

PARENTING RESOURCES/GROUPS**Heritage Park Children's Programs 204-895-2519**

1 Braintree Crescent Call to register
A number of programs and activities are offered.

Run, Jump & Bounce (gym time)

Tuesday at Sturgeon Heights C.C. 10-11:30am
Wednesday at Heritage Victoria C.C. 9am-2pm
For ages 1-5. Call Jackie to register: **204-895-2519**

Military Family Resource Centre 204-833-2500 ext 4500

A number of programs & activities are offered to military and non-military families. <http://www.familyforce.ca>

SJA Parent Child Coalition (Sandra) 204-998-8400

Promotes/supports community programs & activities for families with young children ages 0-6. www.sjapcc.ca

SJA Coalition Parent Centres (starts week of Sept 10)

Drop-in sites offer activities for parents & their young children. www.sjapcc.ca

Monday mornings: 9:30am – 11am

Sansome School 181 Sansome Ave

Tuesday evenings: 6pm – 7:30pm

Sansome School 181 Sansome Ave

Wednesday mornings 9:30am – 11am

Deer Lodge Comm. Cen. 323 Bruce Ave

Thursday mornings: 9:30am – 11am

Crestview School 333 Morgan Cres

Thursday afternoons (NEW) 1:30pm – 3pm

Buchanan School 815 Buchanan Blvd

Friday mornings: 9:30am – 11am

Buchanan School 815 Buchanan Blvd

Family Gym Drop-in

Westwood Community Church – 401 Westwood Dr

Tuesday Mornings (start Sept 11) 9:30am – 11 am

Monday Evenings (start Nov 5) 6:00pm – 7:30pm

Playgroup 204-888-1599

Bourkvale Community Club 100 Ferry Road

For parents and preschoolers up to 5 yrs.

Wed mornings (Sept-May) 9:00 am – 11:00 am

Centre De La Petite Enfance Et De La Famille (CPEF)

Romeo-Dallaire 18 Quail Ridge

French language programming focusing on early childhood development, literacy, nutrition and parenting.

Contact *Annie* **204-885-8000 ext. 133**

Libraries

A number of programs and events for children, teens and adults are offered.

1910 Portage Av **204-986-5583** 66 Allard Av **204-986-4742**

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[mb.211.ca](http://mb.211.ca) Online info of govt, health, & social services

Smokers Helpline 1-877-513-5333

Healthy Parenting <https://healthyparentingwinnipeg.ca/>

manitobaparentzone.ca (information for parents)

Dial-A-Dietitian Mon-Fri 8am-6:00pm 204-788-8248

**ST JAMES-ASSINIBOIA RESOURCES****Health Services at AWW**

**Access Winnipeg West (AWW) 204-940-2040**  
280 Booth Drive

**Public Health Nurses 204-940-2040**

Prenatal, postnatal and parenting support; communicable disease follow-up and immunization clinics. Groups include: Breastfeeding Drop-in & Support; Infant Nutrition with our Dietician.

**Families First 204-940-2040**

For expectant and new parents with children from newborns to five years old. This service enhances parenting skills and fosters healthy child growth and development. Referral by Nurse is required.

**Community Mental Health Intake: 204-788-8330**

Provides a range of services for adults.

**Primary Care Clinic @ 280 Booth**

Individuals who do not currently have a Doctor or Nurse Practitioner may be able to access medical services. To register call Family Doctor Finders.

**Walk-in Clinic @ 280 Booth (no appointment needed)**

Mon-Fri 204-940-2084 9:00am-7:30pm

Weekends/Stat Holidays 9:00am-4:30pm

**Speech-Language Intake: 204-258-6550(C)**

Pediatric & Adult Services **204-831-2526(A)**

**Audiology Intake: 204-258-6550(C)**

Hearing loss services (children only)

**The Family Doctor Finders 204-786-7111**

Info line for finding a family doctor.

**Breastfeeding Hotline (24 hrs.) 204-788-8667**

Provides 24 hr breastfeeding support information.

**Breastfeeding Support Group 204-940-2397**

Thursday morning group (at 210 Rita) 10am-11:30am

**Grace Hospital 204-837-8311**

**Health Links-Info Santé 204-788-8200**

Registered nurses can answer your health-related questions.

**PARENTING RESOURCES/GROUPS****Great Expectations (Traci)**

Heritage Victoria Comm. Centre & Sturgeon Heights Community Centre. Moms-to-be and parents of children under one year of age – health and nutrition topics for the baby, parents and the whole family.

Coordinators' email: [traciw@mts.net](mailto:traciw@mts.net)

**Living Prairie Museum 204-832-0167**

2795 Ness Ave

Prairie preserve is open year round. Interpretive Centre is open seasonally.

**SOCIAL SERVICES****Dept. of Families**

Access Winnipeg West 280 Booth Drive **204-940-2040**  
 Services include Employment and Income Assistance,  
 Children's disABILITY Services, Child Development; Child &  
 Family Services, Community Living Disability Services.  
<https://www.gov.mb.ca/fs/>

**Employment & Income Assist After Hours 204-945-0183**

**Manitoba Housing**

Affordable housing to Manitobans in need.  
 St. James Leasing Office 15-659 Cavalier St **204-945-4758**  
 Head Office & Application Intake **204-945-4663**

**NEWCOMER RESOURCES****Neighbourhood Settlement Services**

1 Braintree Crescent Fatima & Lee **(204) 202-4574**  
 Links permanent residents & refugees to resources.

**English Conversation Group Mondays 1pm-2:30pm**

Heritage Park Children's Programs @ 1 Braintree Cresc  
 Childcare provided – register at [frcjackie@mymts.net](mailto:frcjackie@mymts.net)

**YOUTH DROP-IN PROGRAMS**

**Youth Action Centre (YAC)** Mon to Fri 3:30-6:30 pm  
 470 Hamilton Ave (John Taylor Collegiate)  
 After School drop-in program for youth age 11-17.

**St. James Club** Mon & Thurs 3:20-5:15pm  
 190 Ferry Rd (George Waters Middle School) Sept-June  
 After-school drop-in program for youth in grades 6 & 7.

**Military Family Resource Centre**

Youth Centre North Drop-in ages 6-12 Mon, Wed 5-8pm  
 102 Comet St starts Sept 17 Fri 5-9pm  
 - membership fees

**Salvation Army Heritage Park Temple** (825 School Rd)  
 Thursdays – Kids Klub 204-889-9203 4:30-6:00 pm  
 For elementary aged children (game etc., supper provided).

**City of Winnipeg Centennial Pool** 633 Parkdale  
 Free Swim (starts Sept 5) Wed 2:00-4:30pm  
 Youth Swim (ages 9-19) Fri 7:00-9:00pm

**City of Winnipeg Civic Centre** 2055 Ness  
 Free Family Swim Fri 7:30-9:30pm  
 Free Skate (starts Sept 24) Mon 11am-noon  
 (starts Sept 29) Sat 2:15-3:15pm

**Children's Drop-In Play** (ages 6-12)  
 Heritage Victoria C.C. Mon & Wed 4:00-6:00pm

**RECREATION****Skatepark West**

Sturgeon Rd at Silver Ave

**YMCA – YWCA**

3550 Portage Ave

**Centennial Pool**

644 Parkdale St

**St. James Civic Centre**

2055 Ness Ave

**204-889-8052****204-986-6705****204-986-4638****Community Centres**<http://gcwcc.mb.ca/>

**Assiniboia West:** 861 Buchanan Blvd/305 Morgan Cres

**Bord Aire:** 471 Hampton St.

**Bourkevale:** 100 Ferry Rd.

**Deer Lodge:** 323 Bruce Ave.

**Heritage Victoria:** 950 Sturgeon Rd.

**Kirkfield Westwood:** 165 Sansome & 3160 McBey Ave

**Sturgeon Heights:** 210 Rita St.

**Woodhaven Park CC:** 200 Glendale Blvd

**TRAILS:****Yellow Ribbon Greenway Trail**

Runs along Silver Ave. from Hamilton to Ferry.

**Sturgeon Creek Greenway Trail** : runs along the creek  
 from Woodhaven to Saskatchewan

**Assiniboine Park:** Portage Ave footbridge entrance

**EMPLOYMENT SERVICES****Gateway Group**

1 Braintree Crescent 2<sup>nd</sup> floor

Assists youth aged 18-29 in securing employment.

**204-888-4689****Equal Opportunities West**

851 Cavalier Drive

Promotes job training and placement for adults with  
 developmental disabilities.

<http://www.equalopportunitieswest.com/en/home>

**204-888-5422****Service Canada**

140-3393 Portage Avenue

<http://www.servicecanada.gc.ca/>

**1-800-622-6232****EDUCATION****Stevenson-Britannia Adult Learning Centre**

1 Braintree Crescent

**204-837-3521**

Basic literacy, literacy, pre-GED and GED are offered in  
 addition to specific high school credits and the Mature  
 Student Diploma. <http://www.sbalc.ca/>

**St. James-Assiniboia Continuing Education**

470 Hamilton Ave

**204-832-9637**

(in John Taylor Collegiate) <http://www.sjsd.net/Coned>