

PARENTING RESOURCES

Neighbourhood Immigrant Settlement Worker

204-489-9141 Nisw.tuxedo@hotmail.com 204-771-7475
Provides services/resources to newcomers regarding housing and education

City of Winnipeg Community Centre's

Roblin Park Community Centre, 204-837-9288
640 Pepperloaf Cres.

Tuxedo Community Centre 204-888-8224
368 Southport Blvd.

Varsity View Community Centre 204-989-1404
315 Laxdal Rd.

Sportsplex 4230 Ridgewood Ave: 204-837-9952

Westdale Community Centre 204-895-0317
550 Dale Blvd

Eric Coy Arena 204-986-6917
535 Oakdale Drive. Free skating Sundays Sept to Dec 16 from 2:15-3:15. Wednesdays Oct 3-Dec19th 6:45-7:45

Fort Whyte Alive

1961 McCreary Road 204-989-8355
Provides programming, natural settings and facilities for environmental education, outdoor recreation and social enterprise www.fortwhyte.org

Rose and Max Rady Jewish Community Centre

B100-123 Doncaster Street 204-477-7545
Variety of programming including recreation and fitness programs, cultural programs, special needs programming for adults and teens, social and educational programs for all ages www.radyjcc.com

PARENTING RESOURCES Continued

Skateboard Park

Michael Komenda Memorial Ridgewood Avenue at Oadale

Trails: HARTE Trail www.winnipegtrails.ca

Established on the bed of a historic railway line, this limestone trail runs from the Assiniboine Forest to the Perimeter highway

Urban Stable (Wendy) 204-837-5547

An educational horseback riding program for youth in the Pembina Trails School Division www.urbanstable.ca

Westdale Youth Action Centre (ages 13-18)

Westdale Pool Building 550 Dale Blv Mon-Thurs 6:30-9pm

Westgrove Lighthouses Program

50 Westgrove Way: A Youth drop in program for children in grades 5-7 Mon/Wed/Friday 6-8pm

ACCESS Winnipeg West

280 Booth Drive
Winnipeg, Mb
R3J 3R7

Phone: 204-940-2040
Fax: 204-940-2636



ASSINIBOINE SOUTH FAMILIES RESOURCES

HEALTH SERVICES

Access Winnipeg West 204-940-2040

Health & Social Services 280 Booth Drive
Find a full listing of services at: www.gracehospital.ca/accessSJ.html

Bee Wellness 204-832-2077

3680 Roblin Blvd www.bee wellnessinc.com
Wellness and rehab facility for older adults and people with mobility needs.

Breastfeeding Hotline (24 Hours) 204-788-8667

24 Hour breastfeeding support information

Breastfeeding Support Group 204-940-2397

Thursday morning Group (210 Rita) 10-11:30am

Charleswood Medical Clinic 204-889-7200

www.charleswoodclinic.ca
3360 Roblin Blvd (walk in on Sat and on line appointments)

Community Mental Health 204-788-8330

Provides a range of services to help adults experiencing mental health problems.

Family Doctor Finder 204-786-7111

Call to get information on getting a doctor in your area

Families First 204-940-2040

For pregnant and new parents with children from newborns to five years old. To enhance parenting skills, and foster healthy child growth and development. Referral by a nurse required.

HEALTH continued

Health Links-Info Santé 204-788-8200
Registered nurses can answer your health-related questions

Primary Care Clinic

Individuals who do not currently have a Doctor or Nurse Practitioner may be able to access medical services. To register call Family Doctor Finders 204-786-7111 (Family Doctor Finders)

Walk in Clinic (no appointment needed) 204-940-8724
Mon-Fri/noon-7:30pm and weekends 9:00-4:30

My Health Team Programs <http://www.wrha.mb.ca/community/primarycare/guide.php> :A number of programs such as diabetes basics, craving change, parenting tips for picky eaters and others.

Public Health Nurses 204-940-2040
Prenatal, postnatal and parenting support
Communicable disease follow up and immunization clinics.

River West Medical Centre 204-897-9666
Unit 5-6500 Roblin Blvd
Walk in Available

Speech-Language Children Intake: 204-258-6550
Pediatric & Adult Services Adult Intake:204-831-2526
Audiology Intake: 204-258-6550
Hearing loss services (children only)

HELP LINES

Dial a Dietitian 204-788-8248
Domestic Violence Crisis Line 1-877-977-0007

MB.211.ca Online database of government, health and social services.

Mobile Crisis Services (24 Hours) 204-940-1781
Smokers Help Line 1-877-513-5333
Suicide Prevention Line (24 Hours) 1-877-435-7170
Triple P Parent Line 204-945-0477

SOCIAL SERVICES

Dept of Families

Access Winnipeg West 204-940-2040
Employment and Income Assistance, Children's disability Services, Child Development, Child and Family Services, Community Living Disability Services
<https://www.gov.mb.ca/fs>

Employment and Income Assist After Hours 204-945-0183

Winnipeg Harvest Intake 204-982-3660
Two food banks are available in Assiniboine South. For further information on emergency food banks in your local area contact the intake number

Manitoba Housing 204-945-4663
Head Office & Application Intake
Affordable Housing to Manitobans in Need

PARENTING RESOURCES

Assiniboine South Early Years Team 204-885-0738
Contact Sharon Barker
www.assiniboinesouthearyears.weebly.com
For parents and children ages birth to five

Programs offered at:

-Royal Scholl 450 Laxdale Road, Room 9
-Beaverlodge School 6691 Rannock Ave Family Room
-Beaumont School 5880 Betsworth Ave
-Pacific Junction School

Autism Learning Centre 204-226-7247
Unit 1-3525 Roblin

PARENTING RESOURCES CONTINUED

Charleswood Community Venture Program 204-940-2040
For adults with disabilities, a daily recreation program at Charleswood United Church. Run through the Salvation Army. Referrals through Family Services.

Charleswood Library 204-986-5583
4910 Roblin Blvd
A number of programs and events for children and adults of all ages. These include Baby Rhyme Time, Time for Twos, Family Story Time

Children Free Play (ages 6-12)
550 Dale Blvd Westdale Pool Building
Sat and Sun 1:30-4:30pm Sept 22-Dec 23

DASCH 204-987-1550
Opportunities and supports for persons with developmental disabilities. Residential, day programs, respite.

Great Expectations (Tracy) 204-885-5415
Westgrove Elementary School: 50 Westgrove Way. Moms to be and parents of children under one year of age learn about health and nutrition for their baby themselves and the whole family.

Tuxedo Family Resource Centre 204-488-2133
1-225 Doncaster. Community family resource centre run by Family Dynamics Inc.

Westgrove Family Resource Centre 204-832-3770
Unit D-76 Westgrove Way.. A community family resource centre run by Family Dynamics Inc.

Manitoba Child Care <http://www.gov.mb.ca/fs/childcare>

Meals on Wheels 204-956-7711