

PARENTING RESOURCES/GROUPS

SO Early Years Coalition (Shelley) 204-586-8061
Promotes/supports community programs & activities for families with young children ages 0-6. www.sjapcc.ca

Seven Oaks Partners in Learning
Drop-in sites offer activities for parents/grandparents & their young children. www.7oaksearlyyears.ca

A.E. Wright	1520 Jefferson Ave	204-632-6314
Amber Trails	1575 Templeton Ave	204-697-5965
Colicutt	75 Cottingham St	204-338-7937
Ecole Belmont	525 Belmont Ave	204-338-7893
Constable Finney	25 Anglia Ave	204-694-8688
James Nisbet	70 Doubleday Dr	204-633-8870
Ecole Riviere-Rouge	55 Swinford Way	204-697-5962
Templeton	1310 Templeton Ave	204-589-9853
Elwick	30 Maberley Rd	204-633-5641
Forest Park	130 Forest Park Dr	204-338-9341
Governor Semple	150 Hartford Ave	204-339-7112
Margaret Park	385 Cork Ave	204-338-9384
O.V. Jewitt	66 Neville St	204-633-1714
R.F. Morrison	25 Morrison St	204-338-7804
Riverbend	123 Red River Blvd W.	204-334-8417
Victory	395 Jefferson Ave	204-586-9716
West St. Paul	3740 Main St.	204-339-1964

Healthy Baby
Friday morning 930-1130 950 Jefferson
mothersprogram@womenshealthclinic.org or call **204-947-2422-ext 113**
Community support program to help pregnant women and new parents connect with other parents, families, and health professionals

Healthy Start
Tuesday afternoon
434 Adsum Dr Maples Community Centre
hsmm@hsmm.ca **204-949-5350**
Participants can join any time. Everyone is welcome!
They offer pregnancy, baby & parenting Information; delicious, healthy snacks
milk and egg coupons, a friendly place to ask questions, a dietitian, nurse & outreach staff. They also offer one-on-one support

First Teacher Program
Contact Shelley Warkentin
shelley.warkentin@7oaks.org **204-586-8061**
Family visitation and family partnership program supports increased literacy and numeracy development for children and youth, nurtures family well-being and parenting confidence, and builds relationships with schools and the community

West Kildonan Library
A number of programs and events for children, teens and adults are offered. Programs require registration. Visit www.winnipeg.ca/library for more information and to register

SEVEN OAKS RESOURCES Health Services

Health and Social Services 204-938-5600
1050 Leila Ave

Public Health Nurses 204-938-5600
Nurses provide prenatal, postnatal and parenting support; communicable disease follow-up and immunizations. Drop-in & Support, Home visiting, Dietitian infant feeding classes

Families First 204-938-5600
For expectant and new parents with children from newborns to five years old. This service enhances parenting skills and fosters healthy child growth and development. Referral by Nurse is required to determine eligibility

Community Mental Health Intake: 204-788-8330
Provides a range of services for adults

Walk-In Clinics

Parkview Medicentres	2110 Main St #102	(204) 334-9526
Norwest Walk-in	785 Keewatin St	(204) 930-5900 ext. 3
Medicare Clinic Maples	1287 Jefferson Ave	(204) 414-1139
LifeSmart	1840 Main St	(204) 416-5433
Waterford Medical and Walk-In Centre	55 Waterford	(204) 219-3565
Saint Mark Medical Clinic (Superstore)	2132 McPhillips St	(204) 416-0038
Trucare Medical Clinic	1311 McPhillips St	(204)-691-0688
Gera Medical/Walk-In Clinic	2358 McPhillips St Unit 4	(204) 691-2202

Speech-Language Intake: 204-787-2638 (P)
Pediatric & Adult Services **204-831-2526 (A)**

Audiology Intake: 204-787-2638 (P)
Pediatric and Adult **204-837-0511 (A)**

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**The Family Doctor Finder 204-786-7111**  
<https://www.gov.mb.ca/health/familydoctorfinder/register.html>

**Foot Care**  
Access Norwest Intake line **204-938-5905**  
Specialized nursing foot care program to help clients take control of their foot health

**Breastfeeding Hotline (24 hrs.) 204-788-8667**  
Provides 24 hr breastfeeding support information.  
**Breastfeeding Support Group 204-938-5900**  
Monday's @ 1:30pm 785 Keewatin

**Seven Oaks Hospital 204-632-7133**  
**SO Hospital Psychiatric Intake 204-632-3523**

**Mental Health**

- **Postpartum Depression MB** <https://www.ppdmanitoba.ca>  
Info and resources on postpartum depression
- **Coping with Change**  
<https://womenshealthclinic.org/wp-content/uploads/2019/04/copingwithchange-English-Updated-March-19-2019.pdf>  
Follow @whcwpwg (Women's Health Clinic) on Instagram for live stream info
- **Government of Canada**

365 Jefferson Ave

204-986-4386

**Infant Toddler Lab (located inside Adult Learning Centre)**

950 Jefferson Avenue

204-632-1716

An onsite childcare center that provides quality care to the children of our students. We accept children from 12 months of age up to 5 years old

[mb.211.ca](http://mb.211.ca) Online info of govt, health, &social services  
Smokers Helpline 1-877-513-5333

Healthy Parenting <https://healthyparentingwinnipeg.ca/>  
[manitobaparentzone.ca](http://manitobaparentzone.ca) (information for parents)  
Dial-A-Dietitian Mon-Fri 8am-6:00pm 204-788-8248

<https://www.wellnesstogether.ca/en-CA> Free, confidential 24 hour support mental health substance use support.

- **COVID-19 Anxiety Wellness Check**  
<https://aulneau.com/wellness-check-covid-19/>  
Receive check in calls related to your coping/anxiety
- **COVID-19 Virtual Therapy**  
<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>  
AbiliCBT program for anxiety through MB Health

**Health Links-Info Santé**

204-788-8200

Registered nurses can answer your health-related questions.

**Winnipeg Police Community Relations 204-803-0393**

Maria Buduhan [mbuduhan@winnipeg.ca](mailto:mbuduhan@winnipeg.ca)  
Provides community presentations on a variety of topics including newcomer presentations, personal safety, frauds and scams, gang awareness, drug awareness, workplace safety and active shooter

**Hans Kai to refer clients call 204-938-5900**

More information email [mkirkebride@norwestcoop.ca](mailto:mkirkebride@norwestcoop.ca) or [tnasuti@norwestcoop.ca](mailto:tnasuti@norwestcoop.ca)  
Addresses and improves management of chronic conditions such as diabetes, heart disease, depression and anxiety, and obesity without additional strain on health care system

**SOCIAL SERVICES**

**Dept. of Families**

1050 Leila Ave 204-938-5600  
Services include Employment and Income Assistance, Child & Family Services, Community Living Disability Services. [Province of Manitoba | fs - Families - Children's disABILITY Services \(gov.mb.ca\)](http://Province of Manitoba | fs - Families - Children's disABILITY Services (gov.mb.ca))

**Ten Ten Sinclair**

1010 Sinclair 204-339-9268

Services for persons living with physical disability, including persons with physical disability who experience additional challenges such as mental health, addiction(s), or cognitive, who wish to develop the skills necessary to live independently in the community

**Manitoba Housing**

Elwick Village (Nicholas Rush) Tenant Service  
Coordinator [Nicholas.rush@gov.mb.ca](mailto:Nicholas.rush@gov.mb.ca)  
204-232-7712

Hartford (Kendall Jackson) Tenant Service Coordinator  
[Kendall.Jackson@gov.mb.ca](mailto:Kendall.Jackson@gov.mb.ca) 204-945-0749

Riverstone (Jenna Woodley) Tenant Service  
Coordinator [Jenna.Woodley@gov.mb.ca](mailto:Jenna.Woodley@gov.mb.ca)  
231-337-0687

**RECREATION, NUTRITION and WELLNESS**

**Wellness Institute**

204-632-3900

1075 Leila Ave

Offers a gym, physiotherapy, massage therapy, nutrition counselling, joint and arthritis programs, Post Covid rehab, Chiropractic, Mental Health services, foot care, neurological therapy, Chronic Disease Management, Brain health, cognitive rehab, return to work services

Free Programs include:

- Get Better Together
- Powerful Tools for Caregivers
- Total Brain Health
- Living Better
- Memory and Aging
- Active Aging Day

**Community Centres**

<http://gcwcc.mb.ca/>

- Maples CC:** 70 Doubleday Dr
- Garden City CC:** 725 Kingsbury Ave
- West Kildonan CC:** 346 Perth Ave
- Vince Lee CC:** 1295 Salter St.
- Red River CC:** 293 Murray Rd

Head Office & Application Intake **204-945-4663**

**Wpg. Harvest Food Bank**

1085 Winnipeg Ave **to register 204-982-3660**

**SHADE (Safe Housing and Directive Empowerment)**

Sherrie Winstanley [swinstanley@shadewinnipeg.org](mailto:swinstanley@shadewinnipeg.org)  
**204-880-3022**

Second Stage Housing initiative in Winnipeg, Manitoba that offers support to immigrant women impacted by domestic abuse to rebuild their lives. Currently we offer community programming and practical supports

**Spark Winnipeg**

[www.sparkwpg.ca](http://www.sparkwpg.ca)

Spark is a Winnipeg-based service of the Canadian Community Economic Development Network. Their purpose is to strengthen community groups dedicated to social and economic change. To do that, they pass on knowledge, resources, and expertise through referrals, workshops, and pro bono matches with skilled professionals

**Southern Chiefs Organization**

Ashley Cochrane Non Insured Benefits Navigator  
[NIHB.Navigators@scoinc.mb.ca](mailto:NIHB.Navigators@scoinc.mb.ca)

Community members who are having difficulty accessing non-insured health benefits. The objective of the NIHB Navigator is to provide advocacy and support for SCO First Nation members, and make the NIHB program more user-friendly

**NEWCOMER RESOURCES**

**Neighbourhood Settlement Services**

950 Jefferson **204-632-1716**  
Links permanent residents, newcomers & refugees to resources. Provides programs

**Settlement Services in Schools (SWIS)**

Contact **204-697-5967** [settlement@7oaks.org](mailto:settlement@7oaks.org)  
(SWIS) provides support to refugee and immigrant newcomer students, parents and families who are settling in the North of Winnipeg

**YOUTH, ADULTS and FAMILIES DROP-IN PROGRAMS**

**Kildonan Youth Activity Centre (KYAC) 204-586-0327** ext 37063

Mon to Fri 9:00am – 3:00pm  
Provides leisure activity centres that encompass healthy, active living and the arts to participants 8-17 years of age

**Maples Youth Activity Centre (MYAC) 204-586-0327** ext 37063

Mon to Fri 9:00am – 3:00pm  
After-school drop-in program for youth ages 8 to 17 years

**Wayfinders**

**204-631-5849**

**Garden City Community Centre**

Margie Reis [officemgr@gardencitycc.com](mailto:officemgr@gardencitycc.com)  
725 Kingsbury

Older Adults Pickle Ball and leisure activities.  
Free walking track is open Monday to Friday 8:30 am to 8:30 pm including weekends

**Kildonan Park:** 215 Main Street

**Seven Oaks Pool:** 444 Adsum Drive **1-877-311-4974**

**City of Winnipeg Fee Subsidy Program**

Visit

<https://www.winnipeg.ca/cms/recreation/leisure/feesubsidy.stm>

The goal of the City of Winnipeg Recreation Services Fee Subsidy Program is to expand access to recreation opportunities and experiences for Winnipeggers, regardless of economic family income

**Seven Oaks Community Garden**

**204-632-1716**

Chochinov Park 103 Garden Park Drive  
Raised beds and in ground garden plots for community to plant their own vegetables to grow and pick

**Seven Oaks Better Access to Groceries 204-938-5600**

[sevenoaksbag@gmail.com](mailto:sevenoaksbag@gmail.com) 1050 Leila Avenue  
Bulk produce nutrition program. Pick up days are one Sunday a month \$10 for a bag of fruits and vegetables

**Livin Better**

Wellness Institute [ayonda@sogh.mb.ca](mailto:ayonda@sogh.mb.ca) **204-632-3935**  
Community program designed to bring awareness about general nutrition and physical activity information to individuals with mental health concerns

**Dial a Dietician**

**204-788-8248**

**Peak of the Market (Community Fresh Produce Program)**

Contact [Jodi.johnson@peakmarket.com](mailto:Jodi.johnson@peakmarket.com)  
For organizations interested in placing bulk orders for potatoes and onions to feed approximately 40-60 families or individuals

**TAX SERVICES**

**SO Community Volunteer Income Tax Program**

Offered Feb – May 1050 Leila Drop Off Services  
Contact [cvitp.ypn.mb@gmail.com](mailto:cvitp.ypn.mb@gmail.com) if you have clients needing tax assistance throughout the year

Contact free drop off tax service for low income individuals who otherwise find it challenging to file their taxes and receive their benefit returns. This service is for individuals with a modest income and simple tax situation

**Community Financial Counselling Services**

Virtual Tax Services **204-989-1900**

**Service Canada**

**1-800-622-6232**

140-3393 Portage Avenue <http://www.servicecanada.gc.ca/>

[About Wayfinders \(7oaks.org\)](http://7oaks.org)

Community-based mentorship and outreach program that aims to provide that chance to high-school-aged students who might not otherwise get it.

**Elwick Village Resource Centre**

1417 Fife St **204-632-5992**

Empower individuals living in healthy families within a well-connected, supportive community. Core programming at each centre may include: Community Kitchens, Family Fun Nights, Drop In, Public access to computers, used clothing depots, breakfast club, youth programming, information, support and referral, career counselling, indigenous programming etc.

**Transportation**

**City of Winnipeg Low Income Transit Pass**

[WINNpass \(winnipegtransit.com\)](http://winnipegtransit.com)

To provide a low income transit pass to individuals who meet the eligibility requirements. Participants will receive a peggo card which allows them to purchase a discounted monthly transit pass.

**Transportation Options Network for Seniors**

Visit [TONS – Transportation Options Network for Seniors \(tonsmb.org\)](http://tonsmb.org) **204-799-1788**

Informs Manitobans on transportation options that enhance quality of life and promote age-friendly communities. On their website, you will find a search tool developed by the University of Alberta that can help you locate transportation options throughout Manitoba.

**Older Adults Resources (55+)**

**Gwen Sectar Creative Living Centre**

1588 Main Street **204-339-1701**

Non-profit seniors centre providing a social meeting place and quality programs to our members and the community at large and promotes the physical, mental, social and spiritual well-being of older adults

**Seniors Resource Finder**

1588 Main Street (Dan Saidman) 204-339-1701  
Link and refer older adults 55+ to community supports, programs and services. Services vary from community to community based on identified needs; some common services are:

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentation

**EDUCATION**

**Seven Oaks Adult Learning Centre**

950 Jefferson **204-632-1716**

Basic literacy, literacy, specific high school credits and the Mature Student Diploma. <http://www.sbalc.ca/>

- Cooperative Vocational Program
- Infant Toddler Lab (childcare while parents attend school)
- English as a Second Language (ESL)

**Seven Oaks Learning Bond Initiative**

Contact Robin Merasty [robin.merasty@7oaks.org](mailto:robin.merasty@7oaks.org)

The CLB is an education savings initiative to help low-income families save money for their children’s post-secondary education. Children receive \$500 initially deposited into an RESP, and \$100 every year they remain eligible until they turn 15 (for a potential total of \$2000)

**Seven Oaks School Division Office**

**204-586-8061**

**Career Trek**

Supports young people to deliver career education  
Visit [Career Trek | Reach Your Full Education & Career Potential](#)

**Political Office**

**City Councillor Devi Sharma**(Old Kildonan Ward) **204-986-5264**

Contact Dale Wilson, Assistant to Devi Sharma  
[Oldkildonan@winnipeg.ca](mailto:Oldkildonan@winnipeg.ca)

August 2022

**Age and Opportunity (A&O)**

info@aosupportservices.ca

**204-956-6440**

Not-for-profit organization that provides specialized services for older Manitobans across the province. The goal of these programs is to empower and support older adults in the community

Visit [About Us – A & O: Support Services for Older Adults \(aosupportservices.ca\)](#) for quick links to housing directory, legal services, English classes, senior centre without falls program guide, accessibility and ageism resource etc

**Active Aging in Manitoba (AAIM) 204-632-3947**

1075 Leila

[info@activeaging.mb.ca](mailto:info@activeaging.mb.ca)

AAIM is a not-for-profit organization, that promotes and provides programs and services that encourage older Manitoban participation through peer volunteer leadership development, awareness and education on healthy active aging topics, and management of the annual Manitoba 55 Plus Games sport for life program

**Victoria Lifeline****204-956-6777**

1875 Pembina Hwy

A means of getting the help you need when and if you need it. By wearing a lightweight, discreet, waterproof button, help is just a button-push away. (fees apply)

**Pharmacare Drug Program****204-786-7141**

A drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescription drug costs

**Government of Canada****1-800-622-6232****Services for Seniors****Service Canada**3338 Portage Ave. Website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

Provides access to a wide range of the programs and services offered by the federal government and agencies

**Caregiving with Confidence****204-452-9491**

200 – 280 Smith Street (now located within A&amp;O)

Provides information, services & support to caregivers.

**Alzheimer Society of Manitoba****204-943-6622****10-120 Donald St**

Provides information, support & education services.

**Society of Manitobans with Disabilities 204-975-3010**

825 Sherbrook

Wheelchair services; parking permits; travel assistance; assistive technology support etc.

**Geriatric Mental Health Team Intake: 204-982-0140**

Assessment & short term intervention to persons over the age of 65 or those experiencing symptoms of dementia and are under the age of 65.

**Geriatric Program Assessment Team 204-982-0140**

To help seniors (65+) to live safely in their own home for as long as possible.

