

ACCESS RIVER EAST

975 Henderson Hwy

General information	204-938-5000
Public Health Nurses	204-938-5300
Community Nutritionist	204-938-5333
Families First Program	204-938-5300
Midwifery Program	204-938-5054
Mental Health	204-938-5300
Primary Care Clinic	204-938-5050
Community Facilitator	204-806-3548

MEDICAL SERVICES

Health Links: 204-788-8200

- ▶ 24 hr. Medical advice

Envoy: 204-786-4444

- ▶ Doctors make house calls
- ▶ 8:00 am – 6:00 pm

Family Doctor's Connection Line:

www.gov.mb.ca/health/familydoctorfinder/ or call 204-786-7111

- ▶ Connects you with doctors accepting new patients

Four Rivers Medical Clinic: 204-586-5592

House Call Service: 204-582-2362

878 Main Street

- ▶ 7 days a week service

Quick Care Clinic: 204-940-1963

363 McGregor Avenue

- ▶ Monday to Friday 1-8:30 pm
- ▶ Saturday, Sunday and Holidays 9-4:30 pm

<http://www.myrightcare.ca/walk-clinics>

COUNSELING SERVICES

Mobile Crisis Service: 204-940-1781

- ▶ 24 hr. support for mental or psychosocial crises

Crisis Response Centre-817 Bannatyne, Winnipeg; attend in person; open 24 hours

Willow Place Crisis Line:

24 hr. phone: 204-615-0311

- ▶ Crisis services & women's shelter

Klinik Community Drop-In Counseling Program: 204-784-4067

Access Transcona 845 Regent Ave W.

- ▶ Free of charge / Tuesdays, 12:00 – 7:00 pm
- www.klinik.mb.ca

New Directions:

204-786-7051 / 400 - 491 Portage Ave

- ▶ family counseling & parenting center
- ▶ Free of Charge

www.newdirections.mb.ca

Aurora Family Therapy Centre:

204-786-9251 (No referral required)

515 Portage Avenue

2nd Floor Sparling Hall U of W

- ▶ Therapy for individuals, couples & families
- ▶ Fees based on sliding scale

<http://aurorafamilytherapy.com>

BREASTFEEDING SERVICES

24 hr. Breastfeeding Hotline: 204-788-8667

Breastfeeding Support Group:

204-938-5000 @ Access River East

975 Henderson Hwy

- ▶ Monday 1:30 – 3:30 pm (except holidays)
- ▶ Individual consultation from 1:30 – 2:30 pm
- ▶ Appointments or Drop-in

TEEN CLINICS/PARENTING GROUPS

Elmwood High School Teen Clinic

- ▶ Tuesdays 4:00 – 8:00 pm (No Charge)
- ▶ Medical services also available

Salisbury Morse Place Young Parents

Connecting: 204-223-9450

795 Prince Rupert Avenue

- ▶ Tuesdays 4:30 – 6:30 pm
- ▶ Drop-in/Support for pregnant & parenting teens under 21

“Refuge” - 257 Riverton Ave.

Riverwood Church: 204-668-3181

- ▶ Biweekly, Tuesdays 6:30-8:30 pm Sept-June
- ▶ Drop-in/Support for parents up to age 26

HEALTHY BABY/FAMILIES CONNECTING PROGRAMS

- ▶ Program for pregnant moms and babies up to 1 yr.
- ▶ Meet with a community outreach worker, public health nurse & nutritionist
- ▶ Health education, meet other parents, snacks, bus tickets, milk coupons, childcare provided

Braeside Church: 204-982-1720 ext.204
1011 Munroe Ave.

- ▶ Thursday 1:15 – 3:15 pm

Access River East: 204-947-2422 ext. 143
975 Henderson Hwy

- ▶ Wednesday, 5:00 – 7:00 pm

PARENT/CHILD PROGRAMS

River east Transcona School Division:
204-667-7130 ext. 220

www.rets.mb.ca

- ▶ Free family support and early learning programs for babies, toddlers, and preschoolers.

Tie Tykes Drop-in (ages 0-5)

Free programming for caregivers and their children. For locations and times please call: 204-898-3282 or email: tietykes@gmail.com

Birth to 4 yrs. Parent-Child Drop In
Prince Edward School: 204-667-5727
649 Brazier St. (Sept to end of June)

- ▶ Tuesdays & Thursdays 10:00 – 11:15 am

PARENT/CHILD PROGRAMS continued

Family/Resource Rooms

- ▶ Information on programs & services for families
- ▶ Located within various elementary schools
- ▶ Contact nearest school for more information

Story Time @ Henderson Library
204-986-7916 / 1-1050 Henderson Hwy
▶3-5 yrs.

Story Time @ Munroe Library
204-986-3736 / 489 London Street
▶3-5 yrs.

CHILD CARE SERVICES

Provincial Child Daycare Office:
204-938-5185

▶Provides Information on available licensed Daycare centers in Winnipeg, online registry.
www.gov.mb.ca/childcare

FAMILY SUPPORT SERVICES

Winnipeg Child & Family Services:
General Intake 204-944-4200

Family Dynamics: 204-947-1401

Portage Place: 401-393 Portage Ave.

▶Offers counseling & community service programs, in-home family support & family education

<http://www.familydynamics.ca/>

River East Parent Support Network:
Community Living Winnipeg:
204-786-1414

Access River East, 975 Henderson Hwy

▶Meet 4th Monday of every month (Sept. - June) from 7:00-9:00 pm

▶For parents with children with special needs

Winnipeg Harvest Crisis Food Line:
204-982-3660

▶Connects you with food banks in your area
www.winnipegharvest.org

ADULT EDUCATION

McLeod Adult Education Center:
204-667-6193 530 McLeod

▶Includes English as Second Language
www.retsd-conted.com

Horizons Learning Centre: 204-772-1234
Unit G-431 Thames Ave.
www.horizonslearning.com

Winnipeg School Division 1:
204-953-1070

▶English as an additional Language
<http://eal.wsd1.org/>

Winnipeg English Language Assessment and Referral Center: 204-943-5387

400-275 Portage Ave. www.welarc.net

▶Language assessments and referral to community EAL classes

OTHER PROGRAMS

Positive Parenting Program: 204-945-4777

Triple P parenting line, confidential parenting support <http://www.manitobatriplep.ca/>

City of Winnipeg Community Services:
Call: 311

▶Leisure Guide-various programs
www.leisureonline.ca

Smokers Helpline:1-877-513-5333

www.smokershelpline.ca

Elmwood Community Resource Center:
204-982-1720 / 545 Watt Street

▶Parenting supports, youth recreation, adult literacy programs & employment programs

www.elmwoodcrc.com

Service Canada: 2599 Main Street

▶information on how to apply for benefits and register baby's birth www.servicecanada.gc.ca

Family Community Resources Fall 2018



Health and Social Services Near You



access

R I V E R E A S T

