

St. Boniface Community Area Resources

Public Health Nurses – St. Boniface Access Centre – 170 Goulet

204-940-1692

- Self-serve, drop-in weight scale. Third floor - Rm.310
- Parenting issues, support on care of children
- Information on breastfeeding, birth control, communicable diseases, immunizations, nutrition and child development.

Visit: healthyparentingwinnipeg.ca for healthy parenting information.

Healthy Baby Programs

Healthy Baby Program is for a parent drop-in for both pre and post-natal mothers, fathers and other caregivers with babies up to one year of age. Snacks are provided. Childminding for children over one but under 6 is provided. Milk coupons are available for pre-natal families or with babies under 6 months.

Bébés, parents et gazouillement- (204) 981-5904

Programmes d'aide communautaire pour des bébés en santé pour des familles enceinte ou avec un enfant âgé de moins d'un an.

10 :00am-11 :00am Rencontre en personne et sur Zoom.

Pour vous inscrire veuillez communiquer avec: Claire: bpg@cpefmb.org ou 204-981-5904.

Baby and Me- (204) 255-4840

Wednesdays 2-4pm, 1111 Dakota Street

Family Foundations- 204-946-9153

Thursdays 1:00-3:00pm on Zoom, and in person.

Information for Fathers:

Visit newdadmanual.ca and dadcentral.ca for information for Fathers

Postpartum Warm Line – 204-560-1468

Support and guidance for mothers and their families (M-F 9am-9pm)

MyBaby (Get positive parenting support via email or text)

MyBaby has short videos that show how you can bond with your baby and help them grow and develop. Sign up to get weekly ideas and tips at my-baby.ca

Breastfeeding Resources

Breastfeeding Hotline - (204)788-8667 (24/7 breastfeeding support)

La Lèche League International – (204)257-3509 www.lili.org
www.ibconline.ca – Up to date information from Dr. Jack Newman

Breastfeeding Drop in & Support Groups

***One-on-one breastfeeding appointments available**

Tues. 1:00 PM or 2PM at Ode'imín (formerly the Birth Center)

603 St. Mary's Rd., To book an appointment please call: 204-940-1692

Breastfeeding Support Group: Tuesdays from 1-3pm at Ode'imín (603 St. Mary's Road) Drop In! No Registration Required.

Solid Food for Baby Workshops: Offered once a month. Free of charge. Call 204-940-1692 for more information and/or to register.

Family Centres

Centres de la Petite Enfance et de la Famille (CPEF) offrent des programmes et des services pour les enfants d'âge préscolaire et leur famille. Les services et programmes visent à répondre aux besoins des enfants francophones, dans toutes les dimensions de leur développement. <http://www.cpefmb.org/>

Louis Riel School Division (LRSD) Family Centres are a free community place for families to play, learn and grow together. A variety of programs are offered throughout the year and focus on supporting families with preschool children. <https://www.lrsd.net/What-We-Offer/Community-Services/Family-Centres/Pages/Default.aspx>

To read up on up to date COVID-19 guidelines, please see website:

<https://www.lrsd.net/news/pages/family-centres-re-opening.aspx>

Frontenac School Family Centre/Stay and Play Programs and Baby Play Programs:

866 Autumnwood Dr. 204-257-0609 ext.31272

Ecole Provencher Family Centre/Stay and Play Programs: Contact Jacqueline at 204-233-0222 or Jacqueline.rey@lrsd.net

If you're having thoughts of harming yourself or others or are in crisis, call:

Mobile Crisis Service (24hours) - (204)940-1781

Klinic Community Health Centre Crisis Line - (204)786-8686

Manitoba Suicide Line (24hours) - 1-877-435-7170

Crisis Response Centre – (24 hours) 817 Bannatyne Ave.

Contact your public health nurse at 204-940-1692 for a list of Counselling services.

Community Health Services

HealthLinks – 204-788-8200

St. Vital Youville – (204)255-4840

6-845 Dakota Street www.youville.ca

Weigh Scale (drop in); Primary Health Care; Birth Control Information; Teen Clinic; Pregnancy Counseling

Ode'imin (Birth Centre) - (204)947-2422 ext 113

603 St. Mary's Rd

Prenatal classes; counseling services; health education programs on parenting and newborn care; Parent & me programs, "Coping with Change" postpartum classes

Women's Health Clinic – (204)947-1517

419 Graham St., Unit A www.womenshealthclinic.org

Mothering support groups-Families connecting, coping with change workshops; counseling services; birth control & unplanned pregnancy program; Primary health care and consultations for women's health issues

Other Services

City of Winnipeg Programs & Services- 311

www.winnipeg.ca Check Leisure Guide for programs (*for fee)

www.winnipeg.ca/library Offers free preschool literacy programs by registration

Manitoba Day Care Office – (204)945-0776

Online child care registry www.gov.mb.ca/childcare

Dial-A-Dietitian- (204)788-8248

Due to COVID-19, Dial-a-Dietitian can be reached when callers are rerouted through Health Links-Info Santé. Dial-a-Dietitian can also be reached on Facebook at their Facebook page **Dial-a-Dietitian Manitoba**.

The Family Doctor Finder- (204)786-7111

Service connecting patients with family physicians in Winnipeg accepting new clients

Manitoba Parent Zone - (877) 945-4777

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

Information, support and practical answers to everyday parenting concerns

Support Services

Winnipeg Harvest Food Banks – (204)982-FOOD (3663)

<http://www.winnipegharvest.org>

Centre Flavie-Laurent – To request help – (204) 233-4936

Provides free clothing, furniture and household goods to those in need.

301 Archibald Street www.cflc.info

Family Dynamics (204) 947-1401

401 - 393 Portage Avenue (Portage Place)

Respite / Parenting assistance www.familydynamics.ca

Child and Family Services Intake – ANCR (204)944-4200

835 Portage Avenue - Respite / Parenting www.ancr.ca

Services en Français

Le CRÉE (Le Centre de ressources éducatives à l'enfance) – (204)237-9666
622 rue Tache

<http://www.lafpm.com/le-centre-de-ressources-educatives-a-lenfance-cree/>

Jeux pour familles, cour de récréation, bibliothèque pour les familles françaises.

Accueil Francophone- (204)975-4250

190 Avenue de la Cathédrale, www.acceuilfrancophonemb.com

Services pour des nouveaux arrivants francophones.

Pluri-elles- (204)233-1735 or 1-800-207-5874

420, rue Des Meurons, unité 114 www.pluri-elles.mb.ca

Services en français qui touchent les domaines de l'éducation, de la formation, de l'économie, de la culture, de la santé et des services sociaux.

Centre de Sante - (204)940-1155

170 rue Goulet, www.centredesante.mb.ca

Cours prénatal, cours pour améliorer votre santé et votre communauté