

# Community Service Listings

Provided by

**Bright Beginnings**

North Eastman Parent-Child Coalition



## HEALTH

### Public Health Nurse:

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

Town	Phone #	Hospital
Beausejour.....	268-7468.....	268-1076
Whitemouth.....	348-4608.....	348-7191
Pinawa.....	345-1219.....	753-2334
Lac Du Bonnet.....	345-1219.....	753-2334
Oakbank.....	444-2227.....	444-2227
Pine Falls.....	367-5406.....	367-5400

**Health Links** (General health information from a Registered Nurse 24hr/7 days a week)

1-888-315-9257

### Mental Health

Mental Health Access.....268-4966  
Intake Coordinator.....444-5057

**Crisis Response Services:** .....482-5361  
(7 days/week)

OR

Noon-12:00pm Mon-Fri .....1-888-617-7715  
4pm-12:00pm Sat & Sun

**Diabetes & Healthy Living**.....268-7478

**Midwives Services** .....582-2311

## PARENTING RESOURCES

- Bright Beginnings...North Eastman...866-3258
- Network 4 Change.....Beausejour.....268-2506
- Families First.....Eastman Region.....753-5248
- Laugh n' Learn, Play Pals...BJ.....268-2506
- Healthy Baby.....Eastman Region.....345-0285
- Mrs. Lucci's.....Lac Du Bonnet.....345-9909
- Wings of Power.....Pine Falls.....367-9641
- grassroots.....Pinawa.....753-2559
- Seven Sisters Tiny Tots .....348-3542  
(or contact Liane Tirschmann.....348-2583)
- Pinawa Playgroup.....753-8388
- Pinawa Toy Lending Library .....753-2405
- Anola Moms R Us .....866-3374

## LANGUAGE & LITERACY

- Audiology Services.....268-7465
- First Place Speech & Language Program.....268-6526
- New Directions School.....345-2867
- Literacy Services (For Adults wanting to improve their literacy skills).....  
.....Network 4 Change 268-2506 or  
.....Agassiz Adult Ed 268-4832

## CRISIS LINES & HOTLINES

- 24 Hour Breastfeeding Hotline 1-204-788-1166
- Nova House Shelter .....1-877-977-0007  
(For Women and Children in Crisis 24/7)
- Violence Crisis Line.....1-877-977-0007
- Child Find Manitoba.....1-800-532-9135
- Farm & Rural Stress Line.....1-866-367-3276
- Sexual Assault Line .....1-866-292-7565
- Kids Help Phone.....1-800-668-6868
- Manitoba Poison Control.....1-204-787-2591

- Men's Resource Centre .....1-866-672-3422
- Mental Health Crisis Line.....1-866-427-8628
- Youth Crisis Line 24 hr.....949-4777
- Nausea or Vomiting in Pregnancy Help Line  
1-800-436-8477
- Parents Help Line.....1-888-603-9100
- Suicide & Crisis Line.....1-888-322-3019
- Fetal Alcohol Syndrome.....1-866-877-0050



## FOOD BANK

Beausejour.....268-3600  
Anola .....866-3403  
Lac du Bonnet .....345-9807

## THRIFT STORES

Togs N Treasures  
Beausejour.....268-3815  
Another Time Around  
Oakbank.....444-5100  
Mrs. Lucci's Second Hand Store  
Lac du Bonnet .....345-9909

## FAMILY SERVICES & HOUSING

Child Day Care Coordinator 268-6160  
Family Services & Housing (1<sup>st</sup> ST. S Beausejour) 268-6028  
After Hours 268-5624  
Employment & Income Assistance 1-866-576-8546

## SUPPORT GROUPS

Al-Anon ..... Paulette.....268-3597  
Anxiety Disorders Association of Manitoba.....345-8511  
Alcoholics Anonymous.....Beausejour.....268-3254  
or.....Tyndall.....268-3440  
Addiction Foundation of Manitoba.....268-6166  
Breastfeeding Counsellor .....444-6130  
La Leche League .....753-2073 or 753-2910



## \$ SUPPLEMENTS \$

CCRA, Canada Child Tax Benefit.....1-800-387-1193  
Child Related Income Support Program (CRISP).....1-800-563-8793  
Shelter Allowances for Family Renters (SAFR).....1-877-587-6224  
Healthy Baby Prenatal Benefit .....1-888-848-0140

## EMERGENCY INFORMATION (\*teach your child when/how to use these numbers\*)



Ambulance & RCMP - 911

Local Fire Department: \_\_\_\_\_

My Phone Number: \_\_\_\_\_

My Street Number or Section, Township, Range: \_\_\_\_\_

Other Important Numbers: \_\_\_\_\_

Is your program missing from this list?

If so, please contact us  
so we can include it in our next update!

We are always excited to learn about new  
programs within the region that will benefit  
young children and families!

Thank you!

