

“Each week I look forward to coming to a group, excited to see you all, learn something new, and allow my child the chance to interact!”

Maternal Health & Wellness

We offer programs and services to provide information and support during pregnancy, birth and early parenting.

Every donation makes a difference

You can make a huge impact in someone's life. Your generosity helps support the work that we do here at WHC – your donation can help a multitude of programs, including our Mothers Program. We have offered hundreds of hours of free workshops in mothering/parenting support

Help us continue our work. Please donate today.

Donate online

www.womenshealthclinic.org/donate
or www.canadahelps.org

Donate by phone

Call 204-947-2422 ext. 129

Donate in person or by mail

Women's Health Clinic
419 Graham Ave., Unit A
Winnipeg, MB R3C 0M3

*Make all cheques payable to:
Women's Health Clinic*

**Charitable Registration #
119302693RR0001**



women's
health clinic



204-947-2422 ext.113
1-866-947-1517



mothersprogram@
womenshealthclinic.org



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Through birth or adoption a baby changes everything from your expectations of parenting, to your relations, confidence, and life. Parenting is hard work. You are not alone.

Our free services and programs offer support to pregnant people, and parents and their families.

For more information or to register call:
204-947-2422 ext. 113

Families Connecting

A Healthy Baby Community Support Program to connect pregnant people and parents of children under age 1 with health professionals and other parents to share information, support and resources. Topics include prenatal and postnatal nutrition and health, breastfeeding, parenting tips, and lifestyle choices.

Bus tickets, milk coupons (for pregnant women and up to 6 months postnatal), healthy snacks, and childcare for older children.

Families connecting is available at five locations in Winnipeg

Prenatal Classes

Workshops explore communication, relationships, life changes, and how to cope with pregnancy and birth. Includes resources about birth, labour, self-care, baby care, baby feeding, family health, and where to find help.

Coping with Change

These postnatal classes are to help you understand all changes that happen after baby arrives. Topics address emotional adjustments, relationship changes, sleep, emotions, and myths about mothering.

Other Programming Includes:

- Parenting support workshops
- Families in the Kitchen
- Interactive parent and child activities

Many of our programs are offered at the Birth Centre as well as in the community.

Some programs and workshops are offered in French.

If you need child minding, please inquire when registering.

For more information on the services and programs we offer, please visit:
www.womenshealthclinic.org

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Visit our website for more information on our programs and a list of workshops and resources.

CONTACT US

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1-866-947-1517 toll-free
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