

Hospitals

Women's Hospital (Health Sciences Centre)

665 William Avenue, 204-787-3647

[Women's Hospital \(hsc.mb.ca\)](http://www.hsc.mb.ca)

- Virtual Tour "Women's Hospital Prenatal Tour" access at:
[HSC Women's Hospital Tour Video on Vimeo](#)

St. Boniface General Hospital

409 Tache Avenue, 204-235-3144

- "Having a Baby at St. Boniface Hospital" access at:
[Birth - St Boniface Hospital](#)

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, 204-940-6673
- **Fort Garry**
Access Fort Garry
135 Plaza Drive, 204-940-2313
- **Inkster**
Access Norwest
785 Keewatin St., 204-938-3508
- **Point Douglas**
601 Aikins Street, 204-940-2542
- **River East**
Access River East
975 Henderson Highway, 204-938-5204
- **River Heights**
Access Fort Garry
135 Plaza Drive, 204-940-2313
- **Seven Oaks**
3-1050 Leila Avenue, 204-938-5607
- **St. Boniface**
4-170 Goulet Street, 204-940-1692
- **St. Vital**
4-170 Goulet Street, 204-940-1692
- **St. James and Assiniboine South**
Access Winnipeg West
280 Booth Drive, 204-940-2397
- **Transcona**
Access Transcona
845 Regent Avenue W, 204-938-5460

Midwifery Services (WRHA)

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

- **Access Downtown**, 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.
- **Ode'immin** (formerly Birth Centre), 603 St. Mary's Road

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.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>

- **Ode'immin** (formerly Birth Centre)
603 St. Mary's Road, 204-594-0900, <https://odeimin.com/>
Prenatal classes and care, groups and workshops for parents and caregivers

- **Centre de Sante-Saint Boniface Health Centre**,
170 Goulet Street, 204-940-1155
Preparing for Your Pregnancy

- **Healthy Baby Program**, 204-945-1310/1-877-587-6224
www.manitoba.ca/healthychild/healthybaby/index.html
- Support for pregnant women, new parents and babies (milk coupons, bus tickets *may* be available)
- **Financial help for women more than 14 wks pregnant (based upon income)**
- Various locations

- **Healthy Parenting Winnipeg**
Information for growing families
Prenatal, Postpartum, Early childhood
[Healthy Parenting Winnipeg](#)

- **Healthy Start for Mom and Me**, 204-949-5350
hsmm.ca
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
Accommodation, services and support for single women and girls.

- **Youville Community Health Centre**
6-845 Dakota Street, www.youville.ca
Free prenatal classes (first Tuesday of every month).
Call 204-255-4840 or text 204-233-7472

Breastfeeding Support

WRHA Public Health and community agencies offer free individual and group support with breastfeeding. Phone to confirm times or book an appointment.

- **Downtown/Point Douglas**
755 Portage Avenue
Friday 10:30 – 12:00 (except holidays)
Call 204-940-8691 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)
Phone to register or book appointment
- **Inkster/Seven Oaks**
Access Nor'West, 765 Keewatin
Monday 1:30 – 3:30 p.m. (except holidays)
Call 204-938-5908 to book 1 on 1 appointment
- **River East/Transcona**
Access River East
975 Henderson Hwy
Tuesday 1:30 – 3:30 pm (except holidays)
Call 204-938-5300 to book 1 on 1 appointment
- **St. Boniface/St. Vital (Ode'immin/Birth Centre)**
603 St. Mary's Road
Tuesday 1:00 – 3:00 p.m. (except holidays)
Call 204-940-1692 to book 1 on 1 appointment
- **St. James/Assiniboine South**
Sturgeon Heights Community Centre, 210 Rita Street
Thursdays 10:00 - 11:30 am (except holidays)
1 on 1 appointments at Access Winnipeg West
Call 204-940-2397 to book 1 on 1 appointment

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

- **Breastfeeding Hotline** 204-788-8667 (press #2)
24 hour nurse phone support with possible referral to WRHA Public Health

Breastfeeding Online

<http://www.breastfeedingonline.com>

- **La Leche League**
www.LLCC.ca, 204-272-0238
Various group locations, phone support.

Additional Supports and Resources

Parenting

- **Ode'imín** (formerly Birth Centre)
603 St. Mary's Road, 204-947-2422 ext. 113
Parenting workshops and groups

- **Caring for Kids**, information for parents from Canadian Paediatrics Society
<http://www.caringforkids.cps.ca>

- **Child and Family Services**,
Winnipeg: 204-944-4200
after hours: 1-866-345-9241

- **Healthy Baby Community Support Programs**
204-945-1301 (Winnipeg) or 1-888-848-0140
<http://www.manitoba.ca/healthychild/healthybaby/csp.html>
- Drop-in support for new parents and babies
- Various locations

- **Manitoba ParentZone**
Resources and information for parents
<http://www.manitobaparentzone.ca>

- **Acorn Family Place (Wolesley Family Place)**
202-222 Furby Street, 204-560-3141
Resources and information for parents
<http://www.acornfamilyplace.ca>

- **My Baby**
Free, online resource; sends parenting messages by video by text or email to individuals who subscribe.
<https://my-baby.ca/>

Mental Health and Wellness

- **Crisis Response Centre (24/7)**
817 Bannatyne Avenue
- **Klinic Crisis Support Line (24/7)**
204-786-8686
- **Manitoba Suicide Prevention and Support (24/7)**
1-877-435-7170; <https://reasontolive.ca/>
- **Mobile Crisis Service (24/7)**
817 Bannatyne Avenue; 204-940-1781
Services for adults in crisis

- **Mood Disorders Association of Manitoba**
100-4 Fort Street, 204-786-0987
Postpartum warm line: 204-560-1468
www.mooddordersmanitoba.ca
Peer support, education and advocacy

- **Postpartum Depression Association of Manitoba**

www.ppdmanitoba.ca

- **Sexual Assault Crisis Line (24/7)**
(204) 786-8631
Toll Free: 1-888-292-7565
- **Women's Health Clinic**, 204-947-2422 (ext. 113)
<https://odeimin.com/workshops/>
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 toll free 1-877-830-2892
<https://misericordia.mb.ca/programs/phcc/dial-a-dietitian/>
- **Domestic Abuse Crisis Line (24 Hour)**
1-877-977-0007
- **Employment Assistance After-hours**
(EIA-Family Services) 204-945-0183
- **The Family Doctor Finder**
Find a family doctor, nurse practitioner or pediatrician
Call 204-786-7111 or 1-866-690-8260
<https://www.gov.mb.ca/health/familydoctorfinder/>
- **Health Links (24/7)**
204-788-8200; Toll free: 1-888-315-9257
Information line answered by registered nurses

Walk-In Connected Care Clinics

McGregor 363 McGregor Street Phone: 204-940-1963	Access Nor'West 785 Keewatin Street Phone: 204-938-5900
Centre de Santé 170 Goulet Street Phone: 204-940-3838	Access Winnipeg West 280 Booth Drive Phone: 204-940-2084
Access Fort Garry 135 Plaza Drive Phone: 204-940-7100	

- **Smokers' Helpline** 1-877-513-5333
www.smokershelpline.ca

- **Addictions Foundation Manitoba**
Adult services: 1-855-662-6605
Youth services: 1-877-710-3999
204-944-6200



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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Population and Public Health

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