

Mental Health, Parenting, and COVID-19 Resources

Please feel free to access any of the resources on this list while completing our online program or while on the waitlist. Please contact the service provider directly if you have any questions.

If you are currently experiencing a mental health crisis, please contact any of the following crisis services:

- Crisis Response Centre (24 hours)
 - Description: Services are available for adults experiencing a mental health crisis.
 - Mobile Crisis Service: 204-940-1781
 - Crisis Stabilization Unit: 204-940-3633
 - A 24-hour walk-in service is also offered at 817 Bannatyne Ave.
 - Website: <https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>
- Domestic Abuse Crisis Line (24 hours)
 - Description: This service provides confidential help for those impacted by domestic abuse.
 - Phone: 1-877-977-0007
- First Nations and Inuit Hope for Wellness Help Line (24 hours)
 - Description: This resource offers crisis intervention and counselling services. Experienced and culturally competent counsellors are available and can offer services in English, Cree, Ojibway, and Inuktitut.
 - Phone: 1-855-242-3310
 - A chat service is also available online: <https://www.hopeforwellness.ca/>
- Klinik Crisis Line (24 hours)
 - Description: This crisis line is for individuals who are suicidal, in crisis, or struggling to cope.
 - Phone: 204-786-8686 or toll-free at 1-888-322-3019
 - Website: <http://klinik.mb.ca/crisis-support/>
- Manitoba Suicide Prevention and Support Line (24 hours)
 - Description: This crisis line offers support if you are struggling with suicidal thoughts or feelings, are concerned about a friend, family member, or co-worker, or have been impacted by a suicide loss or suicide attempt.
 - Phone: 1-877-435-7170
 - Website: <http://reasontolive.ca/>

Mental Health Telephone Supports

- Anxiety Disorders Association of Manitoba COVID-19 Anxiety Support Line
 - Description: This support line is designed to help people cope with COVID-19 related stress.
 - Hours:
 - Monday-Friday: 9am-9pm
 - Saturday-Sunday: 10am-4pm
 - Phone: 204-925-0040
- Breastfeeding Support Hotline (24 hours)
 - Description: The WRHA offers a support hotline for individuals struggling to breastfeed.
 - Phone: 204-788-8667
- First Nations and Inuit Hope for Wellness Help Line (24 hours)
 - Description: This service provides both crisis intervention and counselling. Experienced and culturally competent counsellors are available and can offer services in English, Cree, Ojibway, and Inuktitut.
 - Phone: 1-855-242-3310
 - A chat service is also available online: <https://www.hopeforwellness.ca/>
- Health Links-Info Santé (24 hours)
 - Description: This resource can connect you with health information and offer referrals to health services.
 - Phone: 1-888-315-9257
- Manitoba Farm, Rural, and Northern Support Services (24 hours)
 - Description: This service offers free confidential counselling for anyone living on a Manitoba farm or in a rural or Northern community. Counselling can be accessed via phone or online.
 - Phone: 1-866-367-3276
 - Website: <https://supportline.ca/>
- Mood Disorders Association of Manitoba – Postpartum Warmline
 - Description: This service offers support via phone and email to postpartum individuals.
 - Phone Hours: 9am-9pm (7 days a week)
 - Email Hours: 1:30pm-9:30pm
 - Phone: 204-391-5983
 - Email: postpartumwarmline@mooddisordersmanitoba.ca
 - Website: <http://www.mooddisordersmanitoba.ca/resources/postpartum-depression/>
- Postpartum Support International
 - Description: Representatives can offer you support and resources if you are experiencing mental distress during pregnancy or postpartum.
 - Toll-free: 1-800-944-4773
 - Email: support@postpartum.net
 - Website: <https://www.postpartum.net/>

- Seneca House Warmline
 - Description: Peer support workers are available to talk, offer support, and suggest possible resources.
 - Hours: 7:00pm-11:00pm (7 days a week)
 - Phone: 204-942-9276
 - Website: <https://www.sararielinc.com/language/en/seneca-warm-line/>
- Women's Health Clinic Mother's Program Warmline
 - Description: This warmline can help parents find the resources they need. If you are phoning, please leave a message and a representative will return your call.
 - Phone: 204-947-2422 ext. 113
 - Email: mothersprogram@womenshealthclinic.org

Hospital-Based Mental Health Supports for Pregnant and Postpartum Persons

- Anxiety Disorders Clinic (St. Boniface Hospital)
 - Description: This clinic offers treatment for anxiety during pregnancy and postpartum. Treatment is often provided in a small group format (6-16 sessions) with limited availability for individual treatment.
 - Requires a referral from a family physician, medical specialist, psychiatrist, psychologist, or another health care provider.
 - Phone: 204-237-2335
 - Visit the following page for more information:
<https://wrha.mb.ca/psychology/services/anxiety-disorders/>
- Health Sciences Centre
 - Description: HSC offers treatment for depression during pregnancy and postpartum. Cognitive-Behavioural Therapy is offered individually (2-10 sessions) or in group format (10 weeks). Individual therapy is offered year-round and group therapy is offered several times per year.
 - Requires a referral from a healthcare provider. An initial interview is conducted to determine appropriateness of services.
 - Phone: 204-787-7424
 - Visit the following page for more information:
<https://wrha.mb.ca/psychology/services/depression/>
- Women's Hospital (Health Sciences Centre)
 - Description: Psychological treatment is available for pregnant and postpartum persons experiencing anxiety and depression. Services are also available for those experiencing mood disorders related to traumatic birth experiences.
 - Treatment lasts between 8-12 sessions individually. If offered in a group format, treatment will last for 10 weeks with 6-10 group members.

- Wait times for pregnant persons are usually 1-3 months and are 2-10 weeks for postpartum persons.
- This program requires a referral from a psychologist, physician, OBGYN, psychiatrist, midwife, public health nurse, or nurse practitioner.
- Phone: 204-787-8237 or 204-787-5212
- Visit the following page for more information:
<https://wrha.mb.ca/psychology/services/womens-health/>

Free & Low-Cost Counselling Resources

- Anxiety Disorders Association of Manitoba (free)
 - Description: This organization offers a free 6-week online Anxiety and Worry Program that addresses COVID-19 related anxiety, health anxiety, and social anxiety. Individuals can complete this program in a small group or individually.
 - Email: adam@adam.mb.ca
 - Phone: 204-925-0600
 - Website: <https://www.adam.mb.ca/>
- Aurora Counselling Centre (sliding scale)
 - Description: This centre offers counselling for individuals, couples, and families.
 - Individual counselling waitlist is approximately 6-8 weeks.
 - Phone: 204-786-9251
 - <https://www.aurorafamilytherapy.com/>
- Aulneau Renewal Centre (sliding scale)
 - Description: This program offers counselling for adults, children, families, and couples.
 - Phone: 204-987-7090
 - Website: <https://aulneau.com/>
- Centre Renaissance Centre (bilingual, sliding scale)
 - Description: This centre offers counselling in both English and French for individuals, couples, and groups. They also offer mindfulness-based stress reduction programs.
 - Phone: 204-256-6750
 - Website: <https://www.renaissancecentre.ca/>
- Cornerstone Counselling Service (sliding scale)
 - Description: This organization provides counselling for individuals, couples, families, and groups who may be experiencing domestic violence, depression, anxiety, or marital stress amongst other issues. Self-referrals are accepted.
 - Phone: 204-663-0050
 - Email: epullman@cornerstonecounselling.ca

- Website: <https://sites.google.com/view/cornerstonecounselling/home>
- Couples Counselling Project (free)
 - Description: This program offers counselling for couples that have experienced violence or abuse in their relationship.
 - Phone: 204-474-6711
 - Email: couples@umanitoba.ca
- Elmwood Resource Community Centre (free)
 - Description: This resource offers crisis and long-term individual counselling, psychoeducation workshops, trauma therapy, and mental wellness programs.
 - Phone: 204-982-1720
 - Website: <http://elmwoodcrc.ca/>
- Family Dynamics (sliding scale)
 - Description: This program offers a parent coach service for new parents and can help improve your confidence as a parent.
 - Phone: 204-947-1401
 - Website: <https://familydynamics.ca/services/parent-coach/>
- Fort Garry Women's Resource Centre (free)
 - Description: This organization offers one-time or ongoing counselling for women on topics such as parenting, trauma, and domestic abuse.
 - Counselling services are offered for 1-12 months with a waitlist of 4-6 months.
 - Phone: 204-477-1123
 - Website: <https://fgwrc.ca/our-programs/counselling/>
- Jewish Child and Family Counselling Services (sliding scale)
 - Description: This program offers counselling for children, adolescents, adults, and seniors, including couples, marriage, and family therapy. Therapists are available to discuss anxiety and depression, loneliness, and separation or divorce. This organization also offers therapeutic support groups.
 - Services are available to all Manitobans regardless of their religious background.
 - Phone: 204-477-7430
 - Email: jcfs@jcfswinnipeg.org
 - Website: <https://www.jcfswinnipeg.org/services/counselling>
- Klinik Community Health Centre (free)
 - Description: During COVID-19, this centre offers their drop-in counselling over the phone. To schedule a counselling session, make sure you have your Manitoba Health card and call 204-784-4090. Counsellors can help you cope with life changes and your mental health.
 - Klinik also offers counselling for those who have been impacted by domestic abuse and sexual assault. The intake phone number is: 204-784-4059.
 - Website: <http://klinik.mb.ca/>

- The Laurel Centre (free)
 - Description: This program provides individual and group counselling for women and youth (16-24) who have experienced sexual abuse.
 - Waitlist of 1-2 years
 - Phone: 204-783-5460
 - Website: <https://www.thelaurelcentre.com/home/>
- Ma Mawi wi Chi Itata Centre (free)
 - Description: This centre offers resources for new Indigenous parents, including parenting groups. They also offer in-home support services.
 - Phone: 204-925-0300
 - Website: <https://www.mamawi.com/community-care/>
- Mount Carmel Clinic (free)
 - Description: Counselling services are available to North End or Point Douglas residents, anyone referred to their clinic, and immigrants or refugees who have lived in Canada for less than three years.
 - This clinic also offers perinatal services, a newborn clinic, and midwives free of charge to North End or Point Douglas residents.
 - Phone: 204-589-9419
 - Website: <https://www.mountcarmel.ca/>
- North End Women's Centre (free)
 - Description: This program offers individual and group counselling on various topics, such as wellness and healthy relationships.
 - Phone: 204-589-7347
 - Website: <http://newcentre.org/service-areas>
- NorWest Co-op Community Health (free)
 - Description: This centre offers a variety of counselling and parenting programs for families living in the Gilbert Park area. Their parent and child counselling program can help you learn to manage your emotions, build your parenting skills, and cope with stress.
 - Website: <https://norwestcoop.ca/>
 - Phone: 204-938-5900
- Recovery of Hope Counselling (sliding scale)
 - Description: This program offers counselling for individuals following a crisis.
 - Phone: 204-477-4673
 - Toll-free: 1-866-493-6202
 - Email: rechope@mymts.net
 - Website: <https://edenhealthcare.ca/roh/>
- University of Manitoba Psychological Services Centre (free)
 - Description: This centre offers psychotherapy and psychological assessments for adults and children. Services are provided by student clinicians who are

supervised by registered clinical psychologists. Psychotherapy is available for a four-month period.

- Website: https://umanitoba.ca/faculties/arts/departments/psych_services/

Mental Health Resources for Perinatal Anxiety and Depression

- Mental Health Education Resource Centre
 - Description: This resource offers various educational materials about mental illness. Their website also contains information on how to find a mental health counsellor and information about the recovery process.
 - Website: <https://www.mherc.mb.ca/page.php?id=17>
- Mood Disorders Association of Manitoba
 - Description: This organization offers resources for persons with postpartum depression and anxiety, such as online weekly support groups.
 - Website: <http://www.mooddisordersmanitoba.ca/services/postpartum/>
- Postpartum Depression Association of Manitoba
 - Description: This resource offers information about anxiety and depression during postpartum, self-care activities that can improve symptoms, and step-by-step instructions on how to get help for your symptoms.
 - Website: <https://www.ppdmanitoba.ca/>
- Postpartum Support International
 - Description: This organization provides support for individuals struggling with their mental health during pregnancy and postpartum. You can find supports on their website or connect with their Manitoba coordinator for local resources.
 - List of Manitoba coordinators: <https://www.postpartum.net/get-help/locations/international/canada/>
 - Website: <https://www.postpartum.net/>
- Towards Flourishing
 - Description: This program is part of Manitoba's *Families First* program (see parenting resources). It can help with the early detection of postpartum anxiety and depression.
 - Website: <https://www.gov.mb.ca/healthychild/towardsflourishing/index.html>
- Women's Health Centre - *Coping with Change* Group
 - Description: This program is for postpartum individuals who feel lonely, anxious, or depressed. Topics include emotional adjustment, relationship changes, and myths about motherhood. Registration is required.
 - Email: mothersprogram@womenshealthclinic.org
 - Phone: 204-947-2422, ext. 113
 - Website: <https://whcbirthcentre.com/>

Finding a Psychologist

- 211 Manitoba
 - Search programs and services in your community: <https://mb.211.ca/>
- Canadian Register of Health Service Psychologists
 - Website: www.crhspp.ca
- Cognitive Behaviour Therapy Institute of Manitoba
 - Contact the intake department for more information at:
 - Email: appointments.cbti@gmail.com
 - Phone: 204-982-3810
 - Website: <https://cbtmanitoba.com/>
- Department of Clinical Health Psychology Central Referral Line
 - Publicly Funded. A referral from your primary care clinician is preferred and self-referrals are usually not accepted.
 - Phone: 204-787-7424
- eMentalHealth.ca: Mental Health Services in Your Community
 - Search for mental health services and facilities in your area: <https://www.ementalhealth.ca/Winnipeg-Regional-Health-Authority/Mental-Health-Facilities/index.php?m=heading&ID=229#108>
- Manitoba Psychological Association
 - This resource will help you find a psychologist suited to your needs.
 - Phone: 204-488-7398 or use the contact form on their website <https://mps.ca/contact-us/>
 - Online referral directory: <https://mps.ca/find-psychologist/>

Online Resources for Perinatal Anxiety and Depression

- American Family Physician
 - Description: This resource offers information on a variety of topics related to depression during pregnancy and postpartum.
 - Website: <https://www.aafp.org/afp/topicModules/viewTopicModule.htm?topicModuleId=6>
- Anxiety Canada
 - Description: This resource offers information on anxiety during pregnancy and postpartum.
 - Website: <https://www.anxietycanada.com/>
- Anxiety and Depression Association of America
 - Description: This resource describes different types of anxiety disorders and provides detailed information about various treatment options.

- Website: <https://adaa.org/>
- Anxiety Disorders Association of Manitoba
 - Description: This resource contains helpful information about the different types of anxiety disorders and how to manage your symptoms.
 - Website: <http://www.adam.mb.ca/>
- BeyondBlue
 - Description: This resource contains information about the symptoms, risk factors, and treatment options for anxiety and depression during pregnancy and postpartum.
 - Website: <https://healthyfamilies.beyondblue.org.au/>
- Canadian Psychological Association
 - Description: This resource provides information about mental health disorders, including anxiety and depression. It also has several helpful fact sheets about anxiety and depression in pregnancy and postpartum.
 - Website: <https://cpa.ca/>
- Centre for Clinical Interventions
 - Description: This is a government-funded Australian website with excellent CBT-based self-help modules for common anxiety and mood disorders.
 - Website: <https://www.cci.health.wa.gov.au/>
- Health Links BC
 - Description: The mental health section of this website offers a helpful learning centre that includes information and resources for postpartum depression.
 - Website: <https://www.healthlinkbc.ca/>
- Here to Help BC
 - Description: This resource provides information about various topics related to anxiety and depression during the pregnancy and postpartum.
 - Website: <https://www.heretohelp.bc.ca/>
- Informed Choices Depression
 - Description: This resource was developed by a team of Canadian researchers, professionals and young adults to answer the questions many people have about depression. It provides up-to-date information based on the best available research.
 - Website: <https://depression.informedchoices.ca/>
- March of Dimes
 - Description: This resource has information about depression and anxiety during pregnancy, including information on symptoms and prevention strategies.
 - Website: <https://www.marchofdimes.org/index.aspx>
- MIND UK
 - Description: This resource outlines information about perinatal anxiety and depression symptoms and treatment options.

- Website: <https://www.mind.org.uk/>
- MotherToBaby
 - Description: This resource contains fact sheets about anxiety and depression in pregnancy, as well as fact sheets outlining the safety of various medications and herbal remedies.
 - Website: <https://mothertobaby.org/fact-sheets/>
- Postpartum Depression Association of Manitoba
 - Description: This resource has information on postpartum depression and how to get help.
 - Website: www.ppdmanitoba.ca
- United Kingdom National Health Service
 - Description: This resource has information about depression in pregnancy and postpartum, including symptoms, risk factors, and how to get help. Resources can be accessed under their Health A-Z section.
 - Website: <https://www.nhs.uk/>

Mental Health Mobile Apps

If interested, please see <https://adaa.org/mental-health-apps> for additional recommendations for app-based resources

- Breathe2Relax
 - Description: This app is a stress reduction tool that teaches users how to relax through diaphragmic breathing exercises. The app features a body scan tool that illustrates how stress impacts different areas of the body.
 - Brought to you by The National Centre for Telehealth and Technology
 - Available on the App Store and Google Play Store
 - Cost: Free
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/breathe2relax-expert-review/>
- Calm
 - Description: This app provides both guided and unguided mindfulness meditation practice for beginners. The first seven days are free, which include a seven-day guided course. If users subscribe, they have access to a full catalogue of meditation lessons.
 - Cost: \$12.99/month, \$59.99/year, or \$299.99 for a lifetime subscription
 - Available on the App Store, Google Play Store, and through Amazon
 - Website: <https://www.calm.com/>
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/calm-professional-review/>
- Calm in the Storm

- Description: This app helps users learn to identify and manage their stress. These strategies are grounded in clinical stress research.
- Brought to you by Klinik Community Health Centre, the Canadian Association for Suicide Prevention, and the Winnipeg Suicide Prevention Network.
- Available on the App Store
- Cost: Free
- Website: <http://calminthestormapp.com/>
- Happify
 - Description: This self-guided app encourages the development of positive habits and greater levels of positive emotions through daily activities. This app is grounded in positive psychology and mindfulness research.
 - Cost: \$14.99/month, \$139.99/year, or \$449.99 for a lifetime membership
 - Available online, on the App Store, and on the Google Play Store.
 - Website: <https://www.happify.com/>
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/happify-an-expert-review/>
- Headspace
 - Description: This app offers instruction on mindfulness meditation for both beginners and advanced meditators. Once users complete their free 14-day trial, they must purchase a subscription to have access to the full library of lessons.
 - Cost: 14 days free, \$12.99/month or \$69.99/year
 - Available on the App Store and Google Play Store
 - Website: <https://www.headspace.com/>
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/headspace-professional-review/>
- Mind the Bump
 - Description: This mindfulness meditation tool helps parents prepare mentally and emotionally for the birth of their baby. This program was designed by psychologists and psychiatrists and is grounded in mindfulness meditation.
 - Brought to you by Smiling Mind and BeyondBlue
 - Cost: Free
 - Available on the App Store and on the Google Play Store
 - Website: <https://www.mindthebump.org.au/>
- Mindshift

- Description: This app helps you reduce anxiety using evidence-based strategies. It can help you challenge your negative thoughts and develop more effective ways of thinking.
- Brought to you by Anxiety Canada
- Cost: Free
- Available on the App Store and Google Play Store
- Website: <https://www.anxietycanada.com/resources/mindshift-cbt/>
- To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/mindshift-expert-review/>
- Mood Kit
 - Description: This app offers evidence-based strategies to help users manage their stress, anxiety, and depression. The app allows users to analyze and challenge their thinking and also features a mood tracker.
 - Cost: \$6.99
 - Available on the App Store
 - Website: <https://www.thriveport.com/products/moodkit/>
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/moodkit-expert-review/>
- Mood Gym
 - Description: This app uses the principles of Cognitive Behavioural Therapy to help users prevent or manage symptoms of depression and anxiety. It takes a self-help approach and allows users to navigate five modules that will help them learn and practice new ways of thinking and responding to situations.
 - Cost: \$39.00 (12-month subscription)
 - Available online at: <https://moodgym.com.au/>
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/moodgym-professional-review/>
- Mood Mission
 - Description: This app provides users with a variety of small tasks that they can complete to improve their mental health. These missions are updated based on what works best for you and other users. Missions can be emotional, thought-based, or physical.
 - Research suggests this app is effective at improving mental wellbeing in individuals with moderate symptoms of anxiety and depression.
 - Cost: Most content is free, with some customizable content available for a fee.
 - Available on the App Store and Google Play Store. App is not compatible for iPad.
 - Website: <https://moodmission.com/#new-page-section>
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/mood-mission-an-expert-review/>

- Woebot
 - Description: This program includes lessons, interactive exercises, and videos that utilize the principles of Cognitive Behavioural Therapy. Users are guided through the app by Woebot, a conversational agent powered by artificial intelligence. This app is best suited for young adults struggling with stress and their wellness.
 - Cost: Free
 - Available on the App Store and Google Play Store
 - Website: <https://woebothealth.com/>
 - To access a professional review about this program please visit: <https://onemindpsyberguide.org/expert-review/woebot-an-expert-review/>

Parenting Resources

- Bean Family Wellness
 - Description: This resource offers a variety of workshops to help expecting parents prepare for birth. Mental health supports and resources are also offered. Classes are available for a fee.
 - Website: <https://www.beanfamilywellness.com/>
- Birth Roots
 - Description: This resource offers various classes for pregnant and postpartum individuals. All group classes and private sessions are led by experienced doulas and are currently offered virtually due to COVID-19.
 - Website: <https://www.birthrootsdoulas.com/classes/after-baby/baby-drop/>
- Canada Prenatal Benefit
 - Description: This program funds community groups to develop resources and supports for pregnant and postpartum persons. Programs include breastfeeding supports, drop-in activities, family support, home visits, education, and prenatal/postnatal support.
 - To find local programs suited to your needs please visit their website: <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/canada-prenatal-nutrition-program-cpn.html>
- Families First
 - Description: This program can provide you with information about pregnancy and parenting your new infant. A public health nurse will visit your home and help you find community resources suited to your needs. These services are free of charge and can be accessed across Manitoba.
 - Brochure: <https://www.gov.mb.ca/healthychild/familiesfirst/brochure.pdf>

- Contact your regional representative:
<https://www.gov.mb.ca/healthychild/familiesfirst/contacts.html>
- Foundations Birth Services
 - Description: This organization offers prenatal classes to prepare expecting parents for the birth of their baby. Classes are offered virtually and include topics such as labour, breastfeeding, and bringing baby home.
 - Phone: 204-228-1783
 - Website: <http://wwwFOUNDATIONSbirthservices.ca/>
- Healthy Baby Community Support Programs
 - Description: These programs can help expecting and new parents answer questions about their pregnancy and their child's growth and development. They can also connect you with healthcare professionals. These programs can be accessed across Manitoba and are free of charge.
 - Winnipeg:
https://www.gov.mb.ca/healthychild/healthybaby/list_winnipeg.pdf
 - Rural Manitoba:
https://www.gov.mb.ca/healthychild/healthybaby/list_rural.pdf
- Healthy Start for Mom & Me (HSMM)
 - Description: HSMM offers free group sessions for expecting and new parents that can be attended virtually or over the phone. Their team is led by an outreach worker, Registered Dietitian, and a public health nurse to ensure participants receive the support and information they need. Each week they tackle topics around pregnancy and postpartum, such as infant feeding and sleeping.
 - Phone: 204-948-5350
 - Email: hsmm@hsmm.ca
 - Website: <https://www.hsmm.ca/wp/>
- Manitoba Association for Childbirth and Family Education
 - Description: This resource offers group or private prenatal classes to help prepare new parents for birth and early postpartum. Classes are available for a fee. Please visit their website for their contact information:
<http://www.manitobachildbirth.com/>
- Manitoba Childcare Search
 - Description: This resource helps new parents find childcare. Information on childcare fees and childcare subsidies are also available.
 - Website: <http://www.manitoba.ca/fs/childcare/families/index.html>
- Manitoba Prenatal Benefit
 - Description: This program provides expecting mothers with a monthly benefit cheque to ensure that they can afford healthy foods during their pregnancy. If approved, you will also be able to access Healthy Baby Community Support programs and be provided with resources. If you make less than \$32,000 a year, you may qualify for this benefit.

- Website: <https://www.gov.mb.ca/healthychild/healthybaby/mpb.html>
- Nest Family Centre
 - Description: This resource offers a variety of educational programming, fitness programs, and support groups for expecting and new mothers. Services are available for a fee.
 - Phone: 204-453-8160
 - Email: info@nestfamilycentre.com
 - Website: <https://nestfamilystore.com/>
- Nobody's Perfect Parenting Group
 - Description: This organization holds free parenting support groups in Winnipeg, Selkirk, and Steinbach. To connect with their Manitoba coordinator, please visit their website: <http://nobodysperfect.ca/provincial-contacts/manitoba/>
- Qmunity: LGBTTTQ* Families Together
 - Description: This program is supported by the Women's Health Clinic and offers monthly groups for LGBTTTQ* identifying parents with children ages 0-5.
 - Email: qmunityWPG@gmail.com
 - Website: <https://qmunity.ca/>
- Parent-Child Coalition
 - Description: This program brings together resources for new parents through partnerships with community organizations.
 - For a list of programs, please visit: <https://www.gov.mb.ca/healthychild/ecd/>
 - To find a contact in your area, please visit: https://www.gov.mb.ca/healthychild/parentchild/pcc_contacts.pdf
- Pluri-elles
 - Description: This resource offers free parenting programs and support groups for women. Programs are offered in French.
 - Phone: 204-233-1735
 - Website: <http://www.pluri-elles.mb.ca//>
- South Winnipeg Family Information Centre
 - Description: This resource centre offers a variety of online parenting groups, including one for parents with children ages 0-6. They also offer one-on-one support for parents. Services are available for a fee.
 - Their upcoming program schedule can be found on their website: <http://www.swfic.org/>
- Steinbach Family Resource Centre
 - Description: This resource centre offers a variety of pre and postnatal classes and support groups. Topics include breastfeeding and infant development.

- Phone: 204-346-0413
- Email: family@steinbachfrc.ca
- Website: <http://www.annashouse.ca/>
- Thrive Community Support Circle
 - Description: This organization provides various free programs for pregnant and postpartum individuals, including prenatal and baby classes and female sharing circles with Indigenous elders.
 - Phone: 204-772-9091 or 204-255-4840
 - Website: <https://www.thrivecommunitysupportcircle.com/>
- Villa Rosa
 - Description: This support centre is a safe place for single pregnant and postpartum persons to stay. Their services are free of charge and include room and board as well as counselling, life skill training, and education services.
 - Phone: 204-786-5741
 - Website: <https://www.villarosa.mb.ca/>
- WRHA Population and Public Health
 - Description: This resource can connect you with services offered by public health nurses, such as home visits and breastfeeding support. To learn more about the programming available in your neighbourhood, please visit their website at: <https://wrha.mb.ca/public-health/contact-us/>
 - Phone: 204-926-7000
- Wolseley Family Place
 - Description: This organization offers a variety of education and support programs for families, including prenatal classes, parenting groups, and play groups for children.
 - Phone: 204-560-3141
 - Website: <https://wolseleyfamilyplace.com/>
- Women's Health Clinic
 - Description: The Mother's Program offers a variety of support groups for pregnant and postpartum parents. Programs include:
 - *Families Connecting*: This program connects new parents and health professionals.
 - *Healthy Families*: This program is targeted towards pregnant parents and those with children under 2 years of age.
 - *Virtual Prenatal Classes*: This program includes topics such as infant feeding and care, comfort during labour and birth, and self-care after birth.
 - Registration is required for all groups.
 - Phone: 204-947-2422, ext. 113
 - Email: mothersprogram@womenshealthclinic.org
 - Website: <https://whcbirthcentre.com/>

- Youville Community Health Centre
 - Description: This resource offers various prenatal, parenting, and breastfeeding supports for new parents, including free virtual prenatal workshops for individuals under 25. These supports also include information about mental health during pregnancy and postpartum.
 - Website: <https://www.youville.ca/health-centre/>

Breastfeeding Supports

- Bean Family Wellness
 - Description: This service offers one-on-one breastfeeding support for mothers during pregnancy and postpartum across Manitoba.
 - Phone: 204-615-5941
 - Email: info@beanfamilywellness.com
 - Website: <https://www.beanfamilywellness.com/>
- Foundations Birth Services
 - Description: This program offers a variety of perinatal education classes (\$60 per class), as well as breastfeeding counselling services with a certified lactation consultant either virtually or in-home (\$120 per session).
 - To enroll, you can email Cindy at: breastfeeding@foundationsbirthservices.ca
 - Phone: 204-228-1783
 - Website: <http://www.foundationsbirthservices.ca/>
- La Leche League Manitoba
 - Description: This program currently offers virtual breastfeeding support groups. To find an upcoming group in your area of Manitoba, please visit their website: <https://www.lllc.ca/find-group-manitoba>
 - Phone: 204-257-3509
- Nouri-Source
 - Description: This breastfeeding support group is offered in French through Pluri-elles.
 - Phone: 204-233-1735
 - Website: pluri-elles.mb.ca
- Winnipeg Breastfeeding Centre
 - Description: This program provides breastfeeding supports covered by Manitoba Health. Meetings are offered virtually during COVID-19.
 - Enrollment in this program requires a referral from your physician, nurse practitioner, midwife, public health nurse, or lactation consultant.
 - Phone: 204-231-1724
 - Website: <http://wpgbreastfeedingcentre.com/>

Doula Services

Doulas can help you through your birth and provide support after the birth of your baby. These services are available for a fee. Doula services available in Manitoba include:

- Birth Roots Doula Collective
 - Website: <https://www.birthrootsdoulas.com/>
- Foundations Birth Services
 - Website: <http://www.foundationsbirthservices.ca/>
- Manitoba Association for Childbirth and Family Education:
 - Website: <http://www.manitobachildbirth.com/>
- Manitoba Indigenous Birth Helpers Initiative (Wiji'idiwag Ikwewag)
 - Website: <https://www.birthsovereignty.ca/site/home>
- With Women Doula Collective
 - Website: <https://www.doulacollective.com/>

COVID-19 Resources

Mental Health Resources

- AbilitiCBT: Government of Manitoba
 - Description: This is a Mental Health Virtual Therapy Program available to Manitobans (16+) who are experiencing mild to moderate symptoms of anxiety due to the COVID-19 pandemic. This program uses Cognitive Behavioural Therapy to help address anxiety symptoms related to the pandemic.
 - Visit their website for more information and to sign up: <https://manitoba.ca/covid19/bewell/virtualtherapy.html>
- Anxiety Disorders Association of Manitoba COVID-19 Anxiety Support Line
 - Description: This support line is designed to help people cope with COVID-19 related stress.
 - Hours:
 - Monday-Friday: 9am-9pm
 - Saturday-Sunday: 10am-4pm
 - Phone: 204-925-0040
- Coronavirus Mental Wellbeing Support Service (24/7)
 - Trained counsellors can offer you support if you're feeling worried or are struggling to cope due to isolation.
 - Phone: 1-800-512-348
 - Website: https://coronavirus.beyondblue.org.au/?utm_campaign=hp_banner
- Mindfulness Exercise for Anxiety: Robert Hindman, PhD

- Watch Beck Institute clinician Dr. Robert Hindman describe a short mindfulness exercise for worry and anxiety associated with the COVID-19 pandemic:
<https://beckinstitute.org/a-short-mindfulness-exercise/>
- Wellness Together Canada
 - This is a mental health and substance use support offering information and videos about mental health issues, self-help mental wellness programs, and individual, video, or text counselling.
 - Website: <https://ca.portal.gs/>
 - Immediate crisis support: Text “WELLNESS” to 741741, Frontline workers text “FRONTLINE” to 741741

Information Resources

- Anxiety and Depression Association of America
 - Coronavirus Corner: Helpful Expert Tips and Resources to Manage Anxiety: <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- Canadian Mental Health Association
 - COVID-19 and Mental Health: <https://cmha.ca/news/covid-19-and-mental-health>
- Canadian Psychological Association
 - Coping with and preventing COVID-19: <https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet-COVID-19.pdf>
 - Psychological Impacts of COVID-19: <https://cpa.ca/docs/File/Publications/FactSheets/PW Psychological Impacts COVID-19.pdf>
- Centre for Addiction and Mental Health (CAMH)
 - Mental Health and the COVID-19 Pandemic: <http://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Institute for Disaster Mental Health
 - Managing Stress during COVID-19: <https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>
- Perinatal Services BC
 - The following infographic outlines how to breastfeed safely during COVID-19: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_LactationInfographic.pdf