

Newcomer Resource Listings

When you are new to Manitoba, arrived as a landed Immigrant, you need to get a Manitoba Health Registration Card. Manitoba Health pays for some health services you may need.

APPLICATION FOR A MANITOBA HEALTH CARD

<https://www.gov.mb.ca/health/mhsip/forms/eregistration.pdf>

THINGS COVERED BY YOUR MANITOBA HEALTH REGISTRATION CARD

- An appointment with your doctor
- Any visit to the Emergency Department at the hospital
- Any stay at the hospital as a patient
- Any tests done at the hospital
- Any tests done at a Lab of a medical clinic
- Specialists that you need to see for health problems.
- Transfers from one hospital to another by Emergency Medical Services (EMS)
- Immunizations for your child or yourself
- Home Care Services

EMERGENCY (Ambulance, Police, Fire) call... 911

HEALTH LINK INFO-SANTÉ: Receive general health information from a Registered Nurse 24hrs/7 day a week.
1-888-315-9257

HOSPITALS

Bethesda Regional Health Centre, Steinbach, MB	204-326-6411
Emerson, MB	204-373-2109
Morris, MB	204-746-2301
St. Pierre-Jolys, MB	204-433-7611
Ste. Anne, MB.....	204-422-8837
Vita, MB	204-425-3804

SOUTHERN HEALTH-SANTÉ SUD - PUBLIC HEALTH SERVICES: Public Health offices provide immunizations, flu shots, healthy baby checks, breast feeding support, breast pump rentals, referrals for audiology, speech and occupational therapy, reproductive health supplies and harm reduction supplies.

German Outreach Worker for Public Health Services	204-346-6128
Steinbach.....	204-346-6123
Ste. Anne	204-422-8817
St. Pierre	204-433-7636
Vita	204-425-3859
Sprague.....	204-437-3015
Lorette	204-878-9752
Niverville.....	204-388-2030

HEALTHY BABY GROUPS: Groups run once a month in different communities and are for women who are pregnant or have children up to 1 year old. For a schedule and more information call **204-346-6696**.

MIDWIFERY SERVICES **204-326-9480**

TO FIND A DOCTOR, DENTIST OR OPTOMETRIST IN YOUR AREA:

Family Doctor Finder 1-866-690-8260 - www.manitoba.ca/familydoctorfinder

Dentist www.manitobadentist.ca

Optometrist (Eye Care).....www.mb-opto.ca/find-an-optometrist

SOUTHERN HEALTH-SANTÉ SUD - MENTAL HEALTH:

Crisis Response Services (24 hours a day 7 days/week)..... **1-888-617-7715**

If you are experiencing a mental health crisis you are not alone and we can help. If your situation is an emergency, please call 911 or attend your local emergency department.

Community Mental Health..... **1-888-310-4593**

Community Mental Health services will assess, provide counselling, education and referral services to [adults](#), [children](#), [seniors](#) and [adolescents](#).

RESOURCES FOR ADDICTIONS:

Addictions Foundation of Manitoba **204-326-7724**

SOUTHERN HEALTH-SANTÉ SUD - CHRONIC DISEASE EDUCATION TEAM: Nurses and dietitians are available to provide support and education to learn more about health and living well with a chronic illness such as Diabetes, Heart Health, Cholesterol and Gut Health concerns. For individual appointments or group classes call **204-320-2475**.

CRISIS LINES & HOTLINES:

Manitoba Poison Control	1-855-776-4766	Domestic Violence Crisis Line	1-877-977-0007
Child Find Manitoba	1-800-532-9135	Agape House Women’s Shelter	204-346-0028
Farm & Rural Stress Line	1-866-367-3276	Suicide & Crisis Line	1-877-435-7170
Kids Help Phone	1-800-668-6868	Sexual Assault Crisis Line	1-800-292-7565

OTHER SERVICES:

MANITOBA CHILD CARE SEARCH: This tool allows families to search for early learning and child care facilities that meet their needs and then families can directly contact the child care provider of their choice.

[Manitoba Child Care Search - Government of Manitoba](#)

FINANCIAL SUPPORTS - For more information on benefits visit www.canadabenefits.gc.ca

Healthy Baby Prenatal Benefit1-888-848-0140

Manitoba Child Benefit Program.....1-800-563-8793

Prescription Drug assistance1-800-297-8099

FOOD BANKS & COMMUNITY SUPPORTS

Grunthal	204-371-1394	Ste. Anne	204-371-4984
Ile Des Chenes	204-878-3359	Steinbach Helping Hands	204-326-2599
Lorette	204-270-0273	Steinbach Community Outreach.....	204-326-7954
Niverville.....	204-392-5699	Steinbach Soup's On	204-326-6235
Sprague/Piney	204-423-2383	Steinbach Family Resource Centre	204-346-0413
Richer and Ste. Genevieve.....	204-878-2511	Recreation Opportunities for Children	204-371-2887
Emerson/Dominion City	204-427-2869		

EMPLOYMENT & HOUSING SERVICES:

Employee Income Assistance...	1-866-682-9782
Manitoba Housing Support	1-800-661-4663
Eastman Employment Services	204-326-4099
Eastman Immigrant Services Employment Facilitator	204-346-6609
Rent Assistance Programs	1-877-587-6224

LANGUAGE:

South Eastman English & Literacy Services - (SEELS) For adults & families	204-371-2896
Red River College Language Training Centre	204-326-4225
Eastman Immigrant Services – English for Work.....	204-346-6609

SENIOR SERVICES: CALL FOR INFORMATION ON PROGRAMS FOR SENIORS

Fernwood Place - Steinbach	204-326-2547
RM Emerson-Franklin	204-427-2557
Woodhaven Steinbach	204-346-1501
Linden Place - Steinbach	204-326-9898
RM Grey	204 379 2272
RM Piney	204-437-2604
Villa Youville - Ste Anne	204-422-3008
Kleefeld	204 392 2565
Niverville	204-388-9945
RM Ritchot	204-883-2880
St. Pierre	204-433-3276
RM & Town of LaBroquerie/Ste Anne	204-424-5285
Pat Porter Centre, Steinbach	204-320-4604

COMMUNITY RECREATION – For community specific information on sports, art and music classes, day camps, and other programs and events for children and families.

Town of Niverville.....	204-388-4600	Town of Ste Anne.....	204-422-5293
Rat River	204-712-7773	RM of Tache	204-878-3321
RM of Franklin	204-427-2557	RM of Ritchot	204-803-6115
RM of La Broquerie.....	204-424-5251	City of Steinbach	204-326-9877
RM of Hanover	204-346-7132		

Libraries:

Bibliothèque Ritchot - Ile des Chenes	204-878-2147
Bibliothèque Ritchot - St. Adolphe	204-883-2182
Bibliothèque Ritchot - Ste. Agathe	204-882-2275
Bibliothèque Saint Joachim – LaBroquerie.....	204-424-9533
Bibliothèque - Ste. Anne	204-422-9958
Bibliothèque Tache - Lorette.....	204-878-9488
Jake Epp Library - Steinbach.....	204- 326-6841
Jolys Regional Library - St. Pierre	204-433-7729
St. Malo Library - St. Malo	204-347-5606

HEALTH SUPPORT WEB SITES:

Cancer:

www.cancerscreening.mb.ca

www.cancer.ca

Heart & Stroke:

www.heartandstroke.mb.ca

Health Canada - 1-866-225-0709

www.healthcanada.gc.ca

www.hc-sc.gc.ca

Canadian Diabetes: 204-949-9163

www.diabetes.ca

Quit Smoking: 1-866-366-3667

www.smokershelpline.ca

www.gosmokefree.gc.ca

Canadian Mental health Association 204-982-6100

CMHA Manitoba and Winnipeg – Mental Health for All