

# St. Boniface Community Area Resources

## **Public Health Nurses – St. Boniface Access Centre – 170 Goulet Street** **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](http://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 en santé-** (204) 791-3286

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 - deuxième étage, 622 B avenue Tache. Chaque mardi.**

**Pour vous inscrire :** [bes@lafpfm.ca](mailto:bes@lafpfm.ca) ou 204-791-3286.

### **Baby and Me-** (204) 255-4840

**Wednesdays 1:30-3:30pm**, 1111 Dakota Street

### **Family Foundations-** 204-946-9153

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

**Healthy Start:** Drop in group, Outreach worker, dietitian and nurse available to answer questions. Every Friday from 10:00am-12:00m at 170 Goulet Street, 3<sup>rd</sup> floor.

For information call: 204-949-5350 or email: [hsmm@hsmm.ca](mailto:hsmm@hsmm.ca)

### **Information for Fathers:**

Visit [newdadmanual.ca](http://newdadmanual.ca) and [dadcentral.ca](http://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](http://my-baby.ca)

### **Aulneau's Parent Cafés:**

Monthly group at Aulneau Renewal Centre where parents and caregivers can connect in a safe space to discuss the challenges and victories of raising a family.

Lunch is provided. Register by emailing: [annie.buchholz@aulneau.com](mailto:annie.buchholz@aulneau.com) or visit:

<https://aulneau.com/parent-cafes/>

## **Breastfeeding Resources**

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

**La Lèche League International** – (204)257-3509 [www.llli.org](http://www.llli.org)  
[www.ibconline.ca](http://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 or twice a month. Free of charge. Call 204-940-1692 for more information and/or to register.

## **Family Centres**

**Louis Riel School Division (LRSD) Family Centers** 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](mailto: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](http://www.youville.ca)

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

**Ode'imín (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](http://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

**City of Winnipeg Programs & Services**- 311

[www.winnipeg.ca](http://www.winnipeg.ca) Check Leisure Guide for programs (\*for fee)

[www.winnipeg.ca/library](http://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](http://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.

**HUDDLE South Central**: (204) 255-6497

Monday to Friday, 10am-6pm Unit A-17 St. Mary's Rd.

## **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](http://www.cflc.info)

**Family Dynamics** (204) 947-1401

401 - 393 Portage Avenue (Portage Place)

Respite / Parenting assistance [www.familydynamics.ca](http://www.familydynamics.ca)

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

835 Portage Avenue - Respite / Parenting [www.ancr.ca](http://www.ancr.ca)

## **Services en Français**

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

2-622b rue Tache

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

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

**Acceuil Francophone**- (204)975-4250

190 Avenue de la Cathédrale, [www.acceuilfrancophonemb.com](http://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](http://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](http://www.centredesante.mb.ca)

Cours prénatal, cours pour améliorer votre santé et votre communauté