



Families First Coordinator Gimli (Ashern, Riverton, Arborg & surrounding areas)	204-642-1610
Families First Coordinator East (Lac du Bonnet, Whitemouth, Pinawa, Beausejour, Oakbank, Pine Falls & surrounding areas)	204-444-6115
Families First Coordinator Selkirk and surrounding areas	204-785-7693
Families First Coordinator Selkirk and surrounding areas	204-785-7505
Families First Coordinator Teulon, Stonewall and surrounding areas	204-886-4071
Healthy Baby Facilitator Lac du Bonnet	204-345-0284
Healthy Baby Facilitator Selkirk	204-785-7506 1-866-211-1703
Travel Health Selkirk	204-785-4891



Office régional de la santé  
d'Entre-les-Lacs et de l'Est

## Équipe de santé publique

*Travailler ensemble pour permettre aux personnes, aux familles et aux communautés de profiter d'une santé optimale grâce à des modes de vie sains.*

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

## Public Health Nurses are partners in well-being.

The Public Health Team works with you and your family to ensure that you have information, skills and support to make healthy decisions for you and your family.

We provide a wide range of health promotion and prevention services including:

- ⇒ **Prenatal Education** available online
- ⇒ **Healthy Baby Drop-In Programs**
- ⇒ **Families First Program**
- ⇒ **Postpartum Care** to newborns and families
- ⇒ **Health Promotion/ Education**
- ⇒ **Teen Clinics** (education, reproductive health counseling, support for teens 12-25 years of age)
- ⇒ **Communicable Disease Follow-up and Management**
- ⇒ **School Immunization Programs**
- ⇒ **Child Health Clinics** (healthy growth and development, immunizations, referral)
- ⇒ **Travel Health** (fee for service)
- ⇒ **Breastfeeding Support**
- ⇒ **Sexually Transmitted Infections Testing & Treatment**
- ⇒ **Free Harm Reduction Supplies**
- ⇒ **Naloxone Overdose Prevention Kit Distribution**

## Public Health Offices

Arborg	204-376-5559
Ashern	204-768-3888
Beausejour	204-268-7468
Eriksdale	207-739-4455
Fisher Branch	204-372-8859
Gimli	204-642-4587
Hollow Water	204-363-7364
Lac du Bonnet	204-345-1219
Lundar	204-762-5469
Oakbank	204-444-2227
Pinawa	204-753-3147
Pine Falls	204-367-5406
Riverton	204-378-3102
Selkirk	204-785-7500
St. Laurent	204-646-2504
Stonewall	204-467-4400
Teulon	204-886-4068
Whitemouth	204-348-4613