

## Community Resource List – Parkland Region

Category	Organization	Description of Services	Location	Phone
Self-Management Education Support	Parkland RHA Programs Diabetes & Chronic Disease Community Mental Health Physiotherapy & Occupational Therapy Seniors Wellness Clinics	Self-management education/care for people living with diabetes, heart disease, depression, muscular conditions, etc. Healthy Together Now programs to get/stay active, eat well, reduce smoking: call Health Promotion Coordinators for more info. <a href="http://www.prha.mb.ca">www.prha.mb.ca</a>	Throughout Parkland: local health office	638-2118 / 3010 1 800-254-7541 734-6601 / 3441
	Diabetes Education Resource – Child/Adolescent	Education/care for children & adolescents with diabetes.	Winnipeg	787-4349
	Get Better Together! Manitoba, Wellness Institute	A free 6-week program for living better with ongoing health conditions. <a href="http://www.wellnessinstitute.ca">www.wellnessinstitute.ca</a>	Throughout Parkland	1 800 254-7541
	Health Links	Speak to a Registered Nurse. No charge health advice.	Mon – Sun 24 hrs/day	1 888 315-9257
	Dial-a-Dietitian	Speak to a Registered Dietitian. No charge nutrition advice.	Mon – Fri 8 am – 8 pm	1 877 830-2892
	Pharmacare Program	Benefit program to offset the cost of some prescription drugs and testing supplies. <a href="http://www.drugcoverage.ca">www.drugcoverage.ca</a> + local pharmacy	Throughout Parkland	1 800 297-8099
Support Agencies	Organizations / Societies / Foundations	Education/support for people living with... Diabetes: 638-6248 <a href="http://www.diabetes.ca">www.diabetes.ca</a> Blindness/vision loss: 727-0631 <a href="http://www.cnib.ca">www.cnib.ca</a> Heart & Stroke: 571-4080 <a href="http://www.heartandstroke.mb.ca">www.heartandstroke.mb.ca</a> Kidney disease: 726-0031 <a href="http://www.kidney.ca">www.kidney.ca</a> Arthritis: 638-8107 <a href="http://www.arthritis.ca">www.arthritis.ca</a> Cancer: 1-888-857-6658 <a href="http://www.cancer.ca">www.cancer.ca</a> Lung disease: 725-4230 <a href="http://www.lung.ca">www.lung.ca</a> Multiple Sclerosis: 622-2940 <a href="http://www.mssociety.ca">www.mssociety.ca</a>	Throughout Parkland	Local listings
	Manitoba Telehealth	Video link with healthcare specialist (request your doctor to arrange) from close to home. <a href="http://www.mbtelehealth.ca">www.mbtelehealth.ca</a>	6+ sites in Parkland	1 866 667-9891
	Seniors Centre Without Walls	Free interactive phone activities for those >55 yrs; call for program.	Your home	1 888-333-3121
Health Professional Support:  Feet...	Manitoba Association of Licensed Practical Nurses	Find a Certified Footcare Nurse in your area. <a href="http://www.footcarenurse.ca">www.footcarenurse.ca</a>	Winnipeg	1 877 663-1212
	Orthotics / Special Footwear	Check with your local medical supply store, pharmacy, private physio clinic, footcare nurse or podiatrist. Podorthist in Ste Rose.	Throughout Parkland	Local listings + 447-5410
	Westman Foot Clinic: Dr. M. Ball & Dr. R. Belmont	Podiatrists who travel to Parkland to provide services.	Roblin, Swan Dauphin, Ste Rose	1 877 909-3338

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... & Eyes	Optometrist	Find an optometrist in your area: have an eye exam. <a href="http://www.optometrists.mb.ca/find_dr">www.optometrists.mb.ca/find_dr</a>	Throughout Parkland	Local listing
Healthy Weights	TOPS = Taking Off Pounds Sensibly	Non profit weight loss support group. <a href="http://www.tops.org">www.tops.org</a>	Swan River, Bowsman, Dauphin	773-3610 or 562-3604
	Weight Watchers	For profit weight management system that includes group meetings. <a href="http://www.weightwatchers.ca">www.weightwatchers.ca</a>	Dauphin	638-4404
Physical Activity	Manitoba Fitness Council	They will put you in touch with fitness leaders in your area, including exercise classes in rural areas. <a href="http://www.manitobafitnesscouncil.ca">www.manitobafitnesscouncil.ca</a>	Throughout Parkland	1 800-432-1960 ext. 8644
	Parkland Physiotherapy and Sports Injury Centre	Private physiotherapy services including individualized plans for physical activity.	Dauphin	638-3164
	Fitness/active living Centres, examples: Boze's Body Shop Curves for Women Ladies Choice for Fitness Grandview Fitness Centre Ste Rose Fitness Centre	Weights, classes, programs. Some offer individual consultation. Dauphin: 638-9604 <a href="http://www.bozesbodyshop.com">www.bozesbodyshop.com</a> 638-5191 OR 937-8188 (Roblin) OR 734-7004 (Swan River) 638-4898 Grandview: 546-5050 or 546-3415 Ste Rose: 447-3046	Throughout Parkland	Local listings
	Recreation Centre - local	Physical activity facilities and seasonal programming.	Multiple	Local listings
	Services to Seniors – Community Resource Council	Volunteers assisting seniors and those physically disabled. Often includes physical activity, social or recreational programming.	Throughout Parkland	629-3108
Resources for Mental Health or Addictions	Addictions Foundation of Manitoba	Drug, Alcohol & Gambling prevention & treatment. <a href="http://www.afm.mb.ca">www.afm.mb.ca</a>	Dauphin / Ste. Rose	622-2021 or 447-4040
	Canadian Mental Health Association-local branch	Mental health support; 734-2734 OR 638-4097 <a href="http://www.cmha.ca">www.cmha.ca</a>	Multiple	Local listings
	Anxiety Disorders Association of MB MB Schizophrenia Society Mood Disorders Association of MB	ADAM Ethelbert: 742-2734 <a href="http://www.adam.mb.ca">www.adam.mb.ca</a> MSS Dauphin: 638-0433 <a href="http://www.mss.mb.ca">www.mss.mb.ca</a> MDA Dauphin: 638-0597 <a href="http://www.depression.mb.ca">www.depression.mb.ca</a>	Throughout Parkland	Local listings
	Mental Health Crisis Response Line, Parkland RHA	Crisis intervention service and helpline for people who are suicidal or in an urgent crisis. OR call... Manitoba Suicide Line: 1-877-435-7170 <a href="http://www.reasontolive.ca">www.reasontolive.ca</a> Klinik Crisis Line: 1-888-322-3019 <a href="http://www.klinik.mb.ca">www.klinik.mb.ca</a>	Throughout Parkland	1 866 332-3030
	Farm & Rural Support Services	Helpline for farmers and rural citizens who need to talk to someone. <a href="http://www.ruralsupport.ca">www.ruralsupport.ca</a>	Mon-Sat 10am-9pm	1 866 367-3276
	Smoker's Help Line	Helpline for smokers. <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>	Throughout Parkland	1 877 513-5333