



Health Services

Southern Health-Santé Sud Public Health offices and hospitals

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	
Niverville	204-388-2030	
www.southernhealth.ca		

Midwifery Services
204-346-9480

Families First Contact your Public Health Nurse

Mental Health

Crisis Response Services 1-855-320-1096
 (24 hours a day 7 days/week) 1-888-617-7715
Community Mental Health Access 1-888-310-4593

Chronic Disease Management 204-320-2475
Quick Care Clinic 204-326-7569

Children's Therapy Initiative Intake 204-326-6411
 Ext. 288

Coordinating Audiology, Speech Language Pathology, Physiotherapy
 and Occupational Services for Children

FASD Coordinator 204-346-7039

Audiology Services 204-326-5361

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

Qdoc www.qdoc.ca 1-833-736-2362

Dial a Dietician 1-877-830-2892

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

Dentist ManitobaDentist.ca
 For a connection to a dentist in your area.

PARENTING PROGRAMS & RESOURCES

For families with children aged 0-5

Steinbach Family Resource Centre 204-346-0413
www.steinbachfrfc.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 www.blstd.ca

**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

DSFM www.dsfm.mb.ca

Francophone parent/Child programs in Ile Des Chenes,
 Lorette, St. Pierre, La Broquerie, Ste. Anne and Ste

Agathe francophone schools 204-237-9666 ext. 201

[Les CRÉEs | FPFM \(lafpfm.ca\)](http://LesCRÉEs|FPFM(lafpfm.ca))

Hanover School Division www.hsd.ca

Parent/ child programs in Blumenort, Grunthal, Mitchell,
 Kleefeld & Steinbach schools.

Call the school or Division Office 204-326-9829

Red River Valley School www.rrvsd.ca

Division Office 204-746-2317

Seine River School Division www.srsd.ca

Division Office 204-878-4713

Healthy Baby 204-346-6696

If you have any questions about other
 caregiver/child/family resource programs in the South
 East for children 0-6, visit

www.healthychildcoalition.com

Healthy child Coalition - South East
204-380-1707

PREGNANCY, POSTPARTUM & BREASTFEEDING SUPPORT

Postpartum Warm line 1-204-560-1468 (avail) 12:00-2:00pm

Breast Feeding support & info 1-888-315-9257

CRISIS LINES & HOTLINES

EMERGENCY (FIRE AMBULANCE AND POLICE) CALL 911

Agape House Women's Shelter 204-346-0028

Mental Health Crisis Line 1-888-617-7715

Domestic Violence Crisis Line 1-877-977-0007

Kids Help Phone 1-800-668-6868

Manitoba Poison Control 1-855-776-4766

Farm & Rural Stress Line (www.supportline.ca) 1-866-367-3276

Legal Aid Manitoba 1-800-261-2960

Child Find MB 1-866-543-8477

Sexual Assault Crisis Line 1-888-292-7565

Suicide & Crisis Line 1-877-435-7170

Hope for Wellness Helpline (open to all Indigenous people
 across Canada) ...1-855-242-3310

Resources for Families



Healthy Child Coalition

www.healthychildcoalition.ca

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.

Steinbach office	204-346-6390
St. Pierre office.....	204-433-3340
Toll-free number.....	1-866-345-9241
Manitoba Foster Family Network	1-866-458-5650
Children's disABILITY services	204-346-6390

CHILD CARE

Manitoba Childcare Program 1-888-213-4754

Online Child Care registry: <https://onlinechildcareregistry.gov.mb.ca>

LANGUAGE & LITERACY

Bibliothèque Ritchot - Ile des Chenes	204-878-2147
Bibliothèque Ritchot - St. Adolphe.....	204-883-2182
Bibliothèque Ritchot - Ste. Agathe	204-882-2275
Bibliothèque Saint Joachim - La Broquerie.....	204-424-9533
Bibliothèque - Ste. Anne	204-422-9958
Bibliothèque 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.....	204-371-2896
Red River College Language Training Centre	204-326-4225

ADDICTIONS

Adult Addictions information.....	1-855-662-6605
Al-Anon.....	204-943-6051
Community addictions worker	204-326-7724 or 1-877-254-3348
Gambling Help Line 24 hour	1-800-463-1554
Smokers' Helpline.....	1-877-513-5333
Youth addictions.....	1-877-710-3999

Recreation offices

RM of Hanover.....	204-346-7132
RM of La Broquerie.....	204-424-5251
Town of Niverville.....	204-388-4600 ext 3001
Rat River.....	204-712-7773
RM of Ritchot.....	204-803-6115
ROC(Recreation Opportunities for Children).....	204-371-2887
Town of Ste. Anne.....	204-422-5293
City of Steinbach.....	204-346-6217
RM of Tache.....	204-878-3321 ext. 113

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

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NEW IMMIGRANTS

Eastman Immigrant Services 204-346-6609

\$ SUPPLEMENTS \$

GST Credit.....	1-800-959-1953
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
Prescription Drug assistance	1-800-297-8099

For more information on benefits, visit

www.canadabenefits.gc.ca

www.getyourbenefits.ca

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
Rent Assistance Programs.....	1-877-587-6224

FOOD BANKS & COMMUNITY SUPPORTS

Grunthal	204-371-1394
Ile Des Chenes	204-878-3359
Lorette	204-270-0273
Niverville.....	204-392-5699
Piney.....	204-423-2290
Sprague.....	204-437-2258
Richer and Ste. Genevieve.....	204-878-2511
R.M. of Franklin	204-427-2869
Ste. Anne	204-371-4984
Steinbach.....	204-326-2599
La Broquerie Helping Hands.....	204-392-3758
Steinbach Community Outreach.....	204-326-7954
Steinbach Soup's on	204-326-6235

USEFUL WEBSITES FOR FAMILIES

www.my-baby.ca
<https://immunize.ca>
www.mothersbaby.org
www.mediasmarts.ca
<https://activeforlife.com/>
www.dadcentral.ca
www.unlockfood.ca
www.child-encyclopedia.com
www.healthykanadians.gc.ca
<https://playandlearn.healthhq.ca>
www.caringforkids.cps.ca
www.canadasafetycouncil.org