

## MANITOBA

### Diabetes Management & Support Resources

---

#### **Aboriginal Health and Wellness Centre**

The Aboriginal Health and Wellness Centre is a community-based health and wellness resource centre committed to serving the Aboriginal community of Winnipeg. The philosophy of the program is founded on traditional values and perspectives, where services and programs are part of a continuum of resources made available to identify and support the aspirations, needs, and goals of individuals, families, and thus, the community through access to both Traditional and Western resources.

Tel: (204) 925-3700

<http://www.ahwc.ca/page%202.html>

#### **Aboriginal Health Program – Winnipeg Regional Health Authority**

Aboriginal Health Program is a program operating under the auspices of the Winnipeg Regional Health Authority with three branches that include Health Services, Workforce Development and Health Education including education and resources for prevention of type 2 diabetes.

Tel: (204) 926-7000, Fax: (204) 926-7007

<http://www.wrha.mb.ca/aboriginalhealth/about.php>

#### **Aboriginal Seniors Resource Centre**

The centre is a not-for-profit organization whose primary focus is to support Aboriginal seniors by providing education and access to resources aimed at improving quality of seniors' life including education and resources on prevention and management of type 2 diabetes.

Tel: (204) 586-4595, Fax: (204) 586-3283

<http://manitoba.cioc.ca/record/VMB2620?UseCICVw=124&>

#### **Brandon Regional Health Authority**

The Brandon Regional Health Authority is fully accredited body that offers a wide range of health services and programs to the citizens of Brandon and rural municipalities of Cornwallis, Elton and Whitehead, along with being a regional referral centre for the "Westman" area.

Tel: (204) 578-2300, Fax: (204) 578-4969, Email: [dlawrence@pmh-mb.ca](mailto:dlawrence@pmh-mb.ca)

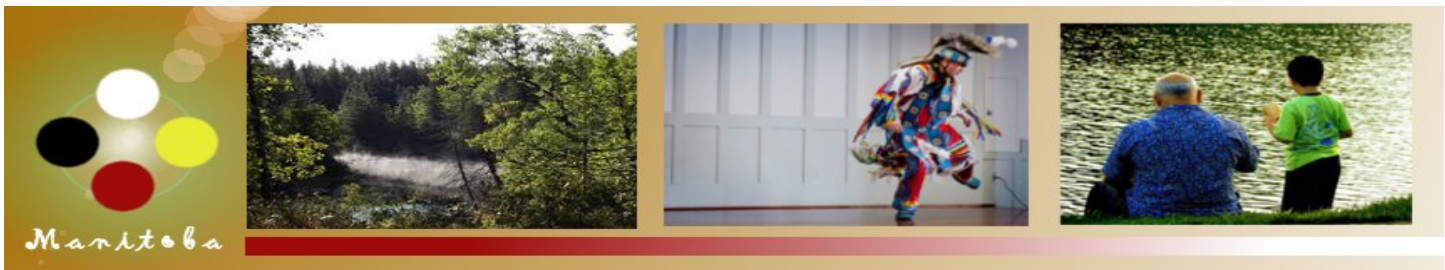
<http://www.brandonrha.mb.ca/en/about/>

#### **Canadian Institute for Health Information**

The Canadian Institute for Health Information provides a series of interactive websites designed for different audiences to help them understand how well Canada's health system is performing in each province.

<http://bit.ly/1BiT7N7>





## Diabetes Management & Support Resources

---

### Diabetes Education Centre (DEC) - Winnipeg Health Sciences Centre

The education team of specially prepared nurses and dietitians offers diabetes education to people with type 1, type 2, and gestational diabetes. Individual sessions are offered only at the DEC while classes are offered at both the DEC and the Wellness Institute.

Tel: (204) 787-7852, Fax: (204) 787-3786

<http://www.wrha.mb.ca/healthinfo/a-z/diabetes/directory-diabetes-educational-centre.php>

### Diabetes Education Resource for Children and Adolescents (DERCA)

The centre has a diabetes team that performs clinical testing, provides treatment plans and helps children manage their diabetes well from early on to ensure high quality of life. They also provide healthy lifestyle education, parents' support, diabetes research and much more.

Tel: (204) 787-3011, Fax: (204) 787-1655

<http://www.hsc.mb.ca/>

### Diabetes Integration Project (DIP)

DIP operates under the auspices of the Four Arrows Regional Health Authority. It is a mobile diabetes screening program that uses specially trained nurses for the "finger stick" blood testing of patients for haemoglobin A1C, lipids (total cholesterol, HDL cholesterol, triglycerides and calculated LDL cholesterol), glucose, and the testing of urine for the determination of the microalbumin/creatinine ratio.

Tel: (204) 956-7174, Fax: (204) 956-7245

Email: [info@diabetesintegrationproject.ca](mailto:info@diabetesintegrationproject.ca)

<http://www.diabetesintegrationproject.ca/>

### Four Arrows Regional Health Authority

The purpose of the Four Arrows Healing & Wellness Program is to help front line staff and community members recognize and apply their talents and wisdom to the challenging work of bringing healing and wellness into community life.

Tel: (204) 947-2397, Toll-Free: 1-866-653-3441, Fax: (204) 982-3359

[www.fourarrowsrha.ca](http://www.fourarrowsrha.ca)

### Ginew Wellness Centre

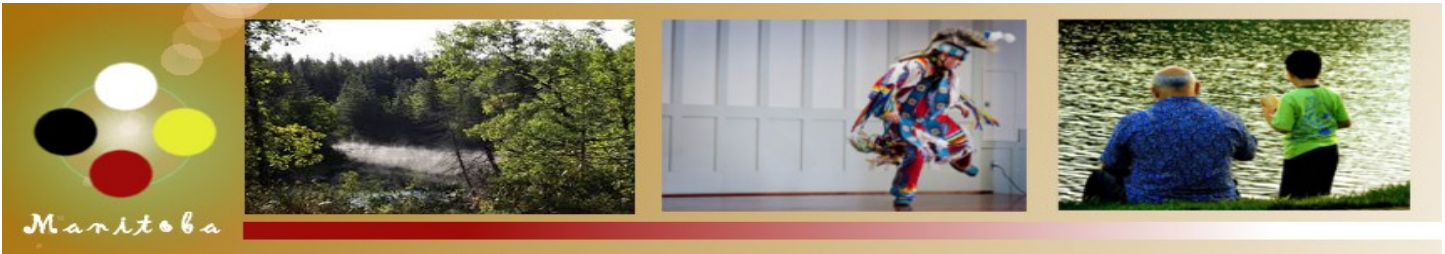
The Ginew Wellness Centre provides health and wellness programs and services for the Roseau River Anishinabe First Nation, a population of 1,600 (of which 50% are off-reserve) including services for chronic diseases such as diabetes.

Tel: (204) 427-2384, Toll-Free: 1-866-801-8399, Fax: (204) 427-2484

Email: [info@ginewwellness.ca](mailto:info@ginewwellness.ca)

<http://www.ginew.ca/>





## Diabetes Management & Support Resources

---

### Health Action Centre

The Health Action Centre is a WRHA Community Health Centre located in the downtown area of Winnipeg providing comprehensive health services to the members of the surrounding community. The Health Action Centre is a member of the Winnipeg Regional Health Authority.

<http://bit.ly/10ZwZnU>

### Health Services Directory in Winnipeg

This is a comprehensive directory of medical services, health resources, and diabetes support centres in the city of Winnipeg.

[http://www.wrha.mb.ca/healthinfo/directory/files/healthservices\\_directory.pdf](http://www.wrha.mb.ca/healthinfo/directory/files/healthservices_directory.pdf)

### Klinic Community Health Centre

The centre has a variety of programs for Aboriginal people living with diabetes including individual diet counselling, healthy cooking classes, and health kitchens.

Tel: (204) 784-4090, Fax: (204) 784-4013, Email: [klinic@klinic.mb.ca](mailto:klinic@klinic.mb.ca)

<http://www.klinic.mb.ca/>

### Maestro Project

The project provides transition resources, education, and support for young adults with type 1 and type 2 diabetes. Tel: (204) 789-3719

<http://www.maestroproject.com/>

### Manitoba Diabetes Care Recommendations

The Manitoba Diabetes Care Recommendations are an adaptation of the national clinical practice guidelines, for province-wide use in Manitoba. Additional information has been added to provide practical details in specific areas.

<http://www.wrha.mb.ca/professionals/familyphysicians/files/mdcr.pdf>

### Manitoba Retinal Screening Vision Program (MRSVP)

MRSVP is a partnership between the Misericordia Eye Care Centre for Excellence, the J.A.Hildes Northern Medical Unit, the Burntwood Regional Health Authority and the Northern Regional Health Authority to provide retinal screening by specially trained nurses to persons diagnosed with diabetes living in remote and northern communities in Manitoba. Retinal specialists review digital images of individuals' eyes which allows for the early detection of diabetic retinopathy as well as other conditions without requiring the patient to travel to Winnipeg.

J.A.Hildes Northern Medical Unit Retinal Screening Program, University of Manitoba, T: 204-789-3711, F: 204-774-8919, website: <http://bit.ly/1CZsfDW>

Burntwood Regional Health Retinal Screening Program (Thompson) T: 204-677-1767, F: 204-778-1758

Northern Health Authority Retinal Screening Program (The Pas) T: 204-623-9552 F: 204-627-8285



## Diabetes Management & Support Resources

---

### Mount Carmel Clinic

The Mount Carmel Clinic is a not-for-profit secular community health centre whose purpose is to create and promote healthy inner city communities. The clinic has a variety of medical and education resources to support and foster healthy communities including treatment and prevention of diabetes.

Tel: (204) 582-2311, Fax: (204) 582-6006

Email: [info@mountcarmel.ca](mailto:info@mountcarmel.ca)

<http://www.mountcarmel.ca>

### Neil John Maclean Library/University of Manitoba

The library has Aboriginal Health Collection that includes resources on various aspects of Aboriginal wellness, chronic disease management, and general resources about health and well-being.

Tel: (204) 789-3464, Fax: (204) 789-3922

Email: [healthlibrary@umanitoba.ca](mailto:healthlibrary@umanitoba.ca)

<http://libguides.lib.umanitoba.ca/health/>

### NorWest Co-op Community Health Centre

The centre provides a wide range of health and support services including diabetes care for various communities in Manitoba with a major focus on remote Northern communities.

Tel: (204) 938-5900, Fax: (204) 938-5994

<http://www.norwesthealth.ca>

### Northern Health Region

This organization provides diabetes education on management of diabetes and its complications, and offers diabetes assessment and treatment to people living with type 2 diabetes.

<http://www.brha.mb.ca/>

### Peguis Health Centre

The centre organizes Physical Activity campaigns, nutrition programs, diabetes awareness and prevention activities as well as provides diabetes screening and management support.

Tel: (204) 645-2169, Fax: (204) 645-2874

<http://www.peguisfirstnation.ca/>







## Diabetes Management & Support Resources

---

### TeleCARE Manitoba

TeleCARE Manitoba is a telephone-based program that helps Manitobans with heart failure or type 2 diabetes to manage their condition. TeleCARE Manitoba is built on the successful congestive heart failure program operating since 2005 out of the Provincial Health Contact Centre. This program is targeted at Manitobans with limited access to chronic disease management services and support.

Tel: (204) 788-8688, Toll-Free: 1-866-204-3737

[www.gov.mb.ca/health/primarycare/telecare](http://www.gov.mb.ca/health/primarycare/telecare)

### Wellness Institute

The Wellness Institute at Seven Oaks General Hospital is a state-of-the-art medical fitness facility dedicated to improving the health of the community through health promotion, disease prevention, and rehabilitation services. Their vision is to lead a shift toward illness prevention and wellness in the healthcare system and to inspire members of our community - particularly those de-conditioned by illness, injury or inactivity - to adopt healthy lifestyles and learn to be well.

Tel: (204) 632-3900, Fax: (204) 697-2412

Email: [info@wellnessinstitute.ca](mailto:info@wellnessinstitute.ca)

<http://www.wellnessinstitute.ca/about>

### Yellowquill College Diabetes Program

This is a school-based education program that teaches students about diabetes as well as diabetes prevention and management. The program prepares students for careers in the field of diabetes.

Tel: (204) 953-2800, Fax: (204) 953-2810, Email: [administration@yellowquill.org](mailto:administration@yellowquill.org)

[yellowquill.org](http://yellowquill.org)

### Youville Diabetes Centre

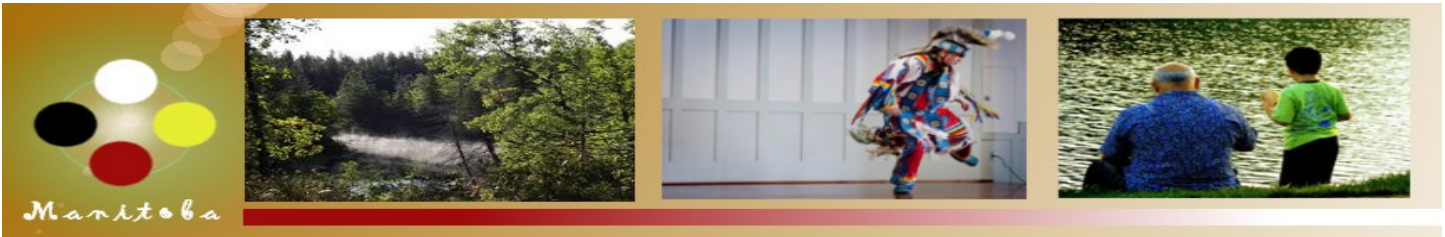
Youville Diabetes Centre is a diabetes self-management education centre in Winnipeg that provides one-on-one day and evening appointments for clients. The centre also provides group diabetes education sessions and cooking classes.

St. Boniface Tel: (204) 233-0262, Fax: (204) 233-1520

St. Vital Tel: (204) 255-4840, Fax: (204) 255-4903

<http://www.youville.ca/>





## Physical Activity, Nutrition, Healthy Weights

---

### Doctors Manitoba

Healthy eating and activity are central elements of healthy living for school-age children. Establishing good habits and routines in childhood is also important for future adult well-being. In Manitoba, over the past few years there has been increasing concern about poor nutrition in children. It is related to overweight and obesity on one hand, and hunger and food security on the other.

Tel: (204) 985-5888, Fax: (204) 985-5844

[https://www.docsmb.org/index.php?option=com\\_content&view=article&id=251&Itemid=4](https://www.docsmb.org/index.php?option=com_content&view=article&id=251&Itemid=4)

### Exploring Food and Healthy Eating

This report assesses food security challenges faced by newcomers in Winnipeg as well as barriers accessing healthy and culturally acceptable food.

<http://bit.ly/1z0qNac>

### Food Matters Manitoba

Food Matters Manitoba is a registered charity that engages Manitobans towards healthy, sustainable and fair food for all. Food Matters Manitoba cultivates community food skills, provides public education and builds partnerships and networks.

Tel: (204) 943-0822, Toll-Free: 1-800-731-2638, Fax: (204) 943-0823, Email: [info@foodmattersmanitoba.ca](mailto:info@foodmattersmanitoba.ca)  
[www.foodmattersmanitoba.ca](http://www.foodmattersmanitoba.ca)

### Manitoba Fitness Council Inc.

The Manitoba Fitness Council Inc. is a not-for-profit organization dedicated to promoting quality in fitness leadership in order to provide Manitobans with safe, effective and enjoyable physical activity programs.

Tel: (204) 235-1245, Fax: (204) 235-1273  
[www.manitobafitnesscouncil.ca](http://www.manitobafitnesscouncil.ca)

### Manitoba School Nutrition Handbook

Establishing good habits and routines in childhood is also important for future adult well-being. In Manitoba, over the past few years there has been increasing concern about poor nutrition in children. It is related to overweight and obesity on one hand, and hunger and food security on the other.

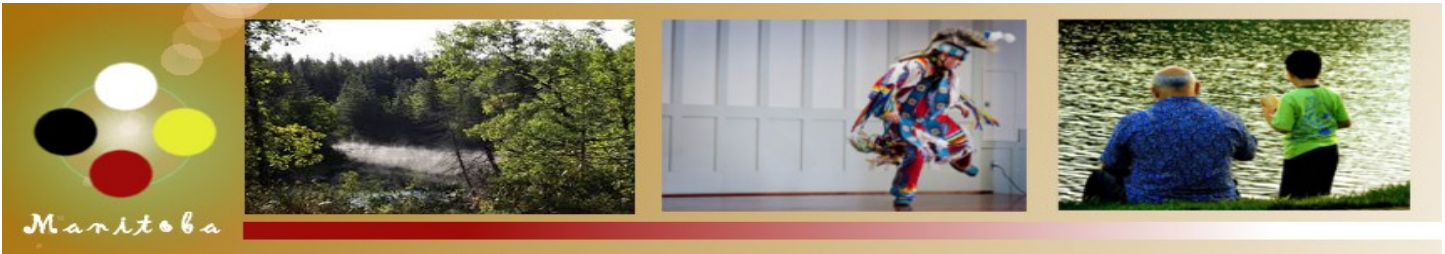
<http://www.gov.mb.ca/healthyschools/foodinschools/documents/handbook.pdf>

### North West Company

The North West Company assists customers in Northern communities in improving their lifestyle with better nutrition, developing healthier food options, and maintaining food security.

Tel: (204) 943-0881  
<http://www.northwest.ca/>





## Physical Activity, Nutrition, Healthy Weights

---

### Nutrition Programs and Services in Your Area

This resource provides a listing of departments and their phone numbers as well as nutrition resources across Manitoba. <http://www.gov.mb.ca/healthyliving/hlp/nutrition/programs.html>

### Reh-Fit Fitness Centre

The Reh-Fit Centre is a not-for-profit organization with the mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.

Tel: (204) 488-8023, Fax: (204) 488-4819

Email: [reh@fit.com](mailto:reh@fit.com)

[www.reh-fit.com](http://www.reh-fit.com)

### Sport Manitoba

Sport Manitoba is the lead planning, programming and funding agency for the development of amateur sport in Manitoba. The primary focus of Sport Manitoba is on the development of athletes, coaches, officials and volunteers. They believe that sport is a healthy and positive tool to build strong and vibrant citizens and communities.

Tel: (204) 925-5600, Fax: (204) 925-5916, Email: [info@sportmanitoba.ca](mailto:info@sportmanitoba.ca)

<http://www.sportmanitoba.ca/>

### Bonus Resources

·Tobacco, Smoking & Diabetes, ·Mental Health, ·Foot Care  
·Kidney Health, ·Healthy Heart

### Canadian Footwear

Do you have a question about footwear, shoe sizing, or a foot condition? Do you have hard to fit feet? Canadian Footwear has got the answers! Canadian Footwear. They will fit you!

Toll-Free: 1-888-997-4849, <http://www.canadianfootwear.com/home>

### Heart & Stroke Foundation, Manitoba Region

The Foundation's health promotion and advocacy programs across the country are saving lives every day. Working together, employees, volunteers, donors and world-class researchers have made the Heart and Stroke Foundation what they are today: Canada's most widely recognized and trusted authority on cardiovascular health. Tel: (204) 949-2000, Fax: (204) 957-1365

<http://www.heartandstroke.mb.ca>





## Bonus Resources

•Tobacco, Smoking & Diabetes, •Mental Health, •Foot Care  
•Kidney Health, •Healthy Heart

### **Kidney Foundation of Manitoba**

The foundation cares about your kidney health. Learn how important your kidneys are, warning signs & how to prevent kidney disease.

Tel: (204) 989-0800, Toll-Free: 1-800-729-7176

<http://www.kidney.ca/manitoba>

### **Manitoba Lung Association**

The Manitoba Lung Association strives to improve lung health in Manitobans and to be the recognized leader, voice and primary resource in lung health to enable all people to breathe with ease.

Tel: (204) 774-5501, Toll-Free: 1-888-566-5864, Fax: (204) 772-5083

Email: [info@mb.lung.ca](mailto:info@mb.lung.ca)

<http://www.mb.lung.ca/>

### **Mental Health Education Resource Centre of Manitoba**

This centre is a public lending library of resources including books, print materials and video tapes on a wide range of topics on mental health and illness including depression, anxiety, eating disorders, substance use disorders and suicide prevention.

Tel: (204) 942-6568, Toll-Free: 1-855-942-6568, Fax: (204) 942-3223

Email: [info@mherc.mb.ca](mailto:info@mherc.mb.ca)

<http://www.mherc.mb.ca>

### **North End Women's Centre**

The North End Women's Centre is a community based organization that provides women with support, knowledge, and opportunity as they move forward on their journey towards independence and healthier lifestyle.

Tel: (204) 589-7347, Fax: (204) 586-9476, Email: [info@newcentre.org](mailto:info@newcentre.org)

<http://www.newcentre.org>

### **Rising to the Challenge – A Strategic Plan for the Mental Health and Well-Being of Manitobans**

This 6-point strategic plan is aimed at improving the mental health of Manitobans.

<http://www.gov.mb.ca/healthyliving/mh/docs/challenge.pdf>