



**Healthy Child Manitoba**  
Putting children and families first



# HEALTHY BABY

## Winnipeg Community Support Programs

• support before and after your baby is born •

**Parenting Tips • Nutrition Activities • Bonding with your Baby • Milk Coupons • Bus Tickets**

### **Downtown & Wolseley:**

**Valour Community Centre  
Baby Circle**  
204-775-3869  
Valour Community Centre  
715 Telfer St. N

Orioles Community Centre  
444 Burnell Street

**Healthy Start for Mom & Me**  
204-949-5350  
Freight House Comm. Centre  
Door 1-200 Isabel St. **(Midwives\*)**

Magnus Eliason Rec. Centre  
2<sup>nd</sup> floor - 430 Langside St.  
**(Midwives\*)**

Wolseley Family Place  
Lower Level-691 Wolseley Ave.

Knox United Church  
400 Edmonton St.  
**(Newcomers to Canada)**

**Building Healthy Families**  
204-772-1923 ext.212  
Crossways in Common  
102-222 Furby St. **(Midwives\*)**

### **St. Vital:**

**Family Foundations**  
204 946-9153  
Barbara Mitchell Family Res.  
Centre;  
51 Morrow Ave.

**Baby and Me**  
204-255-4840  
The United Church in Meadowood  
1111 Dakota Street  
(across from Collège Jean -Sauvé)

**Young Expectations**  
204-255-4840  
Youville Centre  
6-845 Dakota St.

**\*If you live in the Downtown,  
Inkster or Point Douglas area,  
you can access prenatal care  
through a midwife.**

### **North End & McPhillips:**

**Baby Feathers**  
204-982-4425 or 204-982-4563  
NorWest Co-op Comm. Food  
Centre, 103-61 Tyndall Ave

**Healthy Start for Mom & Me**  
204-949-5350  
Hope Centre  
240 Powers St. **(Midwives\*)**

Trinity Place Church  
265 Flora Ave. **(Midwives\*)**

Maples Community Centre  
434 Adsum Drive

Turtle Island Community Centre  
510 King Street

### **Sweet Grass and Little Braids**

204-586-8441  
Indian & Metis Friendship Centre  
45 Robinson St.

**Families Connecting**  
Ph: 204-947-2422 ext.113  
Gwen Sectar Creative Living  
Centre; 1588 Main Street

**Little Moccasins**  
204-586-8474

Zion Apostolic Church  
305 Machray Avenue

### **River & Osborne:**

**Families Connecting**  
204-947-2422 ext.113  
Lord Roberts Comm. Centre  
725 Kylemore Ave.

Mayfair Recreation Centre  
40 Mayfair Place

### **Charleswood & St. James:**

**Great Expectations**  
204-885-5415  
Westgrove School  
50 Westgrove Way

Sturgeon Heights Comm. Centre  
210 Rita Street

Heritage-Victoria Comm. Centre  
950 Sturgeon Road

### **Transcona East & North Kildonan:**

**Parents Connecting  
Growing Baby**  
204-982-1720  
Braeside Church  
1011 Munroe Ave.

**Families Connecting**  
204-947-2422 ext.113  
Transcona Memorial United  
Church  
209 Yale Avenue W

Access River East  
975 Henderson Hwy.  
**(evening classes)**

### **Young Parents Connecting**

204-223-9450  
Kildonan East Collegiate  
845 Concordia Ave.

### **Fort Garry & St. Boniface:**

### **Healthy Start for Mom & Me**

204-949-5350  
Trinity United Church  
933 Summerside Ave.

### **Bébés, parents, et gazouillements**

204-981-5904  
**(Services in French)**  
Ecole Précieux-Sang  
Centre de la petite enfance  
209 Kenny St.

St. Norbert Community Centre  
3450 Pembina Highway

### **Little Moccasins**

204-586-8474  
Windsor Park United Church  
1062 Autumnwood Drive

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.

