

Parent Resource Guide for Southeast Manitoba

This guide provides helpful resources for parents in Southeast Manitoba. Whether you're seeking educational support, mental health services, or family activities, this guide offers information to support your family's needs.

Table of Contents

1. Education & Childcare Resources
 2. Health & Wellness Resources
 3. Mental Health & Support Services
 4. Community and Social Services
 5. Parenting Support & Resources
 6. Recreation & Family Activities
 7. Legal & Financial Resources for Families
 8. Local Libraries & Learning Programs
 9. Volunteering & Giving Back
 10. Emergency Resources
 11. Useful Websites for Families
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1. Education & Childcare Resources

- [Manitoba Education and Early Childhood Learning](#)
Provides resources and information on early childhood learning, kindergarten to grade 12 education, and curriculum development..
- [Manitoba Child Care Search](#)
A resource for finding licensed child care providers across Manitoba. The website offers a search tool to locate daycare and early learning centres.
- [Hanover School Division](#)
- [Happy Feet Early Learning Centre](#)
Child Care Centre located at 466 Reimer Ave, Steinbach, MB. Phone: 204-326-1866
- [Kinder Korner](#)
Child Care Centre, various locations in Steinbach, MB. Phone: 204-326-4574

2. Health & Wellness Resources

- [Manitoba Health](#)
For information on provincial health programs, vaccinations, family health services, and health insurance.
- [Healthy Child Manitoba](#)
Supports the healthy development of children and families through programs, services, and resources.
- [Southern Health Sante Sud](#)
Provides health services to communities in the southeast region, including hospitals, clinics, and mental health support.
- [Manitoba Doctor Finder](#)
Provincial Program Family Doctor Finder can make it easier for you and your family to find a team of healthcare professionals (including family doctors and/or nurse practitioners) as part of a home clinic that provides you with a base for your health care needs.

3. Mental Health & Support Services

- [Family Dynamics](#)
Offers family and child services, including counselling, parenting programs, and support for families with children who have special needs.
- [Canadian Mental Health Association \(CMHA\) - Manitoba Division](#)
Offers programs to support mental health, including counselling services for children, youth, and families.
- [Kids Help Phone](#)
A free, confidential, 24/7 service providing support for children and parents dealing with mental health concerns, bullying, and family stress.
 - **Phone:** 1-800-668-6868
 - **Text:** "Connect" to 686868
 - [Resources Around Me - Kids Help Phone](#)
- [Southern Health Community Mental Health](#)
 - **Child & Adolescent Intake:** 1-888-310-4593
 - **Adult Intake:** 1-866-762-0309 or 204-346-7018
 - **Crisis Response Services:** 1-888-617-7715 or 204-326-9276
 - **Crisis Stabilization Unit (Steinbach):** 204-320-1096 or 1-855-320-1096
 - **Klinic Crisis Line (24hrs/7 days):** 1-888-322-3019 or 204-786-8686
 - **Manitoba Suicide Line (24hrs/7 days):** 1-877-435-7170
- [Eastman Child & Family Services](#)
 - **Phone:** 1-866-576-8546 or 204-346-6390
 - **After Hours:** 204-371-1346
- [Agape House Women's Shelter \(Steinbach\)](#)
 - **Phone:** 204-346-0028

- [Anxiety Disorders Association of Manitoba](#)
 - **Phone:** 1-800-805-8885 or 204-925-0500
 - [Mood Disorders Association of Manitoba](#)
 - **Phone:** 1-800-263-1460 or 204-786-0987
 - [Youth Crisis Line \(The Link\)](#)
 - **Phone:** 1-888-383-2776 or 204-949-4777
 - **Text:** MYS to 686868
 - [Addictions Foundation of Manitoba \(Steinbach\)](#)
 - **Phone:** 204-326-7724
 - [Aulneau Renewal Centre](#)
 - **Location:** 228 Hamel Ave, Winnipeg, MB
 - **Phone:** 204-987-7090
 - Counselling and resources centre that provides low cost or no cost services including parenting programs.
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4. Community and Social Services

- [Immigrant Centre Manitoba](#)

Offers settlement assistance, language training, and social programs for immigrant and refugee families.
 - [Eastman Immigrant Services \(Steinbach\)](#)
 - **Phone:** 204-346-6609
 - **Address:** D4-284 Reimer Avenue, Steinbach, MB R5G 0R5
 - **Email:** info@eastmanis.com
 - [Steinbach Community Outreach](#) Offers opportunities to volunteer in local initiatives, including food programs, social services, and community events.
 - **Phone:** 204-326-7954
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5. Parenting Support & Resources

- [The Manitoba Parenting Support Line](#)

A free, confidential phone line for parents seeking advice on parenting strategies, managing stress, and child development.

 - **Phone:** 1-877-945-4777
- [Steinbach Family Resource Centre](#)

Offers referral forms for child therapy services (speech, physical therapy, occupational therapy) upon request. Provides resources and classes to new parents and families.

 - **Location:** 101 North Front Drive,
 - **Phone:** 204-346-0413

- [Family Dynamics](#)
Offers family and child services, including counselling, parenting programs, and support for families with children who have special needs.
 - **Location:** 401-393 Portage Avenue, Winnipeg, Manitoba
 - **Phone:** 204-786-7051
 - [New Directions](#): New Directions for Children, Youth, Adults and Families Inc. is a nonprofit community-based organisation that provides a diverse range of supports to individuals in a variety of settings. The range of services and supports we provide include day services to 24/7 staff residential settings, independent living where staff provide assistance only in identified targeted areas, supportive housing, cultural and education services, therapy, clinical and counselling services, and professional training.
 - **Location:** 717 Portage Avenue, Winnipeg, MB
 - **Phone:** 204-786-7051
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6. Recreation & Family Activities

- [ROC Eastman](#)
Provides recreational programming and outdoor activities for families in Southeast Manitoba.
 - **Phone:** 204-371-2887
 - **Email:** info@roceastman.ca
 - [Steinbach Arts Council](#)
Offers arts programs, performances, and family-friendly events.
 - **Address:** 304 2nd Street, Steinbach, MB R5G 0J2
 - **Phone:** 204-346-1077
 - **Email:** info@steinbachartscouncil.ca
 - [Steinbach Aquatic Centre](#)
Provides swimming programs and recreational swimming opportunities for families.
 - **Address:** 250 McKenzie Ave, Steinbach, MB R5G 0T5
 - **Phone:** 204-346-6207
 - [Municipality of Hanover Recreation](#)
Offers recreational facilities, events, and programs for residents and families.
 - **General Email:** rec@hanovermb.ca
 - **Facilities & Rentals:** 204-346-7133
 - **Recreation Program Manager:** 204-346-0739
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7. Legal & Financial Resources for Families

- [Legal Aid Manitoba](#)
Provides free legal services for low-income families in areas such as family law, criminal law, and immigration law.
 - **Phone:** 1-800-261-2960 or 204-985-8500

- [Manitoba Housing Support](#)
Offers information on public housing, affordable housing options, and housing supports.
 - **Phone:** 1-800-661-4663 or 1-204-945-4663
 - [Employee Income Assistance](#)
Provides financial support for eligible employees in Manitoba.
 - **Phone:** 204-346-6390 or 1-866-682-9782
 - [Rent Assistance Programs \(Manitoba\)](#)
Offers rental assistance for low-income families.
 - **Phone:** 1-877-587-6224
 - [Today House \(Emergency Overnight Shelter\)](#)
A shelter for individuals and families in need of emergency housing.
 - **Phone:** 204-371-6989
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8. Local Libraries & Learning Programs

- [Jake Epp Library](#)
Offers books, online resources, and family programs for children and adults.
 - **Phone:** 204-326-6841
 - **Location:** 255 Elmdale St., Steinbach
 - [La Broquerie Public Library](#)
Provides resources for children and families, including summer reading programs and educational materials.
 - **Phone:** 204-424-5580
 - **Location:** 29 Normandeau Bay, La Broquerie
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9. Volunteering & Giving Back

- [Volunteer Manitoba](#)
Helps connect individuals with volunteering opportunities across the province.
 - **Phone:** 204-477-5180
 - [Steinbach Community Outreach](#) Offers opportunities to volunteer in local initiatives, including food programs, social services, and community events.
 - **Phone:** 204-326-7954
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10. Emergency Resources

- **Emergency (Fire, Ambulance, and Police):**
 - **Phone:** 911
- [Agape House Women's Shelter \(Steinbach\)](#)

- **Phone:** 204-346-0028
 - **[Domestic Violence Crisis Line](#)**
 - **Phone:** 1-877-977-0007
 - **Mental Health Crisis Line**
 - **Phone:** 1-888-617-7715
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11. Useful Websites for Families

- **[Hanover School Division](#)**

For information about local schools, programs, and resources in the Hanover School Division.
 - **[Manitoba Parent Zone](#)**

A resource offering information and programs to help parents support their children's development.
 - **[Dad Central](#)**

A national organisation supporting fathers and their families with resources, programs, and parenting tips.
 - **[Child Encyclopedia](#)**

A resource on child development and parenting strategies.
 - **[Immunize Canada](#)**

Information on immunisation schedules, vaccine safety, and resources for families.
 - **[Unlock Food](#)**

Provides helpful nutrition resources, healthy eating tips, and tools for families.
 - **[Healthy Child Coalition](#)**

Visit for additional resources and programs for the well-being of children and families in Manitoba.
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