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 Teller St. N
West Central Women’s Centre
631 Ellice Ave.

Healthy Start for Mom & Me
204-949-5350
Freight House Comm. Centre
Door 1–200 Isabel St.
Magnus Eliason Rec. Centre
2nd floor–430 Langside St.
Wolseley Family Place
Lower Level–691 Wolseley Ave.

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.

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

Building Healthy Families
204-560-1396
Crossways in Common
102–222 Furby St.

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 St.
(across from Collège Jean -Sauvé)

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

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.

Maples Community Centre
434 Adsum Dr.
Turtle Island Community Centre
510 King St.
(Midwives*)
St. John’s Leisure Centre
601 Aikins St.

Families Connecting
204-947-2422 ext.113
Gwen Sector Creative Living Centre; 1588 Main St.

Rivier & Osborne:
Families Connecting
204-947-2422 ext.113
Lord Roberts Comm. Centre
725 Kylemore Ave.

Mayfair Recreation Centre
40 Mayfair Pl.

Charleswood & St. James:
Great Expectations
204-831-5950
Westgrove School
50 Westgrove Way

Sturgeon Heights Comm. Centre
210 Rita St.
Heritage-Victoria Comm. Centre
950 Sturgeon Rd.

Transcona East & North Kildonan:
Families Connecting
204-947-2422 ext.113
Transcona Memorial United Church
209 Yale Ave. W

Braeside Church
1011 Munroe Ave.

Access River East
975 Henderson Hwy.
(evening classes)

Young Parents Connecting
204-223-9450
Salisbury Morse Place School
794 Prince Rupert 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
Ecole Précieux-Sang
Centre de la petite enfance
209 Kenny St.
(Services in French)

Little Moccasins
204-586-8474
Windsor Park United Church
1062 Autumnwood Dr.

Access St Boniface
170 Goulet St.