

Expectant and New Parent Services and Resources

Manitoba offers a number of services that connect expectant or new parents with local supports for a healthy pregnancy, delivery, and care plan for a newborn baby.

Where can I find the services I need?

Manitoba public health offices, your local child and family service agency, and community service providers such as public health nurses, can help you access the health and support services that are right for you, your baby and your family.

- You can find a public health nurse by contacting your local public health office. For a listing of public health offices, visit www.manitoba.ca/health/publichealth/offices
- You can connect with a social worker by contacting your local child and family services agency office. For office listings, visit www.manitoba.ca/fs/childfam/cfsagencies

Where can I learn more about community resources that are available for expectant or new parents?

You'll find some great resources at:

- **Parent Zone**
For more information, visit: www.manitobaparentzone.ca
- **Child and Youth Programs**
For more information, visit: www.gov.mb.ca/healthychild/healthybaby

See below for the List at a Glance – Manitoba Community Programs and Services for Expectant Parents.

Note: This list is not exhaustive and contact your local agency for most up to date supportive services for families in their community.

List at a Glance
Community Programs and Services for Expectant and New Parents

Program	Who is eligible	Services Provided	Location	How to Access Program
Healthy Baby Community Support Programs	Pregnant, or with baby up to age 1	<ul style="list-style-type: none"> • Help with health, nutrition, breastfeeding, healthy choices, parenting, infant development • Provides: Snack, milk, coupons, bus tickets, child care 	Across Manitoba – local programs are listed here: https://www.gov.mb.ca/healthychild/healthybaby/csp.html	Self-Referral To get local information call: Winnipeg – 204-945-1301 Outside Winnipeg – 1- 888-848-0140
Manitoba Prenatal Benefit	Pregnant with family income under \$32,000/yr	<ul style="list-style-type: none"> • Financial help for healthy food, between \$10 - \$81.41/month from 2nd trimester till month of due date • Help connecting to local community programs 	Across Manitoba	Mail the application form to Health Child Manitoba – available in local organizations, medical, government, offices and at: https://www.gov.mb.ca/healthychild/healthybaby/babyappln.pdf
Families First	Pregnant of immediately after birth	<ul style="list-style-type: none"> • Regular home visits to support parenting, and provide information about health, nutrition, safety • Help connecting with local resources identified by the family 	Across Manitoba	Most Referrals are from public health, but families can self- refer by calling their community public health office. View pamphlet here: https://www.gov.mb.ca/healthychild/familiesfirst/index.html
Restoring the Sacred Bond Initiative	SFNNC agencies high risk expectant mothers on and off reserve	<ul style="list-style-type: none"> • Connection to Indigenous birth helpers, up to one year including pre-natal, labour and delivery, and post-natal supports • Connection to ceremonies and cultural traditions • One on one mentoring support, in home visits, group programming, provide information about health, nutrition, safety, breastfeeding, healthy choices in harm reduction model • Supports mother through CFS processes 	Southern Manitoba SFNNC communities	Through a Southern First Nations Network of Care Agencies can make referrals, self-referrals: 204-783-9190 Email lkwe@birthsovereignty.ca

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InSight Mentoring Program	Pregnant women (over 18 yrs) or with a child under 1, using substances	3-year relationship with a mentor who provides practical support, advocacy, and connection to services (eg. housing, transportation, prenatal care, cultural teaching, parenting skills, harm reduction, drug or alcohol treatment, family planning, domestic violence, trauma and violence)	7 Manitoba sites: Winnipeg (2 sites), Portage la Prairie, Dauphin, The Pas, Flin Flon, and Thompson. Client pamphlet: www.gov.mb.ca/healthychild/fasd/insightclient_en.pdf	Self-refer, or by a service provider Call the local office listed on the pamphlet: https://www.gov.mb.ca/healthychild/fasd/insightsp_en.pdf
Strengthening Families Maternal Child Health Program	Expectant Parents	<ul style="list-style-type: none"> • Home Visitations • Referral and access linkages with other programs and services • Health promotion activities • Case management for families with complex needs 	Brokenhead Ojibway Nation, Cross Lake Band of Indians, Dakota Tipi First Nation, Garden Hill First Nation, Hollow Water First Nation, Keeseekoowenin Ojibway Nation, Long Plain First Nation, Nisichawayasihk Cree Nation, Northlands, Denesuline First Nation/KTC, Norway House Cree Nation, Opaskwayak Cree Nation, Peguis First Nation, Pine Creek First Nation, Rolling River First Nation, Roseau River First Nation, Sagkeeng First Nation, Waywayseecapoo First Nation	600-275 Portage Ave., Winnipeg, MB info@fnhssm.com ; 204-942-9400

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Steinbach Family Resource Centre	Expectant parents and Parents with children from ages 0-5	<ul style="list-style-type: none"> • Prenatal support • Parenting classes • Support for Mothers and Fathers • Group programming for mothers and fathers • Group programming for parents and infants • Breastfeeding support • Breastpump rentals • Nutrition 	101 North Front Drive, Steinbach	Self-referral 204-346-0413
The Mothering Project (Manito Ikwe Kagiikwe)	Pregnant women (over 18yrs) or with a child under 1, using substances	<p>“One stop shop”</p> <ul style="list-style-type: none"> • Onsite child care • Drop-in and group programming • Addictions and substance use support (harm reduction approach) • Indigenous ceremonies and programming • Help with EIA, housing, CFS (including hosting visits with children in care, weekly support group) 	Mount Carmel Clinic 886 Main St, Winnipeg	Call the intake coordinator at 204-479-0203 For general information: mthomson@mountca.rmel.ca
Villa Rosa	Pregnant women (including minors)	<p>Pre and post natal residential supports including:</p> <ul style="list-style-type: none"> • School • Counselling • Parenting skills • Independent living skills 	784 Wolseley Ave Winnipeg	Self or agency referrals 204-786-5741 Ext 223 Email: intake@villarosa.mb.ca
Thrive Community Support Circle (formerly Pregnancy and Distress Family Support Centre)	Expectant parents and primarily parents of young children	<ul style="list-style-type: none"> • Counselling and support groups (including Men’s Group) • Parenting programs • Layettes • Child Care, including limited weekly parent respite and child care for parents while accessing Thrive programs 	555 Spence St, Winnipeg	Self-referrals 204-772-9091

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Indigenous Women's Healing Centre	Indigenous women (and their children) primarily facing issues related to domestic violence and addiction	Long term residential supports: <ul style="list-style-type: none"> • Counselling • Addictions support • Parenting skills • Learning programs • Daily living supports • Food and preparation 	105 Aikens St., Winnipeg	Self-referral or referral with consent by worker: 204-989-8240
Ma Mawi Wi Chi Itata Centre	Expectant parents, parents of all aged children (including minor parents)	<ul style="list-style-type: none"> • Parenting programs, counselling, family violence groups • Family Group Conferencing 	Winnipeg , several locations	Self-Refer: 204-925-0300 info@mamawi.com
Kookum's House Granny's House	Parents	<ul style="list-style-type: none"> • Emergency short respite services 	Winnipeg	Referrals to be accessed through: Andrews Street Family Centre, Blue Thunderbird Family Care, Mount Carmel Clinic, Wahbung Abinoonijiag, and The Winnipeg Boldness Project
Nobody's Perfect Parenting Program	Parents with children from ages 0-5	<ul style="list-style-type: none"> • promote positive parenting • increase parents' understanding of children's health, safety, and behaviour • help parents build on the skills they have and learn new ones • improve parents' self-esteem and coping skills • increase self-help and mutual support • bring them in contact with community services and resources • help prevent family violence 	33 Marion Street, Winnipeg	204- 231-3208 E-mail: Carmen@youville.ca
Wahbung Abinoonjiag	Women and children who are or have experienced domestic violence	<ul style="list-style-type: none"> • Drop in programs; drumming, language, sewing, housing, moms and tiny tots • Certificate programs; traditional parenting, women's circle, relapse prevention, domestic violence workshop • Childminding, bus tokens and a meal provided for all programs 	225 Dufferin, Winnipeg	General intake, no appointment required

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		<ul style="list-style-type: none"> Youth programs for ages 6-18 		
MacDonald Youth Services	Youth and families	<ul style="list-style-type: none"> Youth crisis services Life skills 	175 Mayfair, Winnipeg	Self-referral 204-477-1722
SEED Winnipeg INC.	Low income families	<ul style="list-style-type: none"> Access to benefits ID Clinics Saving circle Inner city homebuyer program Various money management programs 	80 Salter Street, Winnipeg	Call 204-927-9935 or check website to check eligibility for programs
New Directions	Youth, Young parents	<ul style="list-style-type: none"> Resources for Adolescent Parents (RAP) Transition, Education & Resources for Females (TERF) Family therapy services Families affected by Sexual Assault (FASA) FASD Family Support Multidisciplinary Assessment and Consultation Centre (MACC) 	500-717 Portage Ave, Winnipeg	Call 204-786-7051
West Central Women's Resource Centre	Women and families in the West Central area	<ul style="list-style-type: none"> Drop-in and food services Housing Restoring the balance Training & Skill building Child Minding services 	640 Ellice Ave, Winnipeg	Phone 204-774-8975 for more information
Marymound	Youth aged 16-21	<ul style="list-style-type: none"> Young Parents Program 	442 Scotia Street, Winnipeg	Phone 204-944-7404 for more information
Adolescent Parent Centre	Youth up to 21	<ul style="list-style-type: none"> Parenting Nutrition High school learning setting for young and expectant parents Infant Development 	136 Cecil St, Winnipeg MB	204-775-5440 or 204-947-1674

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TeenAge Parent Program TAPP	Youth 14-21	<ul style="list-style-type: none"> • Regular and modified programming for school • Parenting courses 	Nelson McIntyre – 188 St. Mary's Rd, Winnipeg	204-237-0219
Crisis Pregnancy Center of Winnipeg	Expectant Mothers and Mothers with newborns	<ul style="list-style-type: none"> • Provides support through pregnancy • provides a newborn layette, pampers, formula and baby clothes as donated 	650 Broadway Avenue West Winnipeg	Self-referral, 1-800-665-0570, email info@pregnancy.ca , text 204-813-0555
Thunderwing	Works with individuals/families living within the Dufferin, William Whyte and Lord Selkirk Park neighborhood who are involved with more than one system experiencing barriers	<ul style="list-style-type: none"> <input type="checkbox"/> Bring together organizations supporting an individual/family and encourages them to work together <input type="checkbox"/> Resolves system issues that prevent individuals/ families from reaching their goals 	510 Selkirk Ave, Winnipeg	Referral by Agency info@blockbyblockproject.ca
Willow Place	Women and children leaving domestic violence	<ul style="list-style-type: none"> • Emergency shelter for women and children • 24-hour Crisis Line • Emergency shelter in Winnipeg for women and their children leaving family violence situations • One to one and group counselling • Follow-up services • Advocacy and links to community supports • Outreach and prevention services 	Winnipeg	Self-referral 204-615-0311

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Ikwe Widdjiitiwin Inc.	Women and children leaving domestic violence	<ul style="list-style-type: none"> • 24-hour Crisis Line • Emergency shelter in Winnipeg for women and their children leaving family violence situations • One to one and group counselling • Follow-up services • Advocacy and links to community supports • Outreach and prevention services 	Winnipeg	Self-referral 1-800-362-3344
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