

Government of Manitoba Funded Community Programs
Services for Expectant and New Parents

Program	Who is eligible	Services Provided	Location	How to access it	COVID-19 Response – March 26, 2020
Healthy Baby Community Support Programs	Pregnant, or with a baby up to age 1	<ul style="list-style-type: none"> • Help with health, nutrition, breastfeeding, healthy choices, parenting, infant development • Provides: snack, milk coupons, bus tickets, child care 	Across Manitoba –local programs are listed here: https://www.gov.mb.ca/healthychild/healthybaby/csp.html	Self referral To get local information, call: Winnipeg – 204-945-1301 Outside Winnipeg – 1-888-848-0140	Programming is provided in group format, and so temporarily on hold.
Manitoba Prenatal Benefit	Pregnant with family income under \$32,000/yr	<ul style="list-style-type: none"> • Financial help for healthy food: between \$10 - \$81.41/mo, from 2nd trimester till month of due date • help connecting to local community programs 	Across Manitoba	Mail the application form to Healthy Child Manitoba – available in local organizations, medical, government, offices, and at: https://www.gov.mb.ca/healthychild/healthybaby/babyappln.pdf	No change
Families First	Pregnant or immediately after birth	<ul style="list-style-type: none"> • Regular home visits to support parenting, and provide information about health, nutrition, safety, • help connecting with local resources identified by the family 	Across Manitoba <i>*Strengthening Families Program offers similar programming on reserve in a number of First Nations Communities: info@fnhssm.com (204) 942-9400</i>	Most referrals are from Public Health, but families can self-refer by calling their community public health office View pamphlet here: https://www.gov.mb.ca/healthychild/familiesfirst/index.html	Screening still in place. Modifications to increase phone contact vs home visits, emphasis on client mental health self-care, reaching out for support. Training on hold – affects ability to start new staff.

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InSight Mentoring Program	Pregnant women (over 18 yrs) or with a child under 1, using substances	3-year relationship with a mentor who provides practical support, advocacy, and connection to services (eg. housing, transportation, prenatal care, cultural teaching, parenting skills, harm reduction, drug or alcohol treatment, family planning, domestic violence, trauma and violence)	7 Manitoba sites: Winnipeg (2 sites), Portage la Prairie, Dauphin, The Pas, Flin Flon, and Thompson. Client pamphlet: www.gov.mb.ca/healthychild/fasd/insightclient_en.pdf	Self-refer, or by a service provider Call the local office listed on the pamphlet: https://www.gov.mb.ca/healthychild/fasd/insightsp_en.pdf	It is anticipated that the sites offering InSight Mentoring across the province will be following COVID-19 protocol for social distancing, working primarily by phone, text and FaceTime, and connecting to emergency services when needed.
The Mothering Project (Manito Ikwe Kagiikwe)	Pregnant women (over 18 yrs) or with a child under 1, using substances	<p>“One stop shop”:</p> <ul style="list-style-type: none"> • Onsite child care • Drop-in and group programming • Addictions and substance use support (harm reduction approach) • Indigenous ceremonies and programming • Help with EIA, housing, CFS (including hosting visits with children in care, weekly support group) 	Mount Carmel Clinic 886 Main St, Winnipeg	Call the intake coordinator at: 204-479-0203 For general information: mthomson@mountcarmel.ca	Drop-In Programs discontinued. Outreach services continuing. New referrals still accepted. New funding from Province will double capacity (to 200 families). Will prioritize hiring CFS liaison to facilitate CFS referrals.

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Parenting Students Support Program	<ul style="list-style-type: none"> • Pregnant, or young parents, 13 - 23 years • wish to remain in or return to, school 	<ul style="list-style-type: none"> • Help to continue with schooling, return to school, or begin a new training or educational program. • 1 on 1 individual support with referrals, housing, peer support, accessing community services, parenting groups • Supports families with CFS involvement 	Offered at these schools: <ul style="list-style-type: none"> • St. John’s • Children of the Earth • Kaakiyiw Adult Learning Centre • R.B. Russell • Argyle Alternative • Tec Voc • Sisler 	Self-referral, or from: school sites, service providers Contact: Mount Carmel Clinic 204-582-2311	All schools closed at present.
Villa Rosa	Pregnant women (including minors)	Pre and post natal residential supports including: <ul style="list-style-type: none"> • School • Counseling • Parenting skills • Independent living skills 	784 Wolseley Ave, Winnipeg	Self or agency referrals: (204) 786-5741, ext 223 Email: intake@villarosa.mb.ca .	No new residents, limited staffing on site, school discontinued for present
Thrive Community Support Circle (formerly Pregnancy Distress and Family Support Centre)	Expectant parents and primarily parents of young children	<ul style="list-style-type: none"> • Counseling, and support groups (including “Men’s Group”) • Parenting programs • Layettes • Child care, including limited weekly parent respite and child care for parents while accessing Thrive programs 	555 Spence St, Winnipeg	Self referrals: 204-772-9091	appointment based emergency supplies while in stock, no group programs or child care at present, counseling by phone appointment

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Indigenous Women's Healing Centre	Indigenous women (and their children) primarily facing issues related to domestic violence and addiction	Long term residential supports: <ul style="list-style-type: none"> • Counselling • Addictions support • Parenting skills • Learning program • Daily living supports • Food and meal preparation 	105 Aikins St., Winnipeg	Self-referral or referral with consent by worker: 204-989-8240	Not confirmed as of March 26, 2020 – expected to be following COVID-19 protocol, which may currently result in no new residential referrals
Community Addiction Response Team (CART)	Metis Authority agencies only: pilot in Winnipeg and Dauphin: parents of young children with addiction and mental health concerns, open CFS file	<ul style="list-style-type: none"> • Intensive mentoring supports for parents struggling with addictions, providing in home support and facilitated access to addictions and mental health programming 	Winnipeg and Dauphin	Metis Authority agency staff to check with their supervisor	Implementation to begin April 2020, anticipated to follow general CFS Practice guidelines for COVID-19
Restoring the Sacred Bond	SFNNC agencies high risk expectant mothers	<ul style="list-style-type: none"> • Connection to Indigenous birthing support doula, up to one year including post natal supports 	SFNNC agencies	Through your SFNNC agency	Intakes continuing through remote contact, as much as possible contact with clients through phone, text and FaceTime, not currently entering homes but will meet clients at appointments

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Ma Mawi	Expectant parents, parents of all aged children (including minor parents)	<ul style="list-style-type: none"> • Parenting programs, counselling, family violence groups • Family Group Conferencing 	Winnipeg	Self-refer: 204-925-0300 info@mamawi.com	Community sites and public programming closed temporarily with focus on providing emergency supports by phone and delivery of emergency food supplies
Kookum's House/ Granny's House	Parents	<ul style="list-style-type: none"> • Emergency short respite services 	Winnipeg	Referrals to be accessed through: Andrews Street Family Centre, Blue Thunderbird Family Care, Mount Carmel Clinic, Wahbung Abinoonjiag, and The Winnipeg Boldness Project.	Currently closed due to social distancing requirements