

Useful Contacts in Winnipeg:

Subject to change

Healthy Start for Mom & Me 949-5350

- pregnancy and parent-baby groups at 9 sites in Winnipeg, including interpreted sessions for newcomers to Canada.
- home visits can be requested by participants.

Healthy Baby: Manitoba Prenatal Benefit 945-1301

- receive benefits if you are of low or moderate income during pregnancy.

Public Health Nurses

WRHA [General information]	788-8330
Access River East 975 Henderson Highway.....	938-5300
Access Transcona 845 Regent Avenue West.....	938-5555
Downtown East 2 nd Floor - 640 Main Street.....	940-8711
Downtown West 2nd Floor - 755 Portage Avenue.....	940-6669
Fort Garry Community Office 2735 Pembina Highway.....	940-2015
Inkster Team 103 - 61 Tyndall Avenue.....	940-2020
Point Douglas Community Health Centre 601 Aikins Street.....	940-2025
River Heights Health & Social Services 6 - 677 Stafford Street.....	938-5500
St Boniface 240 - 614 Des Meurons Street.....	940-2035
St James-Assiniboia 2015 Portage Avenue.....	940-2040
St Vital 6 - 845 Dakota Street.....	940-2045
Seven Oaks 3 - 1050 Leila Avenue.....	938-5607

Public Health Nurses can make home visits to meet your family's health needs.

Help Lines

Employment & Income Assistance [Monday - Friday 8:30 - 4:30p.m].....	945-2177
Employment & Income Assistance [Emergency after hours line only].....	945-0183
Health Links [24 hour health information & answers to questions].....	788-8200
Kids Help Line [24 Hour].....	1-800-668-6868
KLINIC Crisis Line [24 Hour].....	786-8686
KLINIC Sexual Assault Crisis Line [24 Hour].....	786-8631
Manitoba Suicide Line [24 Hour].....	1-877-435-7170
Osborne House Crisis Line & Shelter for Abused Women [24 Hour].....	942-3052
Pregnancy Distress Family Support Services Crisis Line	772-9091
WRHA Mobile Crisis Service	940-1781

Breastfeeding Hotlines

Breastfeeding Hotline [24 Hour].....	788-8667
Women's Hospital Breastfeeding Hotline	787-1166

Health and Related Resources

Aboriginal Health & Wellness Centre 215 - 181 Higgins Avenue	925-3700
• medicine wheel teaching, variety of support programs	
Adoption Options Manitoba 1313 Portage Avenue.....	774-0511
Andrews Street Family Centre 220 Andrews Street	589-1721
• food buying club, drop-in, support group for mothers	
Auora Family Therapy Centre Sparling Hall, 2 nd Floor - 515 Portage Ave. @ University of Winnipeg ...	786-9251
• provides individual, family and marriage counseling	
Community Financial Counseling Services 3 rd Floor - 238 Portage Avenue	989-1900
• offers individual and group counseling in the areas of consumer credit, debt and money management, E.I.A. Education program	
Family Centre, The 401 - 393 Portage Avenue.....	947-1401
• individual, couple, and family counseling for families in crisis	
Family Community Centre 100 - 475 Sargent Avenue.....	775-9934
• childcare, support groups, parenting courses, and prenatal classes	
Fort Garry Women's Resource Centre 3100 Pembina Highway [Outreach location]	477-1123
• peer counseling, information, referrals, and workshops	
Health Action Centre 640 Main Street	940-1626
• care during pregnancy, STD treatment, medical check-up, dental and nutrition counseling	
Hope Centre Health Care 240 Powers Street	589-8354
• prenatal and postnatal classes, parenting groups, family planning, STD treatment and crisis counseling	
Interagency FAS/FAE Program 49 - 469 King Street	582-8658
• intervention to children 0-6 who are diagnosed with FAS/FAE, & counseling to pregnant women with addictions	
KLINIC 870 Portage Avenue	Medical Care 784-4090 or Crisis Line 786-8686
• counseling services, family planning, birth control information, and prenatal and postnatal counseling	
KLINIC 870 Portage Avenue.....	Counseling Intake 784-4059
• offers sexual assault, family violence, incest, sexual abuse and sexual harassment counseling	
Manitoba Association for Childbirth and Family Education (MACFE)	475-1865
• trained labour companions provide support to women during pregnancy and birth	
Midwives - College of Midwives of Manitoba 235 - 500 Portage Avenue	783-4520
• care for women throughout pregnancy, delivering of infant and postpartum care of mother and infant	
Morgentaler Clinic 883 Corydon Avenue.....	477-1887
• abortion and birth control counseling	
Mount Carmel Clinic 886 Main Street	582-2311
• prenatal & postnatal care, testing, & STD treatment, nutrition, birth control, medical, and dental	
New Directions for Children, Youth and Families, Inc. 400 - 491 Portage Avenue.....	786-7051
• provides counseling, educational and vocational programs	
North End Women's Resource Centre 394 Selkirk Avenue	589-7347
• parenting programs, peer support groups, and individual counseling	
Nor'West Co-Op Community Health Centre Inc. 103 - 61 Tyndall Avenue	940-2020
• reproductive health and birth control counseling and parenting programs	
Pregnancy and Family Support Services Inc. 555 Spence Street.....	772-9091
• free counseling, temporary accommodations, advocacy and referral services, and prenatal classes	
Sexuality Education Resource Centre 200 - 226 Osborne Street North.....	982-7800
• services to immigrant/refugees in the areas of prenatal and postnatal care, AIDS/STD information	
STD (Sexually Transmitted Infections) Team 705 Broadway Avenue.....	940-2210
South Winnipeg Family Information Centre 800 Point Road.....	284-9311
• parenting programs and offers support and information regarding adoption	
Villa Rosa 784 Wolseley Avenue.	786-5741
• residence, prenatal & postnatal counseling, medical care for pregnant & postnatal single women & teens	
Wolseley Family Place 691 Wolseley Avenue.....	788-8052
Women's Health Clinic 3 rd Floor - 419 Graham Avenue.....	947-1517
• pregnancy & abortion counseling, various individual counseling including eating disorders	
Youville Community Health Resource Centre 6 - 845 Dakota Street	255-4840
• programs on childbirth, family planning, individual counseling & parent support group	
Youville Diabetes Centre 33 Marion Street	233-0262

Social Services

City of Winnipeg	311
Government of Canada information.....	1-800-622-6232
Manitoba Government information.....	1-866-626-4862

Abuse & Violence

Family Violence Counseling - "Evolve" 870 Portage Avenue.....	784-4070
North End Women's Resource Centre 394 Selkirk Avenue.....	589-7347
Osborne House Crisis Line [24 hours].....	942-3052
Wahbung Abinoonjiiag 225 Dufferin Avenue	925-4610

Alcohol and Drug Abuse

Aboriginal Health & Wellness Centre 215 - 181 Higgins Avenue.....	925-3700
Addictions Foundation of Manitoba (A.F.M.) Men only 1041 Portage Avenue	944-6200
Addictions Foundation of Manitoba (A.F.M.) Women's Services [Christie House].....	944-6229
Behavioral Health Foundation 35 DeLaDigue Avenue	269-3430
Interagency FASD Program 10 - 254 Stella Walk.....	582-8658
Native Addictions of Manitoba 160 Salter Street.....	586-8395
Nor'West Co-op Community Health Centre In Sight Mentor Program 103 - 61 Tyndall Avenue	940-2020

Car Seat Safety

Fire Paramedic Service [General inquiries]	986-6380
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- provides routine inspection for car seat safety. Call for drop-in times in your neighbourhood at firehalls

Child Care

Manitoba Child Day Care 102 - 114 Garry Street [General inquiries].....	945-2197
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- Call for subsidy inquiries for your area

Employment / Education / Training

Adolescent Parent Centre 136 Cecil Street.....	775-5440
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- provides a specific high school program to pregnant or parenting adolescents

Employment Projects of Winnipeg Inc. 990 - 167 Lombard Avenue	949-5300
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- offers pre-employment and vocational counseling for women entering, re-entering or changing careers

Enhanced English Skills for Employment 15 - 275 Portage Avenue	927-4375
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- serves immigrants who have education, experience in professions and skilled occupations. Helps clients reduce language and cultural barriers in the work place

Taking Charge 2 nd Floor - 250 Portage Avenue <i>As of Mar 1/11</i> 276 Colony Street	925-1100
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- delivers services that assist single parents on social assistance to find a job

Winnipeg Adult Education Centre 310 Vaughan Street	947-1676
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- provides academic upgrading at the high school level on a full or part-time basis for adults who have been out of school for one year or more

Winnipeg Transition Centre 1836 Main Street	338-3899
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- provides support and information on job search techniques to unemployed individuals actively seeking employment

Food

Lighthouse Mission 669 Main Street.....	943-9669
Union Gospel Mission 320 Princess Street	943-9904
Winnipeg Harvest 1085 Winnipeg Avenue.....	982-3660

Housing

***PROVIDES SUBSIDIZED HOUSING TO ABORIGINAL FAMILIES**

*Dakota Ojibway First Nations Housing 4820 Portage Avenue, Headingley, MB.....	988-5375
*Dakota Ojibway Tribal Council Housing Authority D.O.T.C. Portage La Prairie, MB.....	1-866-856-5550
*Kinew Housing Inc. 201 - 424 Logan Avenue.....	956-5093
*Payuk Intertribal Co-op 100 - 500 Balmoral Street, c/o S.A.M. Management 425 Elgin Avenue.....	942-0991
Greenheart Housing Co-op Ltd. 279 Sherbrook St., c/o S.A.M. Management 425 Elgin Avenue	942-0991
Kanata Housing Corporation. 202 - 2055 McPhillips Street.....	338-6327
Manitoba Housing Authority Main floor - 185 Smith Street.....	945-4663
M.A.P.S. Housing Co-op Ltd. c/o Murdoch Management 757 Henderson Highway.....	982-2000
New Journey Housing 312 - 393 Portage Avenue.....	942-2238
• resource centre for Newcomer housing	
S.A.M. Management 425 Elgin Avenue.....	942-0991
Westminster Housing Co-op 145 Maryland Avenue, c/o Murdoch Management 757 Henderson Hwy. .	982-2000
Winnipeg Housing Rehabilitation Corporation 104 - 60 Frances Street.....	949-2880

Legal Help

Aboriginal Centre Law Office 416 - 294 Portage Avenue	985-5230
Legal Aid Manitoba 3 rd floor - 294 Portage Avenue.....	985-8500

Parent / Child Resource Centres:

Child & Family Services.....	944-4200
Child & Family Services [After hours].....	944-4050
Elmwood Community Resource Centre 200 Levis Street.....	982-1720
MaMaWiWiChiItata Centre 94 McGregor Street	925-0300 or 925-0349
Adolescent parent program has 3 locations for teenage parents	
318 Anderson Street.....	925-0349
363 McGregor Street.....	925-0331
443 Spence Street	925-0348
St. George's School Parenting Centre [For teens & adults] 151 St. George Road	253-6773

Rent a Breast Pump

A Child's Place Grant Park Shopping Mall.....	284-7633
Meyer's Drugs Ltd. 483 William Avenue	943-1466
Stevens Home Medical Supplies Store 730 William Avenue.....	787-3532
Tache Pharmacy & Medical Supplies 400 Tache Avenue.....	233-3469

