

Hospitals

Women's Hospital Health Sciences Centre

735 Notre Dame Avenue, 204-787-3647

- Tours not currently offered

St. Boniface Hospital

409 Tache Avenue, 204-235-3144

- Virtual Tour "Having a Baby" access at:
<http://www.sbgq.mb.ca>

Winnipeg Regional Health Authority

Prenatal Classes

WRHA offers various free or low cost prenatal education groups. Please register in your local community area.

- **Access Downtown Health Action Centre**
640 Main Street,
Downtown East Community Area, 204-940-8711
- **3-1050 Leila Avenue,**
Seven Oaks Comm. Area, 204-938-5607 (Janet)
- **2735 Pembina Highway,**
Ft Garry Comm. Area, 204-940-2313 (Terri)
- **2015 Portage Avenue,**
St. James-Assiniboia Comm. Area,
204-940-2397 (Michelle)
- **3401 Roblin Boulevard,**
Assiniboine South Comm. Area, 204-940-2453 (Barb)
- **100-614 Des Meurons,**
St. Boniface/St. Vital Comm. Area,
204-940-2035
- **Access River East, 975 Henderson Highway**
River East Comm. Area, 204-938-5300 (Public Health)
- **Access Transcona, 845 Regent Avenue W**
Transcona Comm. Area, 204-938-5555
- **601 Aikins Street,**
Pt Douglas Comm. Area, 204-940-2542
- **677 Stafford Avenue,**
River Heights Comm. Area, 204-938-5144
- **Access Norwest, 785 Keewatin St.**
Inkster Comm. Area, 204-940-2019
- **"A New Life" Online Prenatal Course**
to access "A New Life" paste the following URL
into your web browser:
<http://www.wrha.mb.ca/community/publichealth/service-s-healthy-parenting.php>

Winnipeg Regional Health Authority

Midwifery Services

*Central Intake Line: (204) 947-2422 ext. 307

- **Access Downtown Health Action** , 640 Main Street
- **Access River East**, 975 Henderson Highway
- **Mount Carmel Clinic**, 886 Main Street
- **Women's Health Clinic**, A-419 Graham Ave.

Community and Private Prenatal Resources

- **Baby Rush** (Hillary, RN BN), 204-232-3612
Nest Family Centre, 667 Stafford St.
www.babyrushonline.com, info@babyrushonline.com
- Fee for service
- Wknd, 3 week and 6 week series, and private classes

- **Birth Prep and Yoga Fusion** 204-864-2456,
Academy Chiropractic, 525 Academy,
Jennifer@gurumama.ca, fee for service
- Pregnancy, birth and postpartum support

- **Birth Root Doula Collective** 204-792-6769,
206-83 Sherbrook, 230-600 St. Anne's Road
info@birthrootsdoulas.com, www.birthrootsdoulas.com
- Prenatal classes - Evening/weekend/private series
- Doulas
- Postpartum and breastfeeding support
- Services in English and Spanish
- Fee for service. Sliding scale for low income

- **Blissful Beginnings Childbirth Services**
1901 Main St, 9-1080 Waverly St. and in home classes
www.theblissfulway.com, 204-297-6094
- Doula Services
- Prenatal Classes – 2 Sunday series; 5 week series; and in-home class
- Fee for service. Sliding scale for low income

- **Carol**, 204-255-9324, gclorteau@shaw.ca
Certified Lamaze Childbirth Educator
Individual in-home or group classes, French & English

- **Centre de Sainte-Saint Boniface Health Centre**,
D1048-409 Tache Avenue, 204-235-3910
French language prenatal classes, free

- **Centre Youville Center**
33 Marion Street and #6-845 Dakota Street
204-255-4840 www.youville.ca
- Young Expectations, 6 week evening prenatal series for young people. 25 and under free.
- Prenatal classes weekend series – Friday evening & Saturday or Weekday evening series (6 Tuesdays)
Fee for service. Sliding scale for low income.

- **Equilibrium Massage Therapy & Wellness Centre**
17A-584 Pembina Hwy, www.eqwellness.ca,
204-415-5155
- Prenatal massage, labour & delivery support services
- Fee for service

- **Family Community Centre**, 475 Sargent Avenue,
204-775-9934, prenatal education series, free

- **Access Downtown Health Action Centre**
640 Main Street, 204-940-1626
- individual education for clients of Health Action, free

- **MB Assoc. for Childbirth & Family Education**,
P.O. Box 68084 43 Osborne St, 204-475-1865,
www.manitobachildbirth.com
- Doula Services, Prenatal Yoga, Prenatal Massage
- Group prenatal classes; private classes
- Doulas
- Fee for service. Sliding scale for low income).

- **Mind Body & Child**, info@MindBodyandChild.com,
Sonia @ 204-237-8130
- 6 week or 2 weekend series , group and private classes
- Fee for service

- **Mothers Journey Childbirth Support Services**, Cindy
@ 204-878-2374, www.ManitobaChildbirthClasses.ca,
childbirthmentor@gmail.com
- Professional doula, certified birth mentor, certified Lactation Consultant
- Fee for service

- **Mother to Mother**, Noreen Fehr @ 204-228-3273
www.mother2mother.ca , fee for service
- Group classes; Private classes
- Doula services
- Belly casting, newborn care classes and Infant massage classes
- Fee for service

- **Mount Carmel Clinic**, 886 Main St
- Linda @ 204-589-9425 or Jan @ 204-589-9457,
www.mountcarmel.ca
- Birth preparation for youth < 21 yrs of age, single class
- Free

- **Sundragon Studio**, Karen Bilous, RMT,
3141 Portage Avenue, 204-612-0581
- Birth and labour support, prenatal massage
- Fee for service

- **This Way to a Healthy Baby 204-942-2229 (BABY)**
Various locations in inner-city
- Community based prenatal care

- **Villa Rosa**, 784 Wolseley Avenue,
204-786-5741(ext. 223)
- Prenatal series for clients of Villa Rosa and young single mothers wishing additional support
- Free

- **Wolseley Family Place**, 691 Wolseley Avenue,
204-788-8052
- 6 week evening series; 2 Saturday series
- Fee for service

Breastfeeding Support

WRHA Public Health and community agencies offer free Breastfeeding/Lactation Consultant support.

- To make a weekend appts with a Public Health Lactation Consultant, call Mon. to Fri. 204-940-2362

Individual and group support by community areas. Phone to confirm times or book an appointment with a Lactation Consultant.

- **St. James**, 2015 Portage Avenue, 204-940-2040, Friday 9:00 -11:30 a.m.
- **Downtown**, 640 Main Street, 204-940-6669 PHN Lactation Consultant, Wed. 9-10:30 a.m. And Breastfeeding Buddies Support Group, Wed. 10-11:30 a.m.
- **Ft Garry/River Heights**, 1155 Wilkes Ave., 204-940-2015, Wednesday 1:00 – 3:00 p.m.
- **Inkster/Seven Oaks**, 3-1050 Leila Ave, 204-938-5607, Thursday 1:30 –3:30 p.m.
- **Access River East**, 975 Henderson Hwy, 204-938-5000, Monday 1:30 – 3:30 p.m.
- **Youville St. Vital**, Lactation Clinic, 6-845 Dakota Street, Tuesday 1-3 p.m. 204-255-4840
- **Women's Hospital**, 735 Notre Dame Avenue 204-787-1166, Phone support, Lactation Consultant by appt or drop-in Breastfeeding Clinic Thursday 1:00 – 3:00 p.m.

- **Breastfeeding Hotline** 204-788-8667, 24 hours nurse phone support with possible referral to WRHA Public Health

- **La Leche League**, various group locations, phone support. www.LLLC.ca 204-257-3509

- **Nest Family Centre**, 667 Stafford St., 204-453-8160 www.nestfamilycentre.com
- Fee for service. Drop in support every Monday & Thursday. Private consults available
- See website for other classes/workshops available

- **Personataly** Lactation Consultant, 204-222-3794, fee

- **Breastfeeding Online**
<http://www.breastfeedingonline.com>

Additional Supports and Resources

- **Child and Family Services**, Intake 204-944-4200, after 4:30 p.m. 204-944-4050 or 1-866-345-9241
- **Employment Assistance After-hours** (EIA-Family Services) @ 204-945-0183
- **Encompass**, information on WRHA services, www.wrha.mb.ca or speak with a service navigator @ 204-788-8200

- **Winnipeg Regional Health Authority**, general inquiries @ 204- 926-7000

- **Family Doctor Connection**, names of family doctors accepting new clients call 204-786-7111 or 1-866-690-8260

- **Families First**, program for families with young children. Contact local Public Health Nurse

- **Fit 4 Two Pre and Postnatal Fitness** www.fit4two.ca, Aileen @ 204-452-5000, fee for service, drop-in or full series rates, various locations

- **Healthy Baby Program**, 204-945-1301 or 1-888-848-0140, www.manitoba.ca/healthychild
- Drop-in support for pregnant women, new parents and babies (milk coupons, bus tickets *may* be available)
- Financial help for women more than 14 wks pregnant and a net family income of less than \$32,000
- Various locations

- **Home Visit Doctors**, covered by MB Health Card:
- **Health Calls** @ 204-988-1900, 8 a.m. - 6 p.m., daily
- **Envoy** @ 204-786-4444, 8 a.m. - 5 p.m., Mon. to Fri.
- **House Calls** @ 204-589-5555, 8 a.m. -10 p.m., daily

- **Health Links**, 24 hour phone information line answered by registered nurses, 204-788-8200 or 1-888-315-9257

- **Healthy Start for Mom and Me**, 204-949-5350 <http://www.hsmm.ca/wp/>
- Drop-in for pregnant women/teens and new parents
Variety of locations, dates and times

- **Mother Risk Pregnancy Help-lines** (Hospital for Sick Children, Toronto). www.motherisk.org, Monday to Friday daytime hours (may need to leave message)
- Alcohol + Substance Use 1-877-FAS-INFO (toll free)
- Drugs + Chemicals during pregnancy 1-416-813-6780
- HIV 1-888-246-5840 (toll free)
- Nausea + Vomiting 1-800-436-8477 (toll free)

- **Smokers' Helpline** 1 877 513 5333
- www.smokershelpline.ca

- **Women's Health Clinic**, Mothers Programs, 204-947-2422 (ext. 113)
- Providing individual, group and outreach support for women who are pregnant and/or have children under the age of one.
- Families Connecting, Coping with Change

Community Resources

for

Childbirth Preparation,

Breastfeeding and

Postpartum Support



This resource includes education and support options that may be helpful to people who are pregnant or new parents. The services listed have not been evaluated. The services of one provider are not recommended over those of another. Price may vary from those listed. Please contact L. Mutch with changes.

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