

## DIABETES & CHRONIC DISEASE SELF-MANAGEMENT EDUCATION PROGRAMS

Health Region, Program Name & Base Locations	Contact Information
<i>Province-wide Services</i>	
<p><b>Diabetes Canada</b> Provides a toll-free information line that assists with support, information and referrals.</p> <ul style="list-style-type: none"> <li>Website provides educational resources on prevention and management, and information on locations of local offices.</li> </ul>	<p>Phone (204) 925-3800 Toll free 1 (800) BANTING Toll free 1 (800) 226-8464 Fax (204) 949-0266 <a href="https://www.diabetes.ca/contact-us/regional-offices#Manitoba">https://www.diabetes.ca/contact-us/regional-offices#Manitoba</a></p>
<p><b>Get Better Together!</b></p> <ul style="list-style-type: none"> <li>A program for living better with ongoing health conditions</li> <li>A free 6-week program for people with chronic conditions.</li> <li>Offered at numerous sites throughout Manitoba (locations list on website).</li> <li>Program available in person and online.</li> </ul>	<p>Phone (204) 632-3900 Fax (204) 697-2412 <a href="https://wellnessinstitute.ca/?s=get+better+together">https://wellnessinstitute.ca/?s=get+better+together</a></p>
<p><b>National Aboriginal Diabetes Association (NADA)</b></p> <ul style="list-style-type: none"> <li>Provides patients with links to appropriate resources, supports, and provides strategies and tools to Aboriginal communities.</li> <li>No referral required.</li> </ul>	<p>Phone (204) 927-1220 Toll free 1 (877) 232-6232 Fax (204) 927-1222 <a href="https://nada.ca/">https://nada.ca/</a></p>
<p><b>Northern Connection Medical Centre</b></p> <ul style="list-style-type: none"> <li>Northern Connection Medical Centre is a primary care clinic that offers screening, diagnosis, medical management and education to help patients manage diabetes (Type 1, Type 2 and gestational) and other health conditions.</li> </ul>	<p>Phone (204) 940-8777 Fax (204) 940-4387 <a href="https://www.wrha.mb.ca/healthinfo/az/diabetes/directory-northern-connections-medical-centre.php#overview">https://www.wrha.mb.ca/healthinfo/az/diabetes/directory-northern-connections-medical-centre.php#overview</a></p>
<p><b>TeleCARE TélÉSOINS Manitoba</b></p> <ul style="list-style-type: none"> <li>Provides individual education via telephone or telehealth for adults at risk of diabetes and those with Type 2 diabetes and not pregnant.</li> </ul>	<p>Phone (204) 788-8688 Toll free 1 (866) 204-3737 Fax (204) 779-5645 <a href="https://misericordia.mb.ca/telecare-telesoins-manitoba/">https://misericordia.mb.ca/telecare-telesoins-manitoba/</a></p>
<i>Interlake-Eastern Regional Health Authority</i>	
<p><b>Community Wellness - Diabetes and Heart Health Education</b></p> <ul style="list-style-type: none"> <li>To get onto a waiting list for a session in your district, contact <a href="mailto:wellness@ierha.ca">wellness@ierha.ca</a></li> </ul>	<p>Phone 1 (877) 979-9355 Fax (204) 785-7743 <a href="https://www.ierha.ca/default.aspx?cid=6387&amp;lang=1">https://www.ierha.ca/default.aspx?cid=6387&amp;lang=1</a></p>

## Northern Regional Health Authority

### Heart Health and Chronic Disease

#### Flin Flon

Phone (204) 687-6130  
Toll free 1 (888) 340-6742

### Regional Diabetes Program

- The Regional Diabetes program provides support and education for people with diabetes.
- Services are provided to individuals/families and communities in the NHR.
- The Regional Diabetes program believes that everybody with diabetes should have the opportunity to learn how to safely manage their health condition.
- Both Nurses and Dietitian educators are available and can help you stay healthy with diabetes.

#### Flin Flon

Phone (204) 687-1300  
Toll free 1 (888) 340-6742  
Fax (204) 687-6405

#### The Pas

Phone (204) 627-6800  
Toll free 1 (888) 340-6742  
Fax (204) 627-6805

#### Thompson

Phone (204) 677-5350  
Toll free 1 (888) 340-6742  
Fax (204) 778-1534

## Prairie Mountain Health

### Chronic Disease Education Program (CDEP)

- This program offers group classes and/or individual appointments to assist with living a healthy lifestyle and to help clients better manage their chronic condition.
- Dietitians and Nurses travel throughout the region to provide self-management support services to help clients set and reach their goals.

Toll Free 1 (877) 509-7852

Fax (204) 759-4035

<https://www.prairiemountainhealth.ca/chronic-disease-education-program>

## Southern Health-Santé Sud

### Southern Health Sante Sud - Chronic Disease Intake

- Anyone living in Southern Health-Santé Sud is eligible for this service, free of charge.
- You can self-refer or be referred by a health care provider. Access a chronic disease intake site near you.

### Chronic Disease Education Team

#### East Area - Diabetes & Heart Health

- Services provided in the communities of :

**Steinbach, Niverville, St. Anne,**

**St. Pierre-Jolys,**

**St. Malo, Lorette, Sprague and Vita**

Phone (204) 320-2483

Fax (204) 326-7665

[CDHMadminsupport@southernhealth.ca](mailto:CDHMadminsupport@southernhealth.ca)

<p><b>Chronic Disease Education Team</b>  <b>Mid Area</b> - Diabetes &amp; Heart Health</p> <ul style="list-style-type: none"> <li>Services provided in the communities of:</li> </ul>	<p><b>Carmen</b>  Phone (204) 745-2021  Fax (204) 745-2756  <a href="mailto:dunruh@southernhealth.ca">dunruh@southernhealth.ca</a></p> <p><b>Morris, Altona, Emerson</b>  Phone (204) 746-7347  Fax (204) 746-2197  <a href="mailto:jtrojack@southernhealth.ca">jtrojack@southernhealth.ca</a></p> <p><b>Notre Dame de Lourdes, St. Claude</b>  Phone (204) 248-2092; ext. 260  Fax (204) 248-2299  <a href="mailto:kjervis@southernhealth.ca">kjervis@southernhealth.ca</a></p>
<p><b>Chronic Disease Education Team</b>  <b>North Area</b> - Diabetes &amp; Heart Health</p> <ul style="list-style-type: none"> <li>Services provided in the communities of:</li> </ul>	<p><b>Portage la Prairie</b>  Phone (204) 239-2411  Fax (204) 239-2444  <a href="mailto:cbrown1@southernhealth.ca">cbrown1@southernhealth.ca</a></p> <p><b>Gladstone, MacGregor &amp; Sandy Bay First Nation</b>  Phone (204) 385-2968; ext 2247  Fax (204) 385-2663  <a href="mailto:atucker@southernhealth.ca">atucker@southernhealth.ca</a></p>
<p><b>Chronic Disease Education Team</b>  <b>West Area</b> - Diabetes &amp; Heart Health</p> <ul style="list-style-type: none"> <li>Services provided in the communities of:</li> </ul>	<p><b>Morden, Winkler</b>  Phone (204) 331-8841  <a href="mailto:tdoell@southernhealth.ca">tdoell@southernhealth.ca</a></p> <p><b>Swan Lake, Somerset, Crystal City, Pilot Mound and Manitou</b>  Phone (204) 836-2132  Fax (204) 836-2044  <a href="mailto:rmoore@southernhealth.ca">rmoore@southernhealth.ca</a></p>
<p><i>Services Based in Churchill</i></p>	
<p><b>Primary Health Care - Churchill</b></p>	<p>Phone (204) 675-8360  Fax (204) 675-8370  <a href="mailto:nault@churchillrha.mb.ca">nault@churchillrha.mb.ca</a></p>

## Winnipeg Regional Health Authority

This list does not include all services available at each clinic, only those accessible to external clients, with or without a referral. This list focuses on diabetes educational services, not those for all chronic disease. An online Diabetes Service Directory is available at

<https://www.wrha.mb.ca/healthinfo/a-z/diabetes/directory-education.php>

### Aboriginal Health and Wellness Centre

- Provides group diabetes education, social support services, sharing and teaching circles, medicine picking and sweat lodge ceremonies, open to all urban Aboriginal People, no referral required.

Phone (204) 925-3700

Fax (204) 925-3709

<http://ahwc.ca/>

### Access Downtown/Health Action Centre

- Offers screening, diagnosis, medical management and education to help patients manage diabetes (Type 1, Type 2 and gestational) and other health conditions to downtown residents with postal codes starting with R3A, R3B, R3E.

Phone (204) 940-1626

Fax (204) 942-7828

### NorWest Co-op Community Health

- Provides group diabetes education for Inkster and Seven Oaks residents, no referral required. Individual diabetes education available to area residents by referral.

Phone (204) 938-5900

Fax (204) 938-5994

<https://norwestcoop.ca/programs/service/diabetes-education-support/>

### Access River East

- Provides group diabetes education and management sessions for River East residents (postal codes R2E, R2I, R2K, and R2G) no referral required. Individual education and dietitian available by referral.

Phone (204) 938-5000

Fax (204) 938-5449

### Access Transcona

- Provides group diabetes education for Transcona residents (postal codes R2C, R3W). Individual education sessions available by referral.

Phone (204) 938-5555

or

(204) 938-5700

Fax (204) 938-5511

### Access Winnipeg West

- Provides group diabetes education for residents of the Winnipeg West area who have postal codes starting R3R, R3N (West of Route 90 only). Individual education and dietitian available by referral.

Phone (204) 940-2040

or

(204) 940-8724

Fax (204) 940-2605

### Adult Medical Clinic – Grace Hospital

- Collaborative care to patients who have diabetes with complex care needs (pregnant, with evidence of micro/macro vascular complications, on insulin pumps, being considered for insulin therapy etc.).
- Team members include endocrinologists and diabetes educators.

Phone (204) 837-0790

Fax (204) 837-0791

<p><b>Centre de santé /Saint-Boniface Health Centre</b></p> <ul style="list-style-type: none"> <li>• Offers bilingual services to the French-speaking population of Winnipeg and to the residents of St. Boniface.</li> <li>• Participants learn in a small group setting about type 2 diabetes, risk factors, symptoms and managing blood sugar levels, physical activity and lifestyle.</li> </ul>	<p>Phone (204) 235-3910  Fax (204) 237-9057  <a href="http://www.centredesante.mb.ca">www.centredesante.mb.ca</a></p>
<p><b>Healthy Aging Resource Team (HART)</b></p> <ul style="list-style-type: none"> <li>• <b>Downtown/Point Douglas</b></li> <li>• Group education sessions for Downtown and Point Douglas area residents 55+. Individual education available by referral.</li> </ul>	<p>Phone (204) 940-8140  Fax (204) 940-2116</p>
<p><b>Healthy Aging Resource Team (HART)</b></p> <ul style="list-style-type: none"> <li>• <b>River East/Transcona</b></li> <li>• Support groups for River East and Transcona area residents 55+. Individual education available by referral.</li> </ul>	<p>Phone (204) 940-2114  Fax (204) 940-3629</p>
<p><b>Healthy Aging Resource Team (HART)</b></p> <ul style="list-style-type: none"> <li>• <b>St. James-Assiniboia/Assiniboine South</b></li> <li>• Individual and group education sessions to St. James area residents 55+ years.</li> <li>• Individual education available by referral.</li> </ul>	<p>Phone (204) 940-3261  Fax (204) 987-8856</p>
<p><b>Hope Centre Health Care Inc.</b></p> <ul style="list-style-type: none"> <li>• Provides group diabetes education to Point Douglas residents (postal code R2W) no referral required.</li> </ul>	<p>Phone (204) 589-8354  Fax (204) 586-4260</p>
<p><b>HSC Diabetes Education Resources for Children and Adolescents (DER-CA)</b></p> <ul style="list-style-type: none"> <li>• Provides individual education to youth (under 18) with diabetes.</li> <li>• Available to residents of Manitoba, NW Ontario, Eastern Saskatchewan and Nunavut by referral.</li> </ul>	<p>Phone (204) 787-3011  Fax (204) 787-1655</p>
<p><b>Klinik Community Health Centre</b></p> <ul style="list-style-type: none"> <li>• Provides individual and group diabetes education to Downtown residents (postal codes R3G, R3E, R3C, and R3A) by referral.</li> </ul>	<p>Phone (204) 784-4090  Fax (204) 784-4013  <a href="http://www.klinik.mb.ca">www.klinik.mb.ca</a></p>

<p><b>Maestro Program for Young Adults</b></p> <ul style="list-style-type: none"> <li>Provides transitional support and system navigation for Manitoba young adults 18-25 with diabetes (type 1 and type 2), no referral required.</li> </ul>	<p>Phone (204) 789-3719 Fax (204) 977-5691</p>
<p><b>Mount Carmel Clinic</b></p> <ul style="list-style-type: none"> <li>Provides group diabetes education to Point Douglas residents, no referral required.</li> </ul>	<p>Phone (204) 582-2311 Fax (204) 582-6006 <a href="http://www.mountcarmel.ca">www.mountcarmel.ca</a></p>
<p><b>St. Boniface General Hospital Department of Endocrinology</b></p> <ul style="list-style-type: none"> <li>Collaborative care to patients who have diabetes with complex care needs (pregnant, with evidence of micro/macro vascular complications, on insulin pumps, being considered for insulin therapy etc.).</li> <li>Team members include endocrinologists and diabetes educators.</li> </ul>	<p>Phone (204) 237-2908 Fax (204) 233-7154 <a href="http://www.sbgh.mb.ca">www.sbgh.mb.ca</a></p>
<p><b>Victoria General Hospital Diabetes Education Centre</b></p> <ul style="list-style-type: none"> <li>Collaborative care to patients who have diabetes with complex care needs (pregnant, with evidence of micro/macro vascular complications, on insulin pumps, being considered for insulin therapy etc.).</li> <li>Team members include endocrinologists and diabetes educators.</li> </ul>	<p>Phone (204) 477-3305 Fax (204) 275-1376</p>
<p><b>Wellness Institute at Seven Oaks Hospital</b></p> <ul style="list-style-type: none"> <li>Diabetes, education and self-management support are offered through individual counselling and group classes.</li> <li>Foot Care Services (fee for service).</li> <li>Exercise, nutrition and weight loss services (fee for service).</li> </ul>	<p>Phone (204) 632-3900 Fax (204) 697-2412 <a href="http://www.wellnessinstitute.ca">www.wellnessinstitute.ca</a></p>
<p><b>WRHA Home Care</b></p> <ul style="list-style-type: none"> <li>Provides individual education, support and nursing care for Home Care clients who are unable to access external diabetes education.</li> </ul>	<p>Phone (204) 940-2175 Fax (204) 940-6620</p>
<p><b>Youville Centre St. Vital</b></p> <ul style="list-style-type: none"> <li>Provides individual and group diabetes education to St. Vital residents (postal codes R2N and R2M) by referral.</li> <li>Provides 12-week diabetes exercise Fit Smart program.</li> </ul>	<p>Phone (204) 255-4840 Fax (204) 255-4903 <a href="http://www.youville.ca">www.youville.ca</a></p>
<p><b>Youville Centre St. Boniface</b></p> <ul style="list-style-type: none"> <li>Provides care to clients with complex diabetes issues, gestational diabetes and patients requiring insulin (with type 1 or type 2 diabetes).</li> </ul>	<p>Phone (204) 233-0262 Fax (204) 233-1520 <a href="http://www.youville.ca">www.youville.ca</a></p>