



HEALTHY BABY

Rural and Northern Community Support Programs



• support before and after your baby is born •

Parenting Tips • Nutrition Activities • Bonding with your Baby • Milk Coupons

Assiniboine:

"Baby Steps"
476-7554
476-7842
1-888-682-2253

South Eastman

"Super Start"
346-7021 or
346-7022
**"Bébés, parents et
gazouillements"**
257-7624
(Services in French)

Burntwood:

**"Healthy Baby
and Healthy Mom"**
Outside Thompson-
778-1421
677-5374
"Babies Best Start"
Thompson-
778-1209
677-4431

Brandon:

"Healthy Beginnings"
571-8482
"Afternoon"
Prenatal for Teens
571-8482

Interlake:

"Step'N Out with Mom"
Outside Selkirk-
785-7708
1-866-211-1703
"Baby N' Me"
Selkirk-
785-8218

Nor-Man:

**"Best Beginnings,
Baby & Me"**
The Pas, Flin Flon,
Cranberry Portage-
623-1023
687-6183
472-3559

Central:

"Growing with Mom"
Morden-
822-2631
Portage la Prairie-
239-2426

Churchill:

**"Hudson Bay
Healthy Babies"**
675-8327

Parkland:

"Baby's r Us"
Dauphin-
638-5707
"Growing Healthy Families"
629-3002

North Eastman:

"Our Time"
753-5249
1-877-753-2012