

WEIGH YOUR BABY

Access Fort Garry, 135 Plaza Drive

A baby scale is available during office hours:

Monday - Friday 8:30 am - 6:00 pm
Saturday 12:00 pm - 3:30 pm

Please note, you will not be able to see a nurse at this time, but are welcome to call your Public Health Nurse at (204) 940-2313 during the week.

Pregnancy to Preschool,
Local Health Information, WRHA
www.healthyparentingwinnipeg.ca

Positive Parenting Support via
email or text: my-baby.ca

Manitoba Parent Zone,
Government of Manitoba
www.manitobaparentzone.ca

Health Information,
Canadian Paediatric Society
www.caringforkids.cps.ca

Postpartum Depression
Association of Manitoba
www.ppdmanitoba.ca

To speak to your Public Health
Nurse CALL (204) 940-2313

HEALTH LINKS/INFO SANTÉ

For general health information call:
(204) 788-8200 (available 24 hours)

BREASTFEEDING HOTLINE

For breastfeeding support call:
(204) 788-8667 (available 24 hours)

Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

FREE Nutrition Information for Everyone

Feeding your Baby Solid Food

FREE, live, online, classes.

To register call: (204)940-1692 or
email: VirtualVisitStVPH@wrha.mb.ca

Unlock Food by Dietitians of
Canada: www.unlockfood.ca

Ellyn Satter Institute:
www.ellynsatterinstitute.org

Manitoba Health:
<https://www.gov.mb.ca/health/healthyeating/agesstages/index.html>

WRHA Breastfeeding Support Group:

Build your confidence and journey with others: Nurse/Peer Support
Wednesday from 1-3PM, Access Fort Garry, 135 Plaza Drive

Individual Breastfeeding Appointments: CALL (204) 940-2313

Winnipeg Breastfeeding Centre Support and Patient Resources:

<http://www.wpgbreastfeedingcentre.com/patient-resources>

River Heights Parent-Child Coalition: Families Forward

<https://families-forward.com/>

Or visit their facebook page by scanning the QR code with your phone's camera or QR code reader.



Fort Garry/St. Norbert Healthy Child Coalition www.fgsn.ca

Or visit their facebook page by scanning the QR code with your phone's camera or a QR code reader.



HEALTHY START FOR MOM AND ME

A pregnancy, parent and baby support program. www.hsmm.ca

To join Healthy Start Virtual Group:
CALL (204) 949-5350 or
EMAIL tech@hsmm.ca

**ODE'IMIN: WOMEN'S HEALTH
CLINIC AND HEALTHY BABY** support
programs

<https://odeimin.com/workshops/>

CALL (204) 947-2422 ext. 113 Or EMAIL
mothersprogram@womenshealthclinic.org

SOUTH WINNIPEG FAMILY INFORMATION CENTRE:

www.swfic.org or CALL (204) 284-9311

YOUVILLE COMMUNITY HEALTH CENTRE:

Virtual Prenatal Classes & Virtual Baby and Me Group

<https://www.youville.ca/health-centre/prenatal> Or CALL (204) 255-4840

Milk Mentors Peer Support: [Facebook.com/MilkMentors.MB](https://www.facebook.com/MilkMentors.MB) EMAIL: rbrown@youville.ca

**FAMILY DYNAMICS
SUPPORT PROGRAMS:**

<https://familydynamics.ca/>

Getting Connected

RIVER HEIGHTS & FORT GARRY