

Resources for Pre/Postnatal Clients in Winnipeg, MB

Chiropractor

Vera Chiropractic Winnipeg-Dr. Natalie Wilson
102-2080 Ness Avenue (St. James) 204-815-4343
<https://www.discoververa.com>

Family First Chiropractic Dr. Danella and Dr. Lindsay
589 St. Anne's Road (St. Vital) 204-254-1313
www.entertogetwell.ca

LifeMark Nature Park Way-Dr. Kristen
76 Nature Park Way (Lindenwoods) 204-478-6480
www.drkristenchiro.com
www.lifemark.ca/Nature-Park-Way

Norwood Chiropractic Centre- Dr. Ashley
2-3 St Mary's Road (St. Boniface) 204-231-5666
www.norwoodchiropracticcentre.com

Mommy and Me Family Chiropractic- Dr. Carly
1919 Henderson Hwy (North Kildonan) 204-396-5263
mommychiro.ca

Acupuncture

Family Acupuncture and Wellness
897 Corydon Ave #107, Winnipeg, MB (204) 691-8808
www.familyacupuncturewellness.com

Pelvic Floor Physiotherapist

Donna Sarna Physiotherapy Clinic
897 Corydon Ave Suite 102, Winnipeg, MB (204) 452-2608
www.dsphysio.com

Nova Physio
101-575 St Mary's Rd, Winnipeg, MB (204) 982-9176
<http://www.nova-physio.com>

Homeopathy

Paula Jeffrey
204-218-2833 paulajhomeopathy@gmail.com
www.homeopathywithpaula.com

Natural Parenting/Baby Store

The Nest Winnipeg
667 Stafford St, Winnipeg, MB (204) 453-8160
<https://nestfamilystore.com>

Breastfeeding Support

[Lynette Beard](#)
Winnipeg and Southeast MB (204) 392-6452
<https://lynettebeardlc.wixsite.com/website>

[Winnipeg La Leche League](#)

Various Groups and Meetings in Winnipeg and Manitoba

Birth, Maternity and Newborn Photography

[Cat Brown Photography](#)
[Embrace Birth Services](#)

Placenta Encapsulation

Winnipeg Placenta (204) 997-1034
<https://www.wpgplacenta.com>

Pre/Postnatal Fitness and Yoga

Fit 4 Two-various locations within Winnipeg (indoor and outdoor)

Prenatal Fitness and Yoga Classes, Mom and Baby Classes

www.fit4two.ca

Little Hive Yoga: prenatal and mom and baby yoga classes

Home Studio in Fort Richmond, Winnipeg MB

<https://www.littlehiveyoga.ca>

City of Winnipeg Leisure Guide

Some prenatal fitness, aquafit and yoga, Mom and Baby Fitness

<https://winnipeg.ca/cms/recreation/leisure/leisureguide.stm>

Online Pre/Postnatal Fitness Training

Core and Pelvic Floor Restore Program

Jessie Mundell: <https://jessiemundell.com/coaching/>

Online Yoga Membership Sites

Various types of yoga including Prenatal

<https://www.glo.com>

Mental Health

[Postpartum Depression Association of Manitoba](#)

[WRHA](#)

[Mood Disorders Association of Manitoba](#)

Counsellors and Therapists

Safe Harbour Therapy- Jenna Hamm 204-612-0343

<https://safeharbourtherapy.com/team/jenna-hamm-clinical-social-work-winnipeg/>

<https://jennahamm0.wixsite.com/website>

Sarah Picken: Sacred Healing

Supporting Families through Childbearing Years: Fertility, Birth, Postpartum, Birth Trauma

<http://sacredhealing.org> (204) 797-2104