

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

Maternal Health & Wellness

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

Every donation makes a difference

You can positively impact a family's life. Each year, mothers and parents learn how to build healthy and empowered families through our Mothers Program and free community workshops.

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 #
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women's
health clinic



204-947-1517
1-866-947-1517



419 Graham Avenue
Winnipeg, MB R3C 0M3



women's
health clinic

www.womenshealthclinic.org

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We are an inclusive, feminist community health clinic. We offer client-centred support through services and education.

Having a baby – by birth or adoption – changes everything; your expectations of parenting, your relationships, your confidence, and your life.

Caring for a baby is hard work. You're not alone.

Our free services and programs offer support to pregnant people, and to parents and their families. For more information, or to register, please call us at 204-947-2422 ext. 113.

Families Connecting

This Healthy Baby Community Support Program connects pregnant people and parents of children under age 1 with other parents, families, and health professionals to share information, support, and resources.

Topics include prenatal and postnatal nutrition and health, breastfeeding, parenting tips, and lifestyle choices. These facilitated groups also offer:

- bus tickets
- milk coupons (during pregnancy & up to six months postnatal)
- healthy snacks
- child minding for older children while parents attend the group

We offer Families Connecting at five community areas in Winnipeg. For details on dates, times and locations, please call us or visit our website.

Prenatal Supports

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

Coping with Change

Postnatal workshops help you understand all the changes that happen after baby arrives. Topics address emotional adjustments, relationship changes, sleep, emotions, and myths about mothering.

Other programs include:

- parenting support workshops
- community kitchen and cooking groups
- interactive parent and child activities

Many of our programs are at the Birth Centre; some are in other Winnipeg areas. We offer some programs in French.

If you need child minding while you attend our programs, please ask when you register.

For more information on our programs, workshops and resources, please visit:

www.womenshealthclinic.org

Visit our website for more information:

www.womenshealthclinic.org

204-947-2422 ext. 113

mothersprogram@womenshealthclinic.org

Contact us

