
**PROVINCIAL RESOURCES FOR
EXPECTANT AND NEW PARENTS**

There are numerous programs and supports available to expectant and new parents in Manitoba, offered by the health-care system, child welfare agencies and community-led organizations. Examples include:

- public health nurses, who provide front-line, community-based supports to new and expectant parents;
- Families First, which is a voluntary home-visiting program focused on healthy parenting and child development, based on a referral from a public health nurse;
- Strengthening Families, a sister program to Families First, which is operated in 21 First Nation communities and funded by the federal government;
- Restoring the Sacred Bond, a pilot project being led by the Southern First Nations Network of Care, which will connect up to 200 high risk expectant mothers with an Indigenous doula through Wijiidiwag Ikwewag, which will support her parenting through a traditional, cultural lens;
- Granny's House, a new one-year pilot project to provide 24-7 temporary, culturally safe respite care to families who are experiencing challenges;
- Villa Rosa, which provides residential peri- and post-natal services;
- Indigenous Women's Healing Centre, which provides residential programs for women and children with a history of victimization including family violence and addictions;
- InSight Mentor Program, which connects women with mentors in an evidence-based program to prevent FASD, deal with underlying addictions issues and improve overall health and wellness;
- family resource centres located throughout the province, which offer a wide range of supports and services to families, including expectant and new parents;
- Parenting Student Support Program, which works with students who have children or are pregnant and want to stay in or return to school; and
- Manito Ikwe Kagiikwe, or the Mothering Project, which is a single-window program to support the health and wellness of women and their families.