

Learn more about pregnancy, health, nutrition and your baby's development



HEALTHY BABY

Rural and Northern Community Support Programs

support before and after your baby is born



Parenting Tips*Cooking Activities*Bonding with your Baby*Milk Coupons

Assiniboine:

"Baby Steps"

476-7554

842-3399

1-888-682-2253



Brandon:

"Healthy Beginnings"

571-8482



Central:

"Growing with Mom"

Morden-

822-7321

Portage la Prairie-

239-3087



North Eastern:

"Our Time"

345-0285

South Eastern:

"Super Start"

346-7021 or

346-7022

"Bébés, parents et gazouillements"

Iles-des-Chenes-

878-4886

(Services in French)



Interlake:

"Baby N' Me"

Selkirk-

785-8218

"Step'N Out with Mom"

785-7708

1-866-211-1703



Churchill:

"Hudson Bay Healthy Babies"

675-8327

Burntwood:

"Healthy Baby and Healthy Mom"

Outside Thompson-

778-1421

677-5374

"Babies Best Start"

Thompson-

778-1209

677-4431



Nor-Man:

"Best Beginnings, Baby & Me"

The Pas, Flin Flon,

Cranberry Portage-

623-1023

687-6183

472-3559



Parkland:

"Baby's r Us"

Dauphin-

638-5707

"Growing Healthy Families"

638-2119

For information about the Manitoba Prenatal Benefit, please call 945-1301 or toll-free 1-800-848-0140 TTD 945-1305

For Community support programs in First Nations communities, please call (204) 983-4199