



Healthy Child Manitoba
Putting children and families first



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 • Bus Tickets

Prairie Mountain:

**Prairie Mountain Health
Healthy Baby**

South

1-204-578-2545

Central

1-204-578-2545

(afternoon prenatal
for teens available)

North

1-204-629-3001

**Baby's r Us
Dauphin**

1-204-638-5707

Southern:

**Southern Health-Santé Sud
Healthy Baby**

East

1-204-346-6696

West

1-204-822-2632

1-204-822-2631

**Bébés, parents et
gazouillements**

204-981-5904

(services in French)

Interlake-Eastern:

Step'N Out with Mom (West)

1-204-785-7708

1-866-211-1703

Our Time (East)

1-204-753-5249

**Whole Baby Love
Selkirk**

1-204-785-8218

Northern:

**Healthy Baby
and Healthy Mom
Outside Thompson**

1-204-788-1580

**Best Beginnings,
Baby & Me**

The Pas

1-204-623-1023

Flin Flon

1-204-687-6183

Cranberry Portage

1-204-472-3559

Churchill:

**Hudson Bay
Healthy Babies**

1-204-675-8327

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.

