

RESOURCES FOR

# Parents and Families



# Canada's Food Guide Recipes



Canada's Food Guide offers a variety of recipes to make cooking fun and healthy for the whole family! Pick a recipe to prepare together and enjoy quality time while encouraging healthy eating habits. The recipes are categorized under Vegetables, Fruits, Whole Grains, Proteins, Meals, and more!



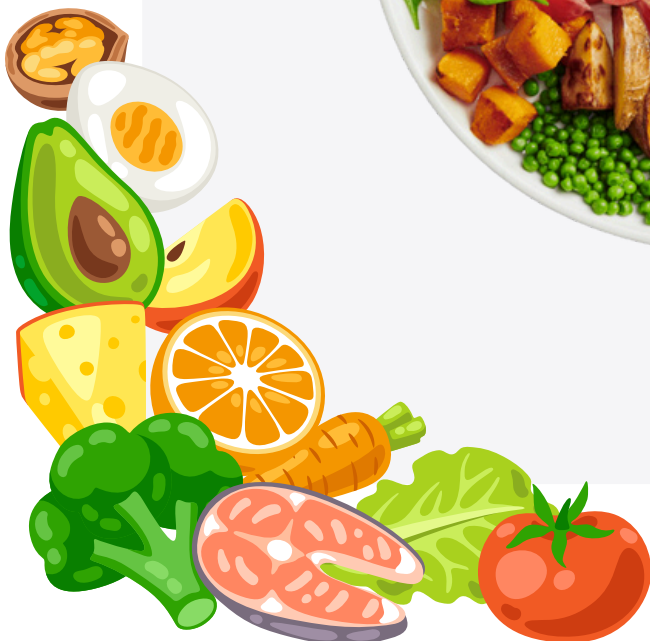
[food-guide.canada.ca/en/recipes](https://food-guide.canada.ca/en/recipes)

Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice

Choose  
whole grain  
foods



# Community Legal Education Association

The Community Legal Education Association (CLEA) in Winnipeg helps people to understand the law through free resources and programs. They offer workshops and seminars on topics like family law, tenant rights, and wills, and provide a Law Phone-In Program where you can get free legal information or be referred to a lawyer. CLEA also creates easy-to-read booklets and guides to make legal issues easier to understand and works with schools and diverse community groups to share legal knowledge.



[communitylegal.mb.ca](http://communitylegal.mb.ca)



Community Legal  
Education Association



# Teenstop Jeunesse



Teen Stop Jeunesse in Winnipeg is a safe and supportive place for teens and their families. They offer help with schoolwork, life skills, and job training, along with fun activities and a space to hang out. Teens can enjoy free meals and snacks, and the staff is there to offer support and connect them to resources for mental health, housing, or other challenges. It is a great place for youth to learn, grow and feel supported.

**Location:** 533 St. Anne's Rd, Winnipeg MB, R2M 3E8

**Phone:** (204) 254-1618



[teenstop.ca](http://teenstop.ca)

# TEENSTOP JEUNESSE



# Harvest Manitoba



Harvest Manitoba is a charitable organization focused on fighting hunger and food insecurity in Manitoba.

**Location:** 1085 Winnipeg Ave, Winnipeg MB, R3E 0S2

**Phone:** (204) 982-3663



## Programs



We provide special products exclusively to mothers with infants to help meet their basic needs during the most important time in their development.



Harvest Meals2Go is a weekend breakfast program that is currently being facilitated in 7 Winnipeg schools.



Market Garden directly serves our neighbours in geographic areas of high need who have low access to other food resources.



## South Winnipeg Family Information Centre

South Winnipeg Family Information Centre (SWFIC) is a non-profit organization that supports families in the community. They offer programs and services to help people build stronger relationships with their families and within their community.

**Location:** 800 Point Road, Lower-Level, Winnipeg MB, R3T 3L8

**Phone:** (204) 284-9311



## United Way

United Way Winnipeg works with local groups to help people in need. They focus on reducing poverty and homelessness, supporting kids in school, keeping families together, and making communities safe and healthy. They also provide help with job skills, money management, after-school programs, mental health, disabilities, mentorship, and counseling.

**Location:** 580 Main Street, Winnipeg MB, R3B 1C7

**Phone:** (204) 477-5360



## Youville Community Health Centre

Youville St. Vital Community Health Centre provides accessible, safe, and holistic health and social services. Their multidisciplinary team offers medical care, counselling, parenting support, advocacy, wellness education, and community development. Programs include prenatal and baby mentorship, teen clinics, foot care, dietary guidance, and access to essential resources like food and clothing. They aim to support individuals and foster a healthier community for future generations.

**Location:** 6 - 845 Dakota Street, Winnipeg MB, R2H 0S8

**Phone:** (204) 255-4840



[youville.ca](https://youville.ca)



## Huddle South Central

Offers free in-person and online events and programs, including health and wellness workshops, drop-in counseling, group activities like karaoke and yoga, resume-building sessions, Indigenous crafting and storytelling, and much more!

**Location:** Unit A – 17 Rue St Mary's, Winnipeg MB, R2H 1H2

**Email:** [hubfeedback@youville.ca](mailto:hubfeedback@youville.ca)

**Phone:** (204) 255-6497



[huddlemanitoba.ca/find-a-location/huddle-south-central](https://huddlemanitoba.ca/find-a-location/huddle-south-central)



## Huddle South Central



## Koats for Kids



Koats for Kids in Winnipeg provides winter gear for children. Parents can request items through schools, daycares, or agencies, which distribute coats, hats, mitts, scarves, and, if available, ski pants.

**Pick Up Location:** 231 King Street, Winnipeg, MB



## Family Dynamics

Family Dynamics help families grow stronger together! They provide a range of services to support parents, children, and families. These include counseling and support, where caring professionals listen and guide the families through life's challenges. Parent coaching offers practical tips and advice for everyday parenting. In-home family support helps families create positive routines and a healthy home environment. The family resource centers are great places to find helpful information, join programs, and connect with other families in the community.

**Location:** 401-393 Portage Avenue, Winnipeg MB, R3B 3H6

**Phone:** (204) 947-1401





## Toybox Manitoba

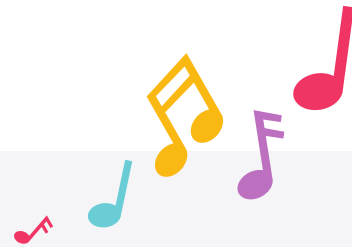


Toybox offers free, fun, and proven activities to help kids ages 2 to 8 learn letters, numbers, and wellness skills. Created by a team of educators, caregivers, and students, Toybox gives families and educators simple tools to support young children's growth and learning at home or in the classroom.

**Email:** [toybox@uwinnipeg.ca](mailto:toybox@uwinnipeg.ca)



## Tune-In Music Lessons



The West End Cultural Centre offers Tune In, a free music program for kids and teens aged 8-18. This program provides group music lessons where participants can try out guitar, bass, drums, voice, and keyboard. Supported by Music Equals through the Manitoba Conservatory of Music and Arts, Tune In is a welcoming space for young people to explore their love of music. Lessons take place every Tuesday from 4:00 PM to 6:00 PM at 586 Ellice Ave, Winnipeg, MB. Instruments are provided, no registration is required, and the lessons are led by experienced musicians. Best of all, it's completely free!

**Location:** 586 Ellice Ave, Winnipeg, MB

**Phone:** (204) 783-6918



# Free Photos with Santa at Cabela's

You can Celebrate the holiday season with your children at Cabela's in Winnipeg! From November 13 to December 24, 2024, bring your family to enjoy free photos with Santa. The store will be transformed into a magical winter wonderland, perfect for creating special memories. Along with the free professional photos, there will be fun holiday crafts, activities, and treats for everyone to enjoy. Spend quality time with your loved ones in this festive setting and make the season extra special!

**Location:** 580 Sterling Lyon Pky., Winnipeg MB



[wpgforfree.ca/event/santa-cabelas](https://wpgforfree.ca/event/santa-cabelas)

