

### Hospital Tours

(appointment required, space is limited)

#### **Women's Hospital Health Sciences Centre**

735 Notre Dame Avenue, 787-3647

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

#### **St. Boniface General Hospital**

409 Tache Avenue, 235-3144

- Virtual Tour 2<sup>nd</sup> 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.

- **Access Downtown, 640 Main Street,** Dwtm Community Area, 940-8711 (switchboard)
- **3-1050 Leila Avenue,** Seven Oaks Comm. Area, 938-5607 (Janet)
- **2735 Pembina Highway,** Ft Garry Comm. Area, 940-2313 (Terri)
- **2015 Portage Avenue,** St. James-Assiniboia Comm. Area, 940-2397 (Carol)
- **3401 Roblin Boulevard,** Assiniboine South Comm. Area, 940-2453 (Barb)
- **100-614 Des Meurons,** St. Boniface/St. Vital Comm. Area, 940-2035 (switchboard)
- **Access River East, 975 Henderson Highway** River East Comm., Area, 938-5300 (Public Health)
- **Access Transcona, 845 Regent Avenue W** Transcona Comm. Area, 938-5555 (switchboard)
- **601 Aikins Street,** Pt Douglas Comm. Area, 940-3628 (Maureen)
- **677 Stafford Avenue,** River Heights Comm. Area, 938-5144 (Sheryl)
- **103-61 Tyndall Avenue,** Inkster Comm. Area, 940-2019 (Shasi)

### Winnipeg Regional Health Authority

#### Midwifery Services

- **Health Action Centre,** 640 Main Street 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](mailto:Jennifer@gurumama.ca), fee for service
- Pregnancy, birth and postpartum support
- **Birth Root Doula Collective @** 792-6769, 206-83 Sherbrook, [info@birthrootsdoulas.com](mailto:info@birthrootsdoulas.com), [www.birthrootsdoulas.com](http://www.birthrootsdoulas.com), fee for service
- 6 week evening series \$110, weekend session \$125
- Private series-\$125 to \$135, hypno-birthing \$250
- Doulas \$550/birth (sliding scale for low income)
- Post-partum Doulas and Baby Signing Classes
- **Baby Rush,** Hillary (nurse) @ 232-3612, [www.babyrushonline.com](http://www.babyrushonline.com), [info@babyrushonline.com](mailto:info@babyrushonline.com), fee for service
- 3 week labour & birth \$90, 6 week comprehensive prenatal series \$120, private class \$180
- **Centre de Sante-Saint Boniface Health Centre,** D1048-409 Tache Avenue, 235-3910 French language prenatal classes, free
- **Equilibrium Massage Therapy & Wellness Centre,** 17A-584 Pembina Hwy, [noella.24@hotmail.com](mailto:noella.24@hotmail.com), 415-5155, fee for service
- Prenatal & infant massage, and labour & birth support
- **Family Community Centre,** 475 Sargent Avenue, 775-9934, prenatal education series, free
- **Health Action Centre,** 640 Main Street., 940-3844, individual education for clients of Health Action, free
- **MB Assoc. for Childbirth & Family Education,** P.O. Box 68084 43 Osborne St, 475-1865, [www.manitobachildbirth.com](http://www.manitobachildbirth.com), fee for service
- Prenatal classes \$125, private classes \$175
- Doulas \$450/birth (sliding scale for low income)
- **Mind Body & Child,** [www.MindBodyandChild.com](http://www.MindBodyandChild.com), [info@MindBodyandChild.com](mailto:info@MindBodyandChild.com), Sonia @ 452-2639, fee for service
- 6 week or 2 weekend series, group and private classes
- Doula Services, Prenatal Yoga, Prenatal Massage
- **Mothers Journey Childbirth Support Services,** Cindy @ 878-2374, [www.ManitobaChildbirthClasses.ca](http://www.ManitobaChildbirthClasses.ca), fee for service
- Birthing From Within & Birthing Again classes \$75-150
- Doula services \$600 Belly Casts

- **Mother to Mother,** Noreen Fehr @ 228-3273 [www.mother2mother.ca](http://www.mother2mother.ca), fee for service
- Group classes \$35-150, Private classes \$75-250
- Doula services \$500
- Belly casting, newborn care classes and Infant massage classes

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- **Mt Carmel Clinic,** 886 Main St, Linda @ 589-9425 or Jan @ 589-9457, [www.mountcarmel.ca](http://www.mountcarmel.ca), free
  - Birth preparation for youth < 21 yrs of age, single class

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- **Personataly,** Melanie (nurse), Manitoba Clinic, 790 Sherbrook Street, 222-3794 or [www.personataly.com](http://www.personataly.com), fee for service
  - 3 week evening series \$90
  - Weekend series \$110, Private in home \$175
  - Hypno-birthing series \$200/private \$350
  - Lactation Consultant

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

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- **Wolseley Family Place,** 691 Wolseley Avenue, 788-8052, fee for service
  - 6 week evening series-\$75
  - 2 Saturday series-\$75

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- **Youville Centre Centre,** 6-845 Dakota, 255-4840
  - Young Expectations, 6 week evening prenatal series for youth ages 14 to 25 yrs, free
  - Traditional prenatal series, 6 week evening or Weekend series, Friday evening & Saturday, \$90, sliding scale for low income

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- **Sanctuary Birth Support,** Janice or Steve 804-4703, [www.sanctuarybirthsupport.com](http://www.sanctuarybirthsupport.com), fee for service, services in English and Spanish
  - Group and private classes, cost varies
  - Birthing classes, classes for Dads, Friends/Family.
  - Doula Services.

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- **Sundragon Studio,** Karen Bilous, RMT, 3141 Portage Avenue, 612-0581, fee for service
  - Private classes, 1 session \$80, 3 sessions \$160
  - Doula \$450/birth
  - Belly casting, prenatal and infant massage

## **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 hours nurse phone support with possible referral to WRHA Public Health .

- **La Leche League**, various group locations, phone support. [www.LLLC.ca](http://www.LLLC.ca) 257-3509

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

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

## **Additional Supports and Resources**

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

- **Winnipeg Regional Health Authority**, general inquiries @ 926-7000
- **Family Doctor Connection**, names of family doctors accepting new clients call 786-7111 or 1-866-690-8260
- **Families First**, Public Health program for families of young children. Contact local PHN.
- **Fit 4 Two Pre and Postnatal Fitness** [www.fit4two.ca](http://www.fit4two.ca) , Aileen @ 452-5000, fee for service, drop-in or full series rates
- **Health Baby**, community support programs and MB Prenatal Benefits, 945-1301 or 1-888-848-0140, [www.manitoba.ca/healthchild](http://www.manitoba.ca/healthchild)
- Financial help for women >14 wks pregnant and a net family income <\$32, 000  
Group programs for pregnant women and new parents, various locations
- **Home Visit Doctors**, 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** @ 589-5555, 8 a.m. -10 p.m., daily
- **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
- **Mother Risk Pregnancy Help-lines** (Hospital for Sick Children, Toronto). [www.motherisk.org](http://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)
- **Smokers' Helpline** 1 877 513 5333
- [www.smokershelpline.ca](http://www.smokershelpline.ca)
- **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, 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. 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.

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