

# **RESOURCES FOR FAMILIES in ST. VITAL**

## **Public Health Nurses**

### **204-940-1692**

- Information on nutrition, breastfeeding, and communicable diseases
- Provide immunizations and prenatal information
- Information, support and education on care of infants, children, parenting issues
- Families First Home Visitors

[healthyparentingwinnipeg.ca](http://healthyparentingwinnipeg.ca)

## **Centre Youville Centre St. Vital - 204-255-4840**

- 6-845 Dakota St
- Baby scale available to weigh baby
- “Ask a Nurse”: drop in or phone and speak with a nurse
- Nurse available: Monday and Friday 9 am- 5 pm  
Tuesday-Thursday 1pm-9pm
- Programs: prenatal classes, diabetes and asthma education

## **Families with Babies Newborn to 12 months**

### **Baby and Me – 204-255-4840**

- United Church in Meadowood  
1111 Dakota St
- Wednesdays 2pm-4pm

### **“Bébés, parents et gazouillements”**

- École Précieux-Sang – 204-981-5904  
209, rue Kenny
- Chaque mardi de 9h45 à 11h45
- Groupe pour les mères et enfants jusqu’à 12 mois

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

- Barbara Mitchell Family Resource Centre  
51 Morrow Ave
- Thursdays 1pm to 3pm

## **Families with Children Newborn to 5 years Breastfeeding Help**

- 24-Hour Breastfeeding Hotline 204-788-8667
- La Leche League 204-257-3509
- Call 204-940-1692 for information on citywide breastfeeding clinics and parent support groups

### **Ode’imin (Birth Center) 603 St. Mary’s Rd**

Contact **204-947-2422** for information on various programs (ext 307 for midwifery services)

Prenatal, pregnancy and postpartum care by midwives

Counselling services, health education programs on parenting and newborn care.

**Information for Fathers:** visit [newdadmanual.ca](http://newdadmanual.ca) and [dadcentral.ca](http://dadcentral.ca)

## **Family Centers**

The Family Centers provide **free** drop in – stay and play as well as programming in areas of positive parenting, nutrition, physical health, learning, literacy and community building. Some programs require pre-registration.

### **St. Boniface**

- **Archwood School**  
800 Archibald St. **204-237-5030**
- **Frontenac Family Centre**  
Frontenac School, 866 Archibald St **204-257-0609**
- **Marion Family Centre**  
Marion School, 619 Des Meurons St **204-237-5176**
- **Précieux-Sang (French)**  
École Précieux-Sang, 209, rue Kenny **204-794-2208**
- **École Provencher**  
320 Ave De La Cathédrale **204-233-0222**
- **École Taché-CPEF (French)**  
744, rue Langevin **204-794-9803**

### **St. Vital**

- **École Julie-Riel Family Centre**  
316 Ashworth St **204-253-2363**
- **École Varennes Family Centre**  
22 Varennes Ave **204-253-1375**
- **Glenwood Family Centre**  
51 Blenheim Ave **204-233-3619**
- **Hastings School**  
50 Hastings Blvd **204-253-1371**
- **Lavallée Family Resource Centre**  
Lavallée School, 505 St. Anne’s Rd **204-253-1388**
- **Morrow Avenue Child Care Programs for Families**  
Victor Wyatt School 485 Meadowood Dr **204-982-6680**  
Dr Penner School 121 Hazelwood Cr **204-982-6687**
- **St. George School Parenting Centre**  
151 St. George Rd **204-253-6773**
- **Victor Mager Family Centre**  
Victor Mager School, 81 Beliveau Rd **204-253-9873**
- **Victor Wyatt Family Centre**  
Victor Wyatt school, 485 Meadowood Dr **204-255-7880**

### **Family Resource Centres**

- **Barbara Mitchell Family Resource Centre**  
51 Morrow Ave **204-946-9152**
- **Woodydell Family Resource Centre**  
67/68-625 Ste. Anne’s Rd **204-254-8581**
- **Ste. Anne’s Family Resource Centre**  
39-565 Ste. Anne’s Rd **204-255-8387**
- **Marlene Street Family Resource Centre**  
6-27 Marlene St **204-253-8994**

### **Kid Spot**

- Waverley Church, 2171 Waverley St **204-261-8013**
- Monday-Friday 9am to 11:30am (Sept-May)
- Ages 0-5, free coffee/tea/hot chocolate
- 50 kid capacity, call before coming

# RESOURCES FOR FAMILIES in ST. VITAL

## **Centre de ressources éducatives à l'enfance (le CRÉE)**

**204-237-9666**

622 rue Taché Street

## **Child and Family Services**

**204-944-4200**

Various programs and respite

## **EDGE Skills Centre Inc/Centre 24/7**

**204- 254-1618**

533 ST. Anne's Rd

Employment training, English language training, essential skills or academic upgrading

## **Family Dynamics**

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

**204-947-1401**

## **Manitoba Child Day Care Office**

102-114 Garry St

Child Care Information – Phone: **204-945-0776**

Subsidy Information – Phone: **204-945-0286**

Online Child Care Registry:

<http://www.gov.mb.ca/fs/childcare/occr/index.html>

Manitoba Housing General Inquiries

**204-945-4663**

## **MCB (Manitoba Child Benefit Program)**

**Toll free: 1-800-563-8793**

\*If you are looking for information about the Canada Child Tax Benefit, please contact 1-800-387-1193.

The Manitoba Child Benefit Program provides monthly benefits to low-income Manitoba families needing assistance with the cost of raising children. If eligible, you may receive a monthly supplement of up to \$420 per month per child.

## **Mental Health Assistance/24-hr help lines**

- **Healthlinks 204-788-8200**  
24 hour health information, staffed by registered nurses
- **Klinik Community Health Center Crisis Line 204-786-8686**  
[www.klinik.mb.ca](http://www.klinik.mb.ca)
- **Kids Help Phone 1-800-668-6868**  
For kids to access help 24 hours a day for any concerns  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- **Mobile Crisis 204-940-1781**  
24 hour service for adults experiencing a mental health or psychosocial crisis
- **Manitoba Suicide Line 1-877-435-7170**
- **Crisis Response Centre- 817 Bannatyne Ave**  
**For any crisis such as if you are having thoughts of harming yourself or your baby**

## **Pluri-elles 204-233-1735 or 1-800-207-5874**

114-420 rue Des Meurons

Resource center which offers diverse programs and counselling for French speaking families

## **Rent Assist**

Toll free: **1-877-812-0014**

Rent Assist is a financial benefit for people who receive EIA and have housing costs to cover. It is also available to other low-income private renters. The amount of the benefit depends on household income and your monthly rent.

## **Smoker Helpline 1-877-513-5333**

Ready to talk about quitting? Call a Quit Specialist for free, confidential, one-to-one support

## **Winnipeg Harvest 204-982-3660**

<http://winnipegharvest.org/>

Need Manitoba Health card number to access food banks.

## **Winnipeg Recreation Services- Dial 311**

<http://winnipeg.ca/cms/recreation>

Check the Leisure Guide for programs

Children's Fitness Tax Credit for eligible programs

## **YMCA 204-233-3476**

5 Fermor Ave [www.ywinnipeg.ca](http://www.ywinnipeg.ca)

Various adult and children's programs

Membership assistance available

## **Community Clubs**

- Archwood CC, 565 Guilbault St. **204-233-3911**
- Champlain CC, 282 Niverville Ave. **204-237-7719**
- Dakota/Jonathan Toews CC 1188 Dakota St.  
**204-254-1010**
- Glenwood CC, 27 Overton St. **204-233-6698**
- Greendell Park CC, 75 Woodlawn St. **204-257-6883**
- Norberry Glenlee CC, 26 Molgat Ave. **204-254-6654**
- Norberry Glenlee Community Centre: Walter Jennings Sports Facility Site 176 Worthington Ave, **204-256-3358**
- Norwood CC, 87 Walmer St. **204-986-7056**
- Southdale CC, 254 Lakewood Blvd. **204-257-6171**
- Winakwa CC, 980 Winakwa Rd. **204-253-4418**
- Windsor CC, 99 Springside Ave. **204-233-0648**

## **Doctor Finder**

Find a connection with a family doctor in your area:

Phone: 204-786-7111

Register Online: [www.manitoba.ca/familydoctorfinder](http://www.manitoba.ca/familydoctorfinder)

## **Quick Care Clinic**

363 McGregor Street Phone: 204-940-1963

## **Connected Care Clinic @ Access St. Boniface**

2<sup>nd</sup> Floor – 170 Goulet Street

(Walk-In Clinic)

Monday to Friday: Noon to 7:30pm

Saturdays, Sundays and Holidays: 9am-4:30pm

## **Parent/Child DROP IN PROGRAM (Children birth – 5 years)**

Every Monday and Wednesday 9:00 – 11:00AM.

Rene Deleurme Centre C49, entrance through main doors.

To register please email: Tami at [centre24-7@maccpf.ca](mailto:centre24-7@maccpf.ca)