clinic Teen Clinic 886 Main St
▪ Thursdays 4-8pm Drop-in only
Ndinawe - Youth Safe House.....204-417-7233
Rainbow Resource Centre
.....204-474-0212 ext. 201
Villa Rosa.....204-786-5741
Women's Health-Teen Clinic (Thursdays 3-8pm)
.....204-947-1517
Young Parents Connecting 204-223-9450
Youth for Christ (Teen Mom's Group "New Hope")
.....204-669-4205 ext. 219
Youth Resource Centre
.....204-477-1804/1-888-383-2776
Youth Employment Services204-987-8661