



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	204-388-6626	

www.southernhealth.ca

Midwifery Services
204-346-9480

Families FirstContact your Public Health Nurse

Mental Health

Crisis Response Services 204-326-9276
(24 hours a day 7 days/week) 1-888-617-7715
Community Mental Health Access1-888-310-4593

Chronic Disease Management..... 204-320-2475

Quick Care Clinic 204-326-7569

Children's Therapy Initiative Intake.....204-326-6411 Ext. 2109
Coordinating Audiology, Speech Language Pathology, Physiotherapy and Occupational Services for Children

FASD Coordinator 204-346-7039

Audiology Services..... 204-346-7009

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.

DentistManitobaDentist.ca
For a connection to a dentist in your area.

PARENTING PROGRAMS & RESOURCES

For families with children aged 0-5

Steinbach Family Resource Centre204-346-0413
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.blsd.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.
Contact Joanne204-791-3286
www.cpefmb.org

Hanover School Division www.hsd.ca

Parent/ child programs in Blumenort, Grunthal, Mitchell, Kleefeld & Steinbach schools.
Call the school or Contact Wendy.....204-326-9829
German groups run at the Mitchell and Steinbach sites.

Red River Valley School www.rrvsd.ca

Parent/child programming in St. Pierre and St. Malo schools
Call the school or Contact Jaelyn.....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 Baby204-346-6696
Manitoba Parent line.....1-877-945-4777

*If you have questions about other Parent-child/family resource programs in the South East for children 0-6, visit www.healthychildcoalition.ca/events
Healthy Child Coalition - South East
204-346-6698*

PREGNANCY, POSTPARTUM & BREASTFEEDING SUPPORT

Postpartum Warm line call or text1-204-391-5983
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	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	1-888-292-7565
Kids Help Phone	1-800-668-6868	Suicide & Crisis Line	1-877-435-7170
Manitoba Poison Control	1-855-776-4766	Legal Aid Manitoba	1-800-261-2960
Farm & Rural Stress Line (www.ruralstress.ca)	1-866-367-3276	First Nations & Inuit hope for wellness line	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>

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

LANGUAGE & LITERACY

Bibliotheque Ritcot - Ile des Chenes.....	204-878-2147
Bibliotheque Ritcot - St. Adolphe.....	204-883-2182
Bibliotheque Ritcot - 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

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

Recreation offices

RM of Hanover.....	204-346-7132
RM of La Broquerie.....	204-424-5251
Town of Niverville.....	204-371-9662 ext.115
Rat River.....	204-712-7773
RM of Ritcot.....	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

ADDICTIONS

Adult Addictions information.....	1-855-662-6605
Al-Anon.....	204-943-6051
Community addictions worker.....	204-326-7724 or 1-877-254-3348
FASD Information Line.....	1-866-877-0050
Gambling Help Line 24 hour.....	1-800-463-1554
Smokers' Helpline.....	1-877-513-5333
Youth addictions.....	1-877-710-3999

USEFUL WEBSITES FOR FAMILIES

www.manitobaparentzone.ca
<https://immunize.ca>
www.mothersbaby.org
www.mediasmarts.ca
<https://fitkidshealthykids.ca>
<https://activeforlife.com/>
www.dadcentral.ca
www.unlockfood.ca
www.child-encyclopedia.com
www.healthycanadians.gc.ca
<https://playandlearn.healthhq.ca>
www.caringforkids.cps.ca
www.canadasafetycouncil.org
<https://trekk.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 Healthy Child coalition website. Printed spring 2020