

Hospitals

Women's Hospital Health Sciences Centre

735 Notre Dame Avenue, 204-787-3647

- Virtual Tour "Women's Hospital Prenatal Tour" access at: <http://www.hsc.mb.ca/patientsWomensHosp.html>

St. Boniface General Hospital

409 Tache Avenue, 204-235-3144

- Virtual Tour "Having a Baby" access at: <http://www.sbg.h.mb.ca/prog-wc-vid-01.html>

Prenatal Support

Winnipeg Regional Health Authority

Public Health Nursing Services

• **Downtown East**

Access Downtown

2-640 Main Street, 204-940-8711

• **Downtown West**

755 Portage Avenue, 204-940-6669

• **Fort Garry**

Access Fort Garry

135 Plaza Drive, 204-940-2313

• **Inkster**

Access Norwest

785 Keewatin St., 204-938-5900

• **Point Douglas**

601 Aikins Street, 204-940-2025

• **River East**

Access River East

975 Henderson Highway, 204-938-5300

• **River Heights**

Access Fort Garry

135 Plaza Drive, 204-940-2313

• **Seven Oaks**

3-1050 Leila Avenue, 204-938-5600

• **St. Boniface**

4-170 Goulet Street, 204-940-2035

• **St. Vital**

170 Goulet Street, 204-940-2045

• **St. James and Assiniboine South**

Access Winnipeg West

280 Booth Drive, 204-940-2040

• **Transcona**

Access Transcona

845 Regent Avenue W, 204-938-5555

Winnipeg Regional Health Authority

Midwifery Services

*Central Intake Line: (204) 947-2422 ext. 307

- **Access Downtown Health Action**, 640 Main Street
- **Access River East**, 975 Henderson Highway
- **Access Winnipeg West**, 280 Booth Drive
- **Mount Carmel Clinic**, 886 Main Street
- **Women's Health Clinic**, A-419 Graham Ave.
- **Birth Centre**, 603 St. Mary's Road

Prenatal Clinics

Northern Connection Medical Centre (NCMC)

425 Elgin Ave. (lower level), 204-940-8777

Prenatal clinic: Tuesdays and Wednesdays 1:00 – 3:00 p.m.

Regular hours: Monday to Friday, 8:30 a.m. – 4:30 p.m.

Prenatal Education and Resources

• **Access Downtown Health Action Centre**

640 Main Street, 204-940-1626

Individual education for clients of Health Action, free

• **Babies Best Chance**

Parents Handbook of Pregnancy and Baby Care

<https://www.healthyfamiliesbc.ca/about-us/additional-resources>

• **Birth Centre (Women's Health Clinic)**

603 St. Mary's Road, 204.947.2422 ext. 300

Growing into Pregnancy, free prenatal workshops

Counseling and group support

• **Centre de Sante-Saint Boniface Health Centre,**

D1048-409 Tache Avenue, 204-235-3910

Free prenatal classes offered in French

• **Youville Community Health Centre**

6-845 Dakota Street, www.youville.ca

Young Expectations, free prenatal classes for people 25 and under.

To register or for more information call 204-255-4840

• **Healthy Baby Program**, 204-945-1301 or

1-888-848-0140, www.manitoba.ca/healthychild

• Drop-in support for pregnant women, new parents and babies (milk coupons, bus tickets *may* be available)

• **Financial help for women more than 14 wks pregnant and a net family income of less than \$32,000**

- Various locations

• **Healthy Start for Mom and Me**, 204-949-5350

<http://www.hsmm.ca/wp/>

Drop-in for pregnant women/teens and new parents

Locations, dates and times vary

• **Manitoba Association for Childbirth and Family Education**

603 St. Mary's Road,

<http://www.manitobachildbirth.com>

macfedoula@gmail.com

Doula Services, group and private prenatal classes

Sliding scale for low income

• **Mount Carmel Clinic**, 886 Main St

204-582-2311 or 204-589-9425

www.mountcarmel.ca

- **Villa Rosa**, 784 Wolseley Avenue, 204-786-5741(ext. 223)
Pre-natal series for clients of Villa Rosa and young, single mothers wanting support.

Breastfeeding Support

WRHA Public Health and community agencies offer free individual and group support with breastfeeding.

Phone to confirm times or book an appointment.

- **Point Douglas (Noon Nii Yow As So Soo Ou)**
Ma Mawi Wi Chi Itata Centre
445 King Street
Monday 1:00 – 3:00 pm (except holidays)
- **River East/Transcona**
Access River East
975 Henderson Hwy, 204-938-5000
Monday 1:30 – 3:30 pm (except holidays)
- **St. Boniface/St. Vital (Youville Centre)**
6-845 Dakota Street, 204-255-4840
Tuesday 1:00 – 3:00 p.m. (except holidays)
- **Downtown "Breastfeeding Buddies"**
755 Portage Avenue
Wednesday 10:00 -11:30 a.m. (except holidays)
Call 204-940-6669 to book 1 on 1 appointment
- **Ft Garry/River Heights**
135 Plaza Drive, 204-940-2313
Wednesday 1:00 – 3:00 p.m. (except holidays)
- **St. James/Assiniboine South**
Sturgeon Heights Community Centre
210 Rita Street
Thursdays 10:00 - 11:30 am (except holidays)
Call 204-940-2397 to book 1 on 1 appointment
- **Inkster/Seven Oaks**
1050 Leila Ave, 204-938-5607
Friday 9:30 – 11:30 a.m. (except holidays)

To make a weekend appointment with a Public Health Nurse, call 204-940-2362 (Monday to Friday)

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- **Breastfeeding Hotline** 204-788-8667, 24 hours nurse phone support with possible referral to WRHA Public Health

Breastfeeding Online

<http://www.breastfeedingonline.com>

- **Kelly Mom**

<http://www.kellymom.com>

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- **La Leche League**, various group locations, phone support. www.LLCC.ca 204-257-3509
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Additional Supports and Resources

Parenting

- **Birth Centre (Women's Health Clinic)**
603 St. Mary's Road, 204.947.2422 ext. 300
Wellness workshops for parents of young children
- **Caring for Kids**, information for parents from Canadian Paediatrics Society
<http://www.caringforkids.cps.ca>
- **Child and Family Services**, Intake 204-944-4200 after 4:30 p.m. 204-944-4050 or 1-866-345-9241
- **Healthy Baby Program**, 204-945-1301 or 1-888-848-0140, www.manitoba.ca/healthychild
- Drop-in support for new parents and babies (milk coupons, bus tickets *may* be available)
- Various locations
- **Manitoba ParentZone**
Resources and information for parents
<http://www.manitobaparentzone.ca>
- **Positive Parenting Program (Triple P)**
Parenting tips and resources
3rd Floor, 332 Bannatyne Ave.
204-945-2266 <http://www.manitobatriplep.ca>

Mental Health and Wellness

- **Crisis Response Centre**, 817 Bannatyne Avenue
Open 24 hours a day, 7 days a week
- **Klinic 24 Hour Crisis Line** 204-786-8686
24 hour counseling and support
- **Manitoba Suicide Line** 1-877-435-7170
24 hour counseling and support
- **Mobile Crisis Service**, 817 Bannatyne Avenue
Services for adults in crisis
204-940-1781
- **Mood Disorders Association of Manitoba**
100-4 Fort Street, 204-786-0987
www.mooddordersmanitoba.ca
"Baby Blues and Better Days" and Postpartum Warmline
Peer support, education and advocacy
- **Postpartum Depression Association of Manitoba**
www.ppdmanitoba.ca

- **Women's Health Clinic**, 204-947-2422 (ext. 113)
<http://www.womenshealthclinic.org/birthingmothering>
Community based support to help new families
Mothering Support, Families Connecting Support Group,
Coping with Change Workshops

Other

- **Dial-a-Dietician**
204-788-8248 or visit:
<http://www.wrha.mb.ca/prog/nutrition/>
- **Domestic Abuse Crisis Line (24 Hour)**
1-877-977-0007
- **Employment Assistance After-hours**
(EIA-Family Services) 204-945-0183
- **Encompass**, information on WRHA services,
www.wrha.mb.ca or
speak with a service navigator 204-788-8200
- **The Family Doctor Finder**
Find a family doctor, nurse practitioner or pediatrician
Call 204-786-7111 or 1-866-690-8260
www.gov.mb.ca/health/familydoctorfinder
- **Health Links**, 24 hour phone information line answered by
registered nurses, 204-788-8200 or 1-888-315-9257
- **Mother Risk Pregnancy Help-lines** (Hospital for Sick
Children, Toronto). www.motherisk.org, Monday to Friday
daytime hours (may need to leave message)
Alcohol + Substance Use 1-877-FAS-INFO (toll free)
Drugs + Chemicals during pregnancy 1-416-813-6780
HIV 1-888-246-5840 (toll free)
Nausea + Vomiting 1-800-436-8477 (toll free)
- **Walk-In Connected Care Clinics**

363 McGregor Street Phone: 204-940-1963	785 Keewatin Street Phone: 204-938-5900
170 Goulet Street Phone: 204-940-1155	280 Booth Drive Phone: 204-940-2084
135 Plaza Drive Phone: 204-940-7100	
- **Smokers' Helpline** 1 877 513 5333
www.smokershelpline.ca
- **Winnipeg Regional Health Authority**
General inquiries 204- 926-7000



Resources for Childbirth Preparation, Breastfeeding and Postpartum Support



This resource includes education and support options that may be helpful to people who are pregnant or new parents.

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