



SOUTHERN HEALTH - SANTÉ SUD

Contact your local Public Health office for information about Prenatal Classes, Postnatal Visits, Child Health, Immunizations and Developmental Screenings

Town	Public Health office	Hospital
Steinbach	204-346-6123	204-326-6411
Ste. Anne	204-422-8817	204-422-8837
St. Pierre	204-433-7636	204-433-7611
Vita	204-425-3859	204-425-3804
Sprague	204-437-3015	
Lorette	204-878-9752	Midwifery Services
Niverville	204-388-2030	204-346-9480

Families First Contact your Public Health Nurse

Health Links-Info Santé toll free 1-888-315-9257
Receive general health information from a Registered Nurse
24hrs/7 days a week.

Family Doctor Finder toll free 1-866-690-8260
For a connection with a family Doctor in your area.

Mental Health

Crisis Response Services 204-326-9276
(24 hours a day 7 days/week) 1-888-617-7715
Crisis Stabilization Unit 204-320-1096
1-888-320-1096
Community Mental Health Access 1-888-310-4593

Chronic Disease Management 204-326-7569
Ext. 3653

Quick Care Clinic 204-326-7569

Children's Therapy Initiative Intake 204-326-6411
Ext. 2109

FASD Coordinator 204-346-7039

Audiology Services 204-346-7009

PARENTING PROGRAMS & RESOURCES

For families with children aged 0-5.

Steinbach Family Resource Center 204-346-0413
www.steinbachfrcc.ca

Parent/Child programs in schools:

*please note that many of the schools in the South East have parent/child programs running throughout the school year for families with children 1-5 years old. Call your local school or school division office as indicated below to find out if there is a parent/child program currently running in your community.

Border Land School Division

**Please call the individual school for information
Shevchenko (Vita)..... 204-425-3535
Ross L. Gray (Sprague)..... 204-437-2175
Roseau Valley (Dominion City)..... 204-427-2143

Division Scholaire francophone manitobaine

Francophone parent/child programs in Ile Des Chenes, Lorette, St.Pierre, La Broquerie, and Ste Agathe.
Contact Joanne 204-791-3286
www.cpefmb.org

Hanover School Division

Parent/ child programs in Blumenort, Grunthal, Mitchell, Kleefeld, New Bothwell, Landmark, Woodlawn, Elmdale, & Southwood schools.
Contact Wendy..... 204-326-9829

**English and German groups run at the Mitchell and Woodlawn sites.

Red River Valley School Division

Parent/child programming in St. Pierre and St. Malo schools
Contact Jaelyn 204-746-2317

Seine River School Division

Parent/child programming in Ile Des Chenes, Lorette, Ste. Anne, La Broquerie or Richer. Call the school or:
Contact Jackie 204-878-4713

Healthy Baby 204-346-6696

Other Parenting Resources:

Dial a Dietitian 8am-6pm Toll free - 1-877-830-2892
Manitoba Parent Line 8am-8pm 204-945-4777
Toll free - 1-877-945-4777
Manitobaparentzone.ca

PREGNANCY, POSTPARTUM & BREASTFEEDING SUPPORT

Nausea or Vomiting in Pregnancy Help Line..... 1-800-436-8477
Postpartum Warmline 1-204-391-5983
Breast Feeding support & info (Health Links) 1-888-315-9257
LaLeche League (Breastfeeding)..... 204-257-3509
www.lllc.ca

CRISIS LINES & HOTLINES

EMERGENCY (FIRE AMBULANCE AND POLICE) CALL 911

Agape House Women's Shelter	204-346-0028	Men's Resource Centre	1-855-672-6727
Mental Health Crisis Line	1-888-617-7715	Missing Kids Canada	1-866-543-8477
Domestic Violence Crisis Line	1-877-977-0007	Sexual Assault Crisis Line	1-800-292-7565
Kids Help Phone	1-800-668-6868	Suicide & Crisis Line	1-877-435-7170
Manitoba Poison Control	1-855-776-4766	Youth Emergency Stabilization Unit	1-888-383-2776
Farm & Rural Stress Line (www.ruralstress.ca)	1-866-367-3276		

Resources for Families



Compliments of
Healthy Child Coalition - South East



CHILDREN AND FAMILY SERVICES

Helping to ensure that families and communities provide for the safety and wellbeing of their children.

CFS Steinbach office.....	204-346-6390
CFS St. Pierre office.....	204-433-3340
Manitoba Foster Family Network.....	1-866-458-5650
Children's disABILITY services.....	204-346-6390

CHILD CARE

Manitoba Childcare Program	
Central Eastman.....	204-422-7004
South Eastman.....	204-433-2576
Online Child Care registry..	https://onlinechildcareregistry.gov.mb.ca

LANGUAGE & LITERACY

Bibliotheque Richot Ile des Chenes.....	204-878-2147
Bibliotheque Ritchot St. Adolphe.....	204-883-2182
Bibliotheque Ritchot Ste. Agathe.....	204-882-2275
Bibliotheque St Joachim La Broquerie.....	204-424-9533
Bibliotheque Ste. Anne Library.....	204-422-9958
Bibliotheque Tache Lorette.....	204-878-9488
Jake Epp Library Steinbach.....	204- 326-6841
Jolys Regional Library St. Pierre.....	204-433-7729
St. Malo Library St. Malo.....	204-347-5606
South Eastman English & Literacy Services (SEELS). For adults & families wanting to learn English.....	204-326-4225

ADDICTIONS

Adult Addictions information.....	1-866-662-6605
Al-Anon - Steinbach.....	204-326-1172
Al-Anon- Other communities.....	204-943-6051
Community addictions worker.....	204-326-7724 or 1-866-638-2561
FASD Information Line.....	1-866-877-0050
Gambling Help Line 24 hour.....	1-800-463-1554
Smokers' Helpline.....	1-877-513-5333

NEW IMMIGRANTS

Eastman Immigrant Services.....	204-346-6609
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\$ SUPPLEMENTS \$

CCRA, Canada Child Tax Benefit.....	1-800-387-1193
Child Care Subsidy.....	1-877-587-6224
Healthy Baby Prenatal Benefit.....	1-888-848-0140
Manitoba Child Benefit Program.....	1-800-563-8793
Shelter Assistance Programs.....	1-877-587-6224
Prescription Drug assistance.....	1-800-297-8099

EMPLOYMENT & HOUSING SERVICES

Employee Income Assistance.....	204-346-6390
	1-866-682-9782
Manitoba Housing Support.....	1-800-661-4663
Eastman Employment Services.....	204-326-4099
Legal Aid Manitoba.....	1-800-261-2960

FOOD BANKS

Grunthal.....	204-371-1394
Ile Des Chenes.....	204-878-3359
Lorette.....	204-878-3562
Niverville.....	204-392-5699
R.M. of Franklin.....	204-427-2869
Ste. Anne.....	204-371-4984
Steinbach.....	204-326-2599
Steinbach Community Outreach.....	204-326-7954
Steinbach Soup's on.....	204-326-3707

If you have questions about
Parent-child / family resource programs or parenting
resources in the South East for children 0-5, call
204-346-6698 or visit www.healthychildcoalition.ca

Healthy Child Coalition - South East

*At the time of printing, all phone numbers were correct.
Any changes will be updated on the website.

Other Important Numbers