



# 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:

**Healthy Start**  
204-949-5350

Freight House Comm. Centre  
Door 1-200 Isabel St.

Magnus Eliason Rec. Centre  
430 Langside St.

St. Peter's Lutheran Church  
65 Walnut Street

Newcomers to Canada  
Freight House Comm. Centre  
Door 1-200 Isabel  
(with interpreters)

**Building Healthy Families**  
204- 471-3680

Crossways  
222 Furby St. (lower level)

### 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:

**NorWest Baby Steps**  
431-276-2647  
785 Keewatin St.

**Healthy Start**  
204-949-5350

Hope Centre  
240 Powers St.

Maples Community Centre  
434 Adsum Dr.

Turtle Island Community Centre  
510 King St.

St. John's Leisure Centre  
601 Aikins St.

**Families Connecting**  
204-947-2422 ext.113

Seven Oaks Adult Learning Centre  
950 Jefferson Ave

### River & Osborne:

**Families Connecting**  
204-947-2422 ext.113

Fort Rouge Leisure Centre  
625 Osborne Street.

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

Access River East  
975 Henderson Hwy.

East Elmwood Community Centre  
490 Keenleyside Street

**Young Parents Connecting**  
204-223-9450

Salisbury Morse Place School  
794 Prince Rupert Ave.

### Fort Garry & St. Boniface:

**Healthy Start**  
204-949-5350

Trinity United Church  
933 Summerside Ave.

Access St Boniface  
170 Goulet St

**Bébé en santé**  
204-237-9666 ext. 216  
Fédération des parents de la  
francophonie manitobaine (FPFM)  
2-622 ave. Taché  
(Services in French)