



**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	

Midwifery Services  
204-346-9480

www.southernhealth.ca

**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.

**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](http://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. 204-791-3286

[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

Parent/child programming in St. Pierre and St. Malo schools

Call the school or Division Office..... 204-746-2317

**Seine River School Division** www.srsd.ca

Parent/child programming in Lorette, St. Adolphe and La Broquerie. Call the school or Contact Lisa..204-878-4713 ext.5222

**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.ca/events](http://www.healthychildcoalition.ca/events)

**Healthy child Coalition - South East**  
204-346-6698

**PREGNANCY, POSTPARTUM & BREASTFEEDING SUPPORT**

Postpartum Warm line call or text.....1-204-391-5983  
Breast Feeding support & info (provincial line) .....1-204-788-8667  
Breast Feeding support & info (Health Links)..... 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.ruralstress.ca](http://www.ruralstress.ca)) 1-866-367-3276

Men's Resource Centre ..... 1-855-672-6727  
Child Find MB ..... 1-866-543-8477  
Sexual Assault Crisis Line..... 1-888-292-7565  
Suicide & Crisis Line ..... 1-877-435-7170  
Legal Aid Manitoba..... 1-800-261-2960  
Hope for Wellness Helpline (open to all Indigenous people across Canada) ...1-855-242-3310

# 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.

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

Bibliotheque Ritchoy - Ile des Chenes.....	204-878-2147
Bibliotheque Ritchoy - St. Adolphe.....	204-883-2182
Bibliotheque Ritchoy - Ste. Agathe.....	204-882-2275
Bibliotheque Saint Joachim - La Broquerie.....	204-424-9533
Bibliotheque - Ste. Anne.....	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.....	204-371-2896
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 Ritchoy.....	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

## 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](http://www.canadabenefits.gc.ca)

[www.getyourbenefits.ca](http://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.....	204-423-2383
Richer and Ste. Genevieve.....	204-878-2511
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.....	204-326-6235

## USEFUL WEBSITES FOR FAMILIES

[www.manitobaparentzone.ca](http://www.manitobaparentzone.ca)  
[www.my-baby.ca](http://www.my-baby.ca)  
<https://immunize.ca>  
[www.mothersbaby.org](http://www.mothersbaby.org)  
[www.mediasmarts.ca](http://www.mediasmarts.ca)  
<https://activeforlife.com/>  
[www.dadcentral.ca](http://www.dadcentral.ca)  
[www.unlockfood.ca](http://www.unlockfood.ca)  
[www.child-encyclopedia.com](http://www.child-encyclopedia.com)  
[www.healthy Canadians.gc.ca](http://www.healthy Canadians.gc.ca)  
<https://playandlearn.healthhq.ca>  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)  
[www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)  
<https://trek.ca> (translating Emergency Knowledge for Kids.)  
<https://www.asha.org/public/speech/>

\*At the time of printing, all phone numbers were correct. Any changes will be updated on the website. 2023