

## EMERGENCY (Ambulance, Fire & RCMP) Call 911

My phone number: \_\_\_\_\_; My house/apt number: \_\_\_\_\_ Street: \_\_\_\_\_ or Section, Township, Range: \_\_\_\_\_

### PUBLIC HEALTH NURSE:

Prenatal Classes, Postnatal Visits, Child Health, Immunization, and Developmental Screening

TOWN	HEALTH NURSE	HOSPITAL
Baldur	535-2933	535-2373
Birtle	842-3399	842-3317
Boissevain	534-3340	534-2451
Carberry	834-8837	834-2144
Deloraine	747-1820	747-2745
Erickson	1-855-761-4647 (TF)	636-7777
Glenboro	827-5313	827-2438
Hamiota	764-4213	764-2412
Hartney	858-2054	858-2054
Killarney	523-4667	523-4661
Melita	522-4312	522-8197
Minnedosa	867-8719	867-2701
Neepawa	476-7832 or 2341	476-2394
Reston	877-3925	877-3925
Rivers	328-6204	328-5321
Rosssburn	859-5302	859-2413
Russell	773-7563	773-2125
Shoal Lake	759-2686	759-2336
Souris/Hartney	483-6221	483-2121
Treherne	723-3404	723-2133
Virde / Elkhorn/Oak Lake	748-4340 or 4341	748-1230
Wawanesa	824-6255	824-2335
ARHA Website	<a href="http://www.assiniboine-rha.ca">www.assiniboine-rha.ca</a>	

### HEALTH LINKS

General health information from a Registered Nurse  
24hr/7 days a week ..... 1-888-315-9257

### SPEECH, LANGUAGE, OT/PT & HEARING

PROMISE Years Speech/Language Program & Occupational Therapy / Physiotherapy Program (South ARHA)

Contact your local Public Health Nurse or School Division

*Fort La Bosse	748-2692
*Prairie Spirit	836-2147
*South Horizon	522-3292
*Turtle Mountain	523-7531

ASSINIBOINE NORTH Children's Therapy Initiative:  
(ARHA Region, Beautiful Plains, Rolling River & Parkwest School Divisions)  
Speech/Language Program, Occupational and Physiotherapy Program

Intake ..... 476-2341 Ext 409

BRHA Audiology Dept. .... 578-2390

### LITERACY

Local Community Libraries & Schools ..... See Phone Book  
Regional Libraries ..... [www.WMRL.ca](http://www.WMRL.ca)  
Campus Manitoba ..... 1-866-445-0063  
Adult Education (High school diploma) ..... Contact school division  
Adult Learning and Literacy ..... 1-877-716-3889

### POISON

Call 911, local hospital or  
Manitoba Poison Control ..... 787-2591

### PARENTING RESOURCES

Baby Steps....A Healthy Baby Program ..... 476-7842  
Assiniboine North Parent Child Coalition ..... 764-2412 Ext220  
Elsbeth Reid Resource Center (Brandon) ..... 726-6280  
Brandon Friendship Center ..... 727-1407  
Adoption Options ..... 774-0511  
Heartland Fertility & Gynecology Clinic ..... 779-8888  
Parents Help Line ..... 1-800-668-6868  
Midwifery Services ..... 571-5530  
Safe Kids Canada ..... 1-888-723-3847  
Sexuality Education Resource Centre ..... 727-0417  
Healthy Child Manitoba ..... [www.gov.mb.ca/healthychild](http://www.gov.mb.ca/healthychild)  
..... 1-888-848-0140

### MENTAL HEALTH

#### Child and Adolescent

Birtle ..... 842-3399 Ext256  
Carberry ..... 834-8841  
Minnedosa/ Neepawa ..... 476-7836  
Rivers ..... 328-6211  
Souris/ Killarney ..... 483-6224  
Virde ..... 748-4346  
All other areas ..... 571-2952  
Child & Adolescent Treatment Centre/Crisis Services  
..... 1-866-403-5459

#### Adult Mental Health

Mobile Crisis Service (24 hour) Help Line ..... 1-888-379-7699  
Adult Mental Health Intake ..... 1-855-222-6011

### BREAST FEEDING

[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

Intake number ..... 476-7550  
Health Links ..... 1-888-315-9257  
La Leche League ...Erin 724-3791 or Tammy 720-1057  
MB LLLC Helpline ..... 1-204-257-3509  
Help Line 24hr/7 day ..... 1-204-788-8667  
Breast Pump Rentals, Brandon ..... 727-4248  
Mother Risk (Safety of Drugs during Breastfeeding) .....  
[www.motherisk.org](http://www.motherisk.org) ..... 1-416-813-6780

### INFANT FEEDING

Baby Steps Dietitian ..... 748-2321 Ext 293  
(prenatal, infant, preschool)  
Dial-A-Dietitian ..... 1-877-830-2892

### DELIVERING FACILITIES

Brandon ..... 578-4000  
Neepawa ..... 476-2394  
Boundary Trails ..... 331-8800  
Yorkton Maternity ..... 306-786-0479  
Midwifery Services ..... 571-5530



## FAMILY SERVICES & HOUSING

Child Care Information Service..... 1-888-213-4754  
 (Subsidy Eligibility Estimator &/or Application, Licensed Child Care Search)..... [www.gov.mb.ca/childcare](http://www.gov.mb.ca/childcare)  
 Counselors – Family, Marriage & Personal ..... (See Yellow Pages)  
 Employment & Income Assistance ..... 1-866-726-6438  
 Family Conciliation - For the Sake of the Children ..... 1-800-282-8069

### CHILD AND FAMILY SERVICES

Emergency, Info, or After Hours ..... 1-800-483-8980  
 Dakota Ojibway Child & Family Services  
 ..... 1-877-508-8289

### ADVOCACY RESOURCES

Children’s Advocate ..... 1-800-263-7146  
 Crime Victim’s Services ..... 726-6515  
 Crime Victim’s Resources Line .1-877-232-2610

### ADDICTIONS - Community Addictions Workers

Minnedosa Area..... 867-6102  
 Rosburn Area..... 859-4000  
 Virden Area..... 748-4720  
 Addictions Foundations of Manitoba ..... 1-866-767-3838

### FETAL ALCOHOL SYNDROME (FAS)

Information Line ..... 1-866-877-0050

### LEGAL SUPPORT

Law Phone In & Lawyer Referral ..... 1-800-262-8800  
 Legal Aid, Community Lay Centre ..... 1-800-876-7326

### SUPPORT GROUPS

Society for Manitobans with Disabilities- Brandon ..... 1-800-813-3325      Compassionate Friends Western MB ..... 1-855-727-1823  
 Autism Society of Manitoba ..... 783-9563      Alcoholics Anonymous/Al-Anon ..... 571-3684  
 Anxiety Disorders of MB ..... 725-8550

### FOOD BANKS

Birtle, Community Hall (Wednesday 10-12) .....  
 Hamiota, Pentecostal Church ..... 764-2648  
 Boissevain, (open every 2<sup>nd</sup> Fri), Peter Dyck ... 534-2384  
 Neepawa, Salvation Army ..... 476-5869  
 Brandon, Helping Hands Soup Kitchen ..... 727-4635  
 Brandon, Samaritan House Food Hampers . 726-0758  
 Carberry, United Church ..... 834-3074  
 Deloraine, Town Office ..... 747-2655  
 Minnedosa, Town Office..... 867-2727  
 Virden ..... 512-2321

### FINANCIAL SUPPLEMENTS

CCRA, Canada Child Tax Benefit ..... Call 1-800-387-1193  
 Applications at [www.ccra.gc.ca/benefits](http://www.ccra.gc.ca/benefits) ..... Call 1-800-959-2221  
 Manitoba Child Benefit ..... 1-800-563-8793  
 Manitoba Shelter Benefit for Families ..... 1-877-587-6224  
 Maternity & Parental Benefits (HRDC) ..... 1-800-206-7218  
 Manitoba Prenatal Benefit (*eligible if net family income is less than \$32,000 - up to \$81.41/month*) ..... 1-888-848-0140



### CRISIS/HELP LINES

Westman Women’s Shelter (24 hour shelter abused women)/Domestic Violence Crisis Line ..... 1-877-977-0007  
 Women’s Resource Centre (*counseling & education on domestic violence*) ..... 726-8632  
 Crisis Pregnancy Center ..... 727-6161  
 Parkland Crisis Centre/Women’s Shelter ..... 1-877-977-0007  
 Child Find Manitoba and Canadian Center for Child Protection ..... 1-800-532-9135  
 Kid’s Help Phone ..... 1-800-668-6868  
 Farm & Rural Stress Line ..... 1-866-367-3276  
 Suicide & Crisis Line (24 hour) ..... 1-888-322-3019  
 Manitoba Suicide Line ..... 1-877-435-7170  
 Mobile Crisis Service ..... 1-888-379-7699  
 Crisis Stabilization Unit ..... 727-2555  
 Men’s Resource Center ..... 1-855-672-6727  
 AIDS/STD Information Line ..... 945-2437  
 Westwind Eating Disorder Recovery Centre ..... 728-2499  
 Smokers Help Line ..... 1-877-513-5333