

Hospital Tours

Women's Hospital Health Sciences Centre

735 Notre Dame Avenue, 787-3647

- Tour 1st and 3rd Wednesday of the month, 5:30 and 6:45 p.m.

St. Boniface General Hospital

409 Tache Avenue, 235-3144

- Virtual Tour 2nd Thursday of the month, 7-9 p.m.

Winnipeg Regional Health Authority

Public Health Classes

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

- **Lower Level-333 Maryland Avenue**
940-8711 (switchboard)
- **3-1050 Leila Avenue**
938-5607 (Janet)
- **2735 Pembina Highway**
940-2313 (Terri)
- **2015 Portage Avenue**
940-2397 (Carol)
- **3401 Roblin Boulevard**
940-2453 (Barb)
- **240-614 Des Meurons**
940-2035 (switchboard)
- **Access River East, 975 Henderson Highway**
938-5300 (Public Health)
- **Access Transcona, 845 Regent Avenue W**
938-5555 (switchboard)
- **601 Aikins Street**
940-3628 (Maureen)
- **677 Stafford Avenue**
938-5144 (Sheryl)
- **103-61 Tyndall Avenue**
940-2019 (Shasi)

Winnipeg Regional Health Authority

Midwifery Services

- **Health Action Centre**, 425 Elgin Avenue
940-3843
- **Access River East**, 975 Henderson Highway
938-5054
- **Mount Carmel Clinic**, 886 Main Street
589-9412
- **Women's Health Clinic**, A-419 Graham Ave.
947-2422 (515)

Community and Private Prenatal Resources

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

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- **Birth Root Doula Collective** @ 792-6769,
206-83 Sherbrook, info@birthrootsdoulas.com,
www.birthrootsdoulas.com, fee for service
 - 6 week evening series \$110
 - Weekend session \$125
 - Private series-\$125 to \$135

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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. 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, 940-2040, Friday 9:00 -11:30 a.m.
- **Downtown/Point Douglas**, 755 Portage Ave., 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., 940-2015, Wednesday 1:00 – 3:00 p.m.
- **Inkster/Seven Oaks**, 3-1050 Leila Ave, 938-5607, Thursday 1:30 –3:30 p.m.
- **Access River East**, 975 Henderson Hwy, 938-5000, Monday 1:30 – 3:30 p.m.
- **Youville St. Vital**, Lactation Clinic, 6-845 Dakota Street, Tuesday 1-3 p.m. 940-1692
- **Women's Hospital**, 735 Notre Dame Avenue 787-1166, Phone support, Lactation Consultant by appt or drop-in Breastfeeding Clinic Thursday 1:00 – 3:00 p.m.

- **Breastfeeding Hotline**, 788-8667, 24 hour nurse phone support with [possible referral to WRHA Public Health](#)

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

- **Personatly** Lactation Consultant, 222-3794, fee

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

Additional Supports and Resources

- **Health Baby**, community support programs and MB Prenatal Benefits, 945-1301 or 1-888-848-0140, www.manitoba.ca/healthychild
- Financial help for women >14 wks pregnant and a net family income <\$32, 000
- Group programs for pregnant women and new parents, various locations

- **Families First**, Public Health program for families of young children. Contact local PHN.

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

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

- **Healthy Start for Mom and Me**, 949-5350
- Groups for pregnant women and new parents, various locations

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

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

- Doctors that make home visits, covered by MB Health Card:
- **Health Calls** @ 988-1900, 8 a.m. - 6 p.m., daily
- **Envoy** @ 786-4444, 8 a.m. - 5 p.m., Mon. to Fri.
- **House Calls** @ 582-2362, 8 a.m. -10 p.m., daily

- **Encompass**, information on WRHA services, www.wrha.mb.ca or speak with a service navigator @ 788-8200
- Winnipeg Regional Health Authority, general inquiries @ 926-7000

- **Employment Assistance After-hours** (EIA-Family Services) @ 945-0183

- **Child and Family Services**, Intake 944-4200, after 4:30 p.m. 944-4050 or 1-866-345-9241

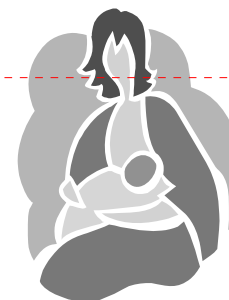
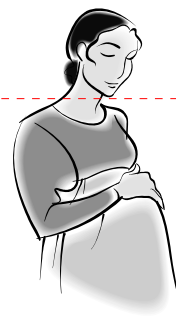
Community Resources

for

Childbirth Preparation,

Breastfeeding and

Postpartum Support



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Coping with Change
..... 947-
2422(ext. 113)¶
Women's Health Clinic,
phone support and
Transcona group site ¶

This resource includes education and support options that may be helpful to people who are pregnant or new parents. Health Action Centre is not recommending one service over another and has not evaluated the various services listed. Price may vary from those listed. Please contact L. Smith with changes.

Lea Smith, BN, Sexual Health Educator, 940-3844
Health Action Centre
Lsmith1@wrha.mb.ca
November 5, 2009

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