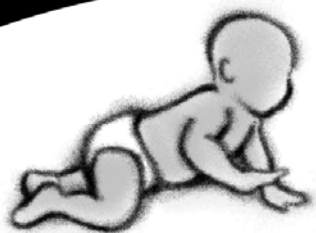


Learn more about pregnancy, health, nutrition and your baby's development



# HEALTHY BABY

## Rural and Northern Community Support Programs



• support before and after your baby is born •

Parenting Tips • Nutrition Activities • Bonding with your Baby • Milk Coupons

### Assiniboine:

**"Baby Steps"**  
476-7554  
476-7842  
1-888-682-2253

### South Eastman

**"Super Start"**  
346-7021 or  
346-7022  
**"Bébés, parents et  
gazouillements"**  
257-7642  
(Services in French)

### Burntwood:

**"Healthy Baby  
and Healthy Mom"**  
Outside Thompson-  
778-1561  
**"Babies Best Start"**  
Thompson-  
778-1209  
677-4431

### Brandon:

**"Healthy Beginnings"**  
578-2545  
**"Afternoon"**  
Prenatal for Teens  
578-2538

### Interlake:

**"Step'N Out with Mom"**  
Outside Selkirk-  
785-7708  
1-866-211-1703  
**"Whole Baby Love"**  
Selkirk-  
785-8218

### Nor-Man:

**"Best Beginnings,  
Baby & Me"**  
The Pas, Flin Flon,  
Cranberry Portage-  
623-1023  
687-6183  
472-3559

### Central:

**"Growing with Mom"**  
822-2632  
822-2631

### North Eastman:

**"Our Time"**  
753-5249  
1-877-753-2012

### Churchill:

**"Hudson Bay  
Healthy Babies"**  
675-8327

### Parkland:

**"Baby's r Us"**  
Dauphin-  
638-5707  
**"Growing Healthy Families"**  
629-3001

For information about the Manitoba Prenatal Benefit,  
please call 204-945-1301 or toll-free 1-800-848-0140

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



**Manitoba** 