



# Telephone Resources Directory

*While efforts have been made to include as many programs and services as possible, this guide is not complete, nor can the accuracy of information be guaranteed. Elmwood Community Resource Centre do not personally endorse any of the programs listed or assume responsibility for any incorrect information. For more information about any program or service listed in this guide, please contact the service providers directly.*



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## Crisis/ Urgent Phone List

Klinic (24 hour Suicide Crisis Line)	204-786-8686
Manitoba Suicide Line (24/7)	1-877-435-7170
Mobile Crisis Unit (24 hour Crisis Assessment)	204-940-1781
Health Sciences Centre Emergency*	<b>Adults</b> 204-787-3167 <b>Children</b> 204-787-2306
Seneca House Warm Line (non-crisis support)	204- 942-9276
Seneca House (short term respite, counselling)	204-231-0217
Klinic Sexual Assault Line (24 Hours)	204-786-8631
Willows Place (formerly Osborne House) Domestic violence, emergency shelter	204-615-0313
Crisis Stabilization- 180 Henry Street	204-940-3633
Crisis response Centre- 817 Bannatyne Ave	204-940-1781
Ike-Widdjitiwin (emergency women’s shelter)	204-987-2780
Ike-Widdjitiwin (24 Hour Crisis Line)	1-800-362-3344
Child and Family Services (24 Hours) Child protection branch	204- 945-6964
Youth Crisis Stabilization (24 hour mobile crisis team)	204-949-4777
Kids Help Phone (24 Hour Distress Line)	1-800-668-6868
Alcoholics Anonymous	204-942-0126
Gambling Help Line (24 Hours)	204-944-6382
Addictions Foundation of Manitoba (alcohol, drugs, gambling)	204-944-6200

\*Emergency Psychiatric Services are also available at Victoria Hospital, Seven Oaks Hospital, Grace Hospital and St. Boniface Hospital. They are NOT available at Misericordia or Concordia.

## Food, Household, Clothing & Emergency Food Referral

### **Weetamah Community Church (Salvation Army)**

324 Logan @ Lizzie  
204-946-9490  
Sun: service 11am-12:30pm  
Fri: Urban Café 7pm-10pm  
Wed: emergency food & clothing  
12:30-2:30 need appointment and medical card

### **Booth Centre Soup Van**

Tues-Sat 7pm-8pm  
Main & Henry

### **Siloam Mission**

300 Princess Ave.  
204- 956-4344  
Mon-Sat Breakfast 9am-10am  
Mon-Sat Lunch 12:30pm-1:30pm  
Sun meal 3:30-4:30pm  
Mon-Fri supper 7-8pm  
Clothing Mon 4-7 Tues-Thurs 10-1:30 Sat-10-1:30 (Sign up only, first come first serve)  
Health Centre Mon-Fri 9-12 (Open only to Siloam participants)

### **Union Gospel Mission**

320 Princess St. @ Higgins  
204-943-9904  
Mon-Fri 11am chapel & meal  
Mon-Fri 1pm drop in and free bread distribution  
Sat 2-4pm bread+ fruit  
Sun 1-4pm bread+ fruit  
Sun-Sat 7pm chapel and soup line---Must attend services before meals.  
Clothing Depot: Family Life Centre Tue, Wens, Thurs free women and children clothing

### **The Gathering Place**

705 Broadway Ave.  
Food Bank Thurs 12-1:30pm  
204-940-6000

### **Trinity Church**

265 Flora Ave.  
Tues lunch 1x month  
Fri lunch 1pm-4pm  
204-589-3516

### **Immaculate Conception Church**

181 Austin St. N  
204-942-3778  
Sun 2pm full meal (Sep-May)



**Crossways**

222 Furby Street

204-774-2773

Light lunch, coffee, and tea available Mon, Wed, Thurs  
& Fri from 1pm-4pm.

**Missionaries of Charity**

167 Aikens @ Pritchard

204-582-2773

Mon, Tues, Wed, Fri, Sat 9:30-10:45am

Soup Kitchen, emerg food when available biweekly Sat

Free clothing women and children Bi weekly Saturdays 3pm-4pm

**Lighthouse Mission**

609 Main St.

204-943-9669

Mon-Fri 10am-11am soup & Sandwich

Emergency food hampers Mon, Wens, Fri

Clothing room Mon-Thur 12-1pm

**Main St. Project**

75 Martha St.

204-982-8245

Mon-Sun 10am & 5pm

Soup, bread & coffee

**Anishinabe Fellowship**

287 Laura 204-942-0788

Food by appointment

Miracle Store Mon-Thurs 9-12 , 1-3

Sun- meal

**Winnipeg Harvest**

1085 Winnipeg Avenue

204-982-3660 Call to make appt.

1 time emergency

Mon-Fri 9:15-2:45

Sat 9:30-12:30

**Christmas Cheer Board**

204-989-5680-(Nov.1-Dec.31)

Year Round# 204-669-5369

Provides food and gifts to low income families around  
the holidays

**MaMaWi**

318 Anderson

204-925-0349

Mon, Tue, Wed soup 12-1p

**Bethlehem Church**

467 Manitoba Avenue

204-586-5707

Tues 2pm

Food bank & free clothing

Every 2<sup>nd</sup> Wed supper 6pm



**Welcome Home Mission**

188 Euclid Ave  
204-946-5352  
Thurs supper 5-8pm  
Tues 1-2pm food hampers (not July or August)

**Family Life Centre (Union Gospel Mission)**

240 Pritchard Ave  
204-586-7790  
Wed 10:30 am  
Food, lunch, clothing  
Women and children only

**Flora House**

204-586-5494  
Provides a community kitchen and a food bank.  
Individuals using the food bank must first register  
through Winnipeg Harvest

**Friendship Centre**

45 Robinson St.  
204-586-8441  
Community Soup Kitchen Thursdays 12-1:00pm

**Welcome Home Mission**

188 Euclid Ave.  
204-946-5352  
Thursdays supper 5-8pm

**Vineyard**

782 Main St.  
204-582-2900  
Tues & Thurs 10:30am-11:30am  
Drop in & lunch

**Springs Inner City**

648 Burrows Ave.  
204-586-6213  
Alternate Thurs 9-11am  
Breakfast & movie Wednesdays @ 9:30am  
Drop-in and food bank  
Appt req for food bank 10:30am Emergency 204-586-6213

**Agape Table**

175 Colony @ Broadway  
204-786-2370  
Mon-Fri 8-10:30am emerg meal  
Mon-Fri 8-10:30 am low cost breakfast  
Food Bank Tuesdays apt only call 204-982-3663  
Agape table for kids Wens call 204-783-6369  
On sit low cost groceries Tues, wens, thurs, 12-2pm



**The Clothes Closet**

800 Point Rd  
204-284-9311

Have a court appearance, Left an abusive situation, Job interview  
Referral only, one time use

**Centre Flavie Laurent**

204-233-4936  
450 Provencher

Offers free clothing, furniture and household items to those in need. Must fill out a registration form to request items

**Hands of Hope**

50 Barnes St.  
204-261-8607

Provides free basic furniture and household goods to those in need.

**North End Women's Centre**

394 Selkirk Ave.  
204-582-3494

Runs the UP Shoppe providing low cost clothing to women and children.

UP Shoppe- 3 free outfits with a referral letter from FGWRC if leaving a DV situation.

**Oyate Tipi Cumini Yape**

606 Selkirk Ave  
204-589-2218

Community based central depot providing furniture and household items to women and children who face poverty and/or are leaving an abusive situation.

Must be referred from one of their ten partner agencies:

W.I.S.H, Alpha House, Osborne House, North End Women's Centre, L'Entre-Temps, Ikwe-Widdjiitwin, Ma Mawi Wi Chi Itata Centre, Native Women's Transition Centre, Wahbung Abinoonjiiag, Elizabeth Fry Society.

\*You must ask a counsellor at one of the above agencies for a referral to Oyate Tipi\*

**Adventist Community Services**

95 Stadacona St.  
204-663-2278

Offers free clothing and some furniture. They also run a food bank, nutrition/cooking classes to those in need.

**Andrews Street Family Centre**

220 Andrew St.  
204-589-1721

Provides community lunches and a clothing room.





**Bethlehem Church**

294 Burrows  
204-586-5707  
Tues 2pm food and clothing bank.  
Every 2nd Wed – supper at 6pm.

**Missionaries of Charity**

167 Aikins St.  
204-582-2773  
M,T,W,F,Sat.: Soup Kitchen 9:30-10:45 am  
Provides emergency food and clothing to those in need.

**Resource Assistance for Youth (RAY)**

125 Sherbrook St,  
204-783-5617  
Provides food, clothing, laundry, hygiene bank, and  
nurses for youth and runaways.  
Food bank available for youth 18 and under.

**Wolseley Family Place**

691 Wolseley  
204-788-8052  
Offers drop-in breakfasts, cooking classes, a community  
store, and affordable clothing depot.  
Shopping bag full for a dollar, garbage bag full for two  
dollars, or bag exchanges available.

**Elizabeth Fry Society**

773 Selkirk Ave.  
204-589-7335  
Clothing depot reserved for women involved with the  
criminal justice system.

**Koats for Kids**

204-477-5360 (United Way) or (204)-586-  
KOAT (5628)  
Provides coats for kids from September-February.

**Magnus Eliason Recreation Centre (MERC)**

430 Langside St  
204-783-5000  
Free clothing bank available on Sunday

**Winnipeg Inner City Missions (Anishinabe Fellowship  
Centre)**

415 Logan Ave.  
204-946-0887  
Provides a clothing bank selling most items at 25 cents  
each. Free resources available for those with urgent needs.



# Low-cost or Free – Gently used Clothing and Household items

**The Up Shoppe – North End Women’s Centre 382 Selkirk Ave.**

Sells gently used clothing at low prices.

**Phone: 204- 582-3494**

**D’Arcy’s ARC Thrift Store –1076 Main St.**

**Phone: 204- 342-4457**

**Elohim Charity Centre - 1260 Main St.**

**Phone: 204-582-1203**

Free children and adult clothing, toys, and some household items for families. Pick up time is the last Wednesday of every month from 1:00 – 3:00.

**Family Life Centre - 240 Pritchard Ave.**

**Phone: 204- 943-9904**

Free clothing is available for women and children on Wed afternoon at 12:30 after a luncheon and short gospel service. Clothing is given out to men in the program and the Neighborhood @ Mon @1:00 pm - 3:00 pm. Wed @1:00 pm - 3:00 pm. Fri. @ 1:00 pm - 3:00 pm

Mon, Wens & Friday from 2pm-4pm @ 320 Princess Street

**Gill’s Furniture and Appliance Warehouse. - 121 Salter St.**

**Phone: 204- 582-5726**

Used furniture and appliances.

**Lord Selkirk Park Family Resource Centre 271 Dufferin Ave.**

**Phone: 204-415-1147**

Offers a free clothing depot for women, men and children.

**Missionaries of Charity - 167 Aikins St**

**Phone: 204- 582- 7927**

Free clothing is provided 3:00 pm - 4:00 pm Sat. for women and children.

North End Family Centre – 1322 Main St.

Provides Free clothing and toys for families. Call the Centre for more details about dates and times.

**MCC Thrift Shop. - 511 Selkirk Ave/Phone:**

**Phone: 204-586-2527**

**445 Chalmers Ave/Phone:**

**Phone: 204-668-0967**

Thrift store, gently used clothing and household items.

**Ray (Resource Assistance for Youth)- 125 Sherbrook Street**

**Phone: 204-783-5617**

The basic needs department responds to the basic and emergency needs of youth by providing variety of services and resources: Youth Food Bank (available to youth under the age of 18), Free Clothing and Linens Bank, Free Hygiene Bank stocked with toiletries and feminine hygiene products, Lunch Meal Monday-Friday at 1:00pm



# Free-Public Computer Access Use

Luxton Community Centre  
210 St. Cross st.  
Phone: 204-582-8249

Norquay Community Centre  
65 Granville St.  
Phone: 204-943-6897

Turtle Island Neighborhood Centre  
510 King St.  
Phone: 204-986-8346

Mama Wi Chi Itata Centre/ North End Wellness  
94 & 363 McGregor St.  
Phone: 204-925-0300

Indian Metis Friendship Centre  
45 Robinson St  
Phone 204-582-1296

Hope Health Centre  
240 Powers Ave.  
Phone: 204-589-8354

Elohim Charity Centre  
1360 Main St  
Phone: 204-582-1203

Andrews Street Family Centre  
200 Andrews St  
Phone: 204-589-1721

Aboriginal Visioning for the North End  
586 Selkirk Ave.  
Phone: 204-586-5940

West Central Women's Resource Centre  
640 Ellice Ave.  
Phone: 204-774-8975

Ray (Resource Assistance for Youth)  
125 Sherbrook St.  
Phone: 204-783-5617

Mount Carmel Clinic-88 Main St.  
Phone: 204-582-2311  
Burrows Central Resource Centre  
1100 College Ave.  
Phone: 204-582-2540

Flora House  
739 Flora Ave  
Phone: 204-586-5494

Ndinawe Youth Resource Centre (youth In Care)  
472 Selkirk Ave.  
Phone: 204-589-5545

North End Family Centre  
1322 Main St.  
Phone: 204-947-0321

Murdo Scribe Centre  
510 Selkirk Ave.  
Phone: 204-945-4630

North Point Douglas Women's Centre  
221 Austin St.  
Phone: 204-947-0321

North End Stella Community Ministry  
470 Stella Ave  
Phone: 204-586-8137

Elmwood Community Resource Centre  
545 Watt St.  
Phone: 204-982-1720

PATH Resource Centre  
627 Selkirk Ave  
Phone: 204-927-2300

Ralph Brown Recreation Centre  
460 Andrews St.  
Phone: 204-586-3149



## Counselling Resources

Addictions Foundation of Manitoba 1031 Portage Avenue ( <a href="http://www.afm.mb.ca">http://www.afm.mb.ca</a> ) Youth Office-Community & School based programs 200 Osborne St <a href="mailto:youth@afm.mb.ca">youth@afm.mb.ca</a>	204 944-6200  204-944-6235
Age and Opportunity 200-280 Smith Street ( <a href="http://www.ageopportunity.mb.ca">http://www.ageopportunity.mb.ca</a> )	204-956-6441
Anchorage Addictions Program 180 Henry Avenue (Salvation Army Chemical Dependency Program)	204-946-9401
Anxiety Disorders Association of Manitoba (ADAM) 100-4 Fort Street ( <a href="http://www.adam.ca">http://www.adam.ca</a> )	204-942-0600
Aulneau Renewal Centre 601 Aulneau Street ( <a href="http://www.aulneau.com">http://www.aulneau.com</a> ) (Bilingual counselling for adults, children, families & couples) -Sliding scale	204-987-7090
Aurora Family Therapy Centre 515 Portage Avenue ( <a href="http://www.aurora.uwinnipeg.ca">http://www.aurora.uwinnipeg.ca</a> )	204-786-9251
Centre Renaissance Centre (Counselling) 844 Autumnwood Drive ( <a href="http://www.mts.net/~renais/">http://www.mts.net/~renais/</a> )	204-256-6750
Community Financial Counselling Services 203-290 Vaughan Street ( <a href="http://www.creditcounsellingcanada.ca">http://www.creditcounsellingcanada.ca</a> ) (Individual and group financial counselling)	204-989-1900
Community Mental Health Services, WRHA ( <a href="http://www.wrha.mb.ca/community/mentalhealth/">http://www.wrha.mb.ca/community/mentalhealth/</a> )	204-940-2655
Cornerstone Counselling Services 302-1200 Portage Avenue or 159 Henderson Highway (Individual, couple & family counselling)	204-663-0050

The Couples Counselling Project is 485 Selkirk Avenue (Couples counselling) Parenting Centre 956-6560 301-321 McDermot Avenue ( <a href="mailto:parentingcentre@newdirections.mb.ca">http:// parentingcentre@newdirections.mb.ca</a> ) (family therapy, Counselling, Play Therapy, Community Outreach Free Services)	204-790-7221
Evolve (Klinik) 870 Portage Avenue ( <a href="http://www.klinik.mb.ca/counsel-domestic.htm">http://www.klinik.mb.ca/counsel-domestic.htm</a> ) (Counselling regarding domestic abuse)	204- 784-4070
Family Dynamics 401-393 Portage Avenue ( <a href="http://www.familydynamics.ca">http://www.familydynamics.ca</a> ) (Individual, couple and family counselling)	204-947-1401
Family Conciliation Services- Conflict resolution for Parents 2 <sup>nd</sup> Floor 379 Broadway Avenue ( <a href="http://www.gov.mb.ca/fs/childfam/family_conciliation.html">http://www.gov.mb.ca/fs/childfam/family_conciliation.html</a> )	204-945-7236
Fort Garry Women's Resource Centre 1150-A Waverley Street ( <a href="http://www.fgwrc.ca">http://www.fgwrc.ca</a> ) (Counselling for women)	204-477-1123
Health Sciences Centre- Dept. of Clinical Health Psychology PZ350-771 Bannatyne Avenue ( <a href="http://www.wrha.mb.ca/prog/psychology">http://www.wrha.mb.ca/prog/psychology</a> ) (Physician referral required)	204-787-7424 204-787-5161
Hope Centre 240 Powers Street (Parenting, individual & family counselling)	204-589-8354
Immigrant Women Association of Manitoba 108-424 Logan ave ( <a href="http://www.iwamanitoba.wordpress.com">http://www.iwamanitoba.wordpress.com</a> ) Winnipeg, MB <a href="mailto:iwamanitoba@gmail.com">iwamanitoba@gmail.com</a>	204- 414-9452
Indigenous Family Centre 470 Selkirk Avenue ( <a href="http://www.ifcentre.com">http://www.ifcentre.com</a> ) (Spiritual healing/ sharing circle)	204-586-8393
John Howard Society of Manitoba 583 Ellice Avenue ( <a href="http://www.johnhoward.mb.ca">http://www.johnhoward.mb.ca</a> ) (Ex-offenders, anger management, couples)	204-775-1514

Klinik Community Drop-In Counselling Program		
545 Broadway Avenue or 400 A-1615 Regent Avenue West		
	<a href="http://www.klinik.mb.ca">http://www.klinik.mb.ca</a>	
	Post Trauma Counselling	204-784-4059
	Sexual Assault Counselling	204-784-4049
	Domestic Abuse Counselling	204-784-4208
Knowles Centre		204-339-1951
2065 Henderson Highway		
(Children, adolescents, families)		
Laurel Centre		204-783-5460
104 Roslyn Rd	<a href="http://www.thelaurelcentre.com">http://www.thelaurelcentre.com</a>	
(Individual counselling for women sexually abused in childhood or adolescence)		
Madison –Siloam Mission	(Housing)	204-956-4344
210 Evanson St	<a href="http://www.siloam.ca">http://www.siloam.ca</a>	
Ma Mawi Wi Chi Itata Centre		204-925-0300
800 Selkirk Avenue	<a href="http://www.mamawi.com">http://www.mamawi.com</a>	
(Individual, family, adolescent & child counselling)		
Manitoba Adolescent Treatment Centre		204-958-9660
120 Tecumseh	<a href="http://www.matc.ca">http://www.matc.ca</a> (clinical services for adolescents)	
Manitoba Schizophrenia Society		204-786-1616
100-4 Fort Street	<a href="http://www.mss.mb.ca">http://www.mss.mb.ca</a>	
(Consultation and support groups)		
Mood Disorders Association		204-786-0987
4 Fort Centre, Suite 100	<a href="http://www.depression.mb.ca">http://www.depression.mb.ca</a>	
(Self help support groups)		
Mount Carmel Clinic		204-582-2311
886 Main Street	<a href="http://www.mountcarmel.ca">http://www.mountcarmel.ca</a>	
(individual and family counselling)		
Native Clan Organization		204-943-7357
94 McGregor St	<a href="http://www.nativeclan.org">http://www.nativeclan.org</a>	
(Offender treatment)		



<p>New Directions for Children, Youth and Families  777 Portage Avenue (<a href="http://www.newdirections.mb.ca/nd/home">http://www.newdirections.mb.ca/nd/home</a>)  (Family therapy &amp; other resources)</p>	204-786-7051
<p>North End Women's Centre  394 Selkirk Avenue (<a href="http://www.newcentre.mb.ca">http://www.newcentre.mb.ca</a>)  (Individual counselling for women)</p>	204-589-7347
<p>Nor' West Co-Op Community Health Centre  103-61 Tyndall Avenue (<a href="http://www.norwesthealth.ca">http://www.norwesthealth.ca</a>)  (Parenting, domestic abuse counselling)</p>	204-940-2020
<p><b>OCD Centre Manitoba</b>  100-4 Fort Street (<a href="http://www.ocdmanitoba.ca">http://www.ocdmanitoba.ca</a>)</p>	204-942-3331
<p><b>Psychological Services Centre, University of Manitoba</b>  (<a href="http://www.umanitoba.ca/faculties/arts/psychology/psc/">http://www.umanitoba.ca/faculties/arts/psychology/psc/</a>)</p>	204-474-9222
<p><b>Ray Resource Assistance for Youth (RAY)</b>  125 Sherbrook St. (<a href="http://www.rayinc.ca">http://www.rayinc.ca</a>)  Addictions Support</p>	204-783-5617 ext 203
<p><b>Recovery of Hope</b>  102-900 Harrow (<a href="http://www.edenhealthcare.ca">http://www.edenhealthcare.ca</a>)  (Individual, family &amp; marriage counselling)</p>	204-475-2039
<p><b>Wahbung</b>  225 Dufferin Ave (<a href="http://www.wahbung.org">http://www.wahbung.org</a>)  (Children, Youth, Moms, Counselling &amp; transitional housing)</p>	204-925-4610
<p><b>Wolseley Family Place</b>  Lower level, 691 Wolseley Ave (<a href="http://www.wolseleyfamilyplace.com">http://www.wolseleyfamilyplace.com</a>)</p>	204-788-8052

## General Numbers

Elmwood Community Resource Centre 545 Watt St ( <a href="http://elmwoodcrc.ca">http://elmwoodcrc.ca</a> )	204-982-1720
AA Meetings- Manitoba Central Office ( <a href="http://www.aamanitoba.org">http://www.aamanitoba.org</a> )	204-942-0126
Aboriginal Health and Wellness Centre of Winnipeg 214-215-181 Higgins Avenue ( <a href="http://www.ahwc.ca">http://www.ahwc.ca</a> )	204-925-3700
Aboriginal Court Workers Program ( <a href="http://www.gov.mb.ca/justice/court/aboriginalcourtworkers.html">http://www.gov.mb.ca/justice/court/aboriginalcourtworkers.html</a> )	204-945-0024
Age and Opportunity 1085 Main St ( <a href="http://www.ageopportunity.mb.ca">http://www.ageopportunity.mb.ca</a> )	204-956-6440
All Nations Coordination Response (ANCR) 835 Portage Ave ( <a href="http://www.ancr.ca">http://www.ancr.ca</a> )	204-944-4200
Alpha House Project (Safe House) ( <a href="http://www.alphahouseproject.ca">http://www.alphahouseproject.ca</a> )	204-982-2011
Andrews Street Family Centre 220 Andrews Street ( <a href="http://www.asfc.mb.c">http://www.asfc.mb.c</a> )	204-589-1721
Anchorage Addictions Program 180 Henry Street ( <a href="http://www.salvationarmy.ca">http://www.salvationarmy.ca</a> )	204-946-9401
Anxiety Disorders Association of Manitoba 4 Fort Street ( <a href="http://www.adam.mb.ca">http://www.adam.mb.ca</a> )	204-925-0600



Behavioral Health Foundation 35 De La Digue Ave ( <a href="http://www.bhf.ca">http://www.bhf.ca</a> )	204-269-3430
Canadian Mental Health Association 432 Ellice Avenue ( <a href="http://www.winnipeg.cmha.com">http://www.winnipeg.cmha.com</a> )	204-982-6100
Children's Advocate Office- Intake 100-346 Portage Ave ( <a href="http://www.childrensadvocate.mb.ca">http://www.childrensadvocate.mb.ca</a> )	204-988-7440
Christie House- AFM 586 River Avenue ( <a href="http://www.afm.mb.ca/services/family.html">http://www.afm.mb.ca/services/family.html</a> )	204-944-6229
Eating Disorders Association of Manitoba Provincial Eating Disorder Prevention and Recovery Program Women's Health Clinic 419 Graham Ave. ( <a href="http://www.manitoba.ca">http://www.manitoba.ca</a> )	204-947-2422 ext 137
Elder Abuse Resource Centre Age & Opportunity ( <a href="http://www.ageopportunity.mb.ca/">http://www.ageopportunity.mb.ca/</a> )	204-956-6449
Elizabeth Fry Society of Manitoba 544 Selkirk Avenue ( <a href="http://www.efsmanitoba.org">http://www.efsmanitoba.org</a> )	204-589-7335
Emotions Anonymous ( <a href="http://www.alone.com">http://www.alone.com</a> )	204-269-6248
Employment Income Assistance General ( <a href="http://www.gov.mb.ca">http://www.gov.mb.ca</a> )	204-948-4000
Family Doctor Connection Hotline ( <a href="http://www.gov.mb.ca/health/familydoctorfinder">http://www.gov.mb.ca/health/familydoctorfinder</a> )	204-786-7111
Fort Garry Women's Resource Centre 1778 Pembina Highway (Riverwood Square)	204-477-1123



104-210 Ellen Street ( <a href="http://www.fgwrc.ca">http://www.fgwrc.ca</a> )		204-946-0723
Four Rivers Health Clinic 647 Broadway Avenue 878 Main Street ( <a href="http://www.fourriversmedical.com">http://www.fourriversmedical.com</a> )		204-786-8588 204-586-5592
Hands of Hope (Furniture) 50 Barnes Street ( <a href="http://www.handsofhope.ca">http://www.handsofhope.ca</a> )		204-261-8607
Ikwe-Widdjiitiwin (Shelter) ( <a href="http://www.ikwe.ca">http://www.ikwe.ca</a> )		204-987-2780
Legal Aid- Administration Office/ Drop In Centre 100-287 Broadway ( <a href="http://www.legalaid.mb.ca">http://www.legalaid.mb.ca</a> ) App Centre: Mon & Tues 12:30-4pm Wens & Thurs 1:30-4pm -First come first Serve Basis - \$25.00 Fee waived if on EIA, Student, Women's Shelter		204-985-8500
Legal Help Centre of Winnipeg 202-393 Portage Avenue karen.l.dyck@gmail.com -Drop in Clinics Tues- Fri 1pm-4:30pm ( <a href="http://legalhelpcentre.ca">http://legalhelpcentre.ca</a> )		204-258-3096
Métis Child and Family Services 2000 Portage Avenue ( <a href="http://www.metiscfs.mb.ca">http://www.metiscfs.mb.ca</a> )		204-697-1118
Ma Mawi Wi Chi Itata Centre  ( <a href="http://www.mamawi.com">http://www.mamawi.com</a> )	363 McGregor Street 443 Spence Avenue 318 Anderson Avenue	204-925-0300 204-925-0348 204-925-0349
Manitoba Housing Application Inquiries	General	204-945-4663



<http://www.gov.mb.ca/housing/mh/progs/rental.html>)

Manitoba Public Dental Health Program <a href="http://www.wrha.mb.ca/prog/oralhealth/files/wheretogo.pdf">http://www.wrha.mb.ca/prog/oralhealth/files/wheretogo.pdf</a>	204-945-4446
Mood Disorders Association of Manitoba 4 Fort Street -Peer support line -Post-partum Warm Line -Email Support: Info@mooddisordersmanitoba.ca <a href="http://www.mooddisordersmanitoba.ca">http://www.mooddisordersmanitoba.ca</a> )	204-786-0987  204-391-5983
Native Addictions Council of Manitoba 160 Salter Street (Women's Sage Healing Program) <a href="http://www.mts.net/~nacm">http://www.mts.net/~nacm</a> ) -Pritchard House 35 Day Treatment Centre -Outreach Program -Youth Programs -Women's Sage healing program	204-586-8395
Native Women's Transition Centre 105 Aikins Street <a href="http://www.nativewomens.mb.ca">http://www.nativewomens.mb.ca</a> )	204-989-8240
<b>Neechi Foods Community Store:</b> 325 Dufferin Avenue	204-586-5597
<b>Neechi Commons:</b> 865 Main Street	204-949-1338
Nor' West Domestic Violence -A Women's Place	204-940-6624
OCD Centre Manitoba Inc 100-4 Fort Street	204-942-3331
Oyate Tipi (Furniture) 606 Selkirk Avenue ( <a href="http://www.oyatetipi.com">http://www.oyatetipi.com</a> )	204-589-2265
Crisis Pregnancy Centre of Winnipeg 650 Broadway Ave West 24 Hour Crisis Line	204-772-1923  204-772-2828



Pritchard House ( <a href="http://www.mts.net/~nacm/pritchardhouse.html">http://www.mts.net/~nacm/pritchardhouse.html</a> )		204-586-8395
Salvation Army Booth Centre Salvation Army Weetamah Food bank, Xmas toy centre, Urban Café, STEP program, Work skills program, Hydro assistance program, Homework club, ....		204-946-9490 204-946-9490
Sara Riel 66 Moore Avenue ( <a href="http://www.sararielinc.com">http://www.sararielinc.com</a> )		204-237-9263
Tamarack Recovery Centre 60 Balmoral Street ( <a href="http://www.tamarackrehab.org">http://www.tamarackrehab.org</a> )		204-775-3546
United Way Koats for Kids 580 Main Street ( <a href="http://www.unitedwaywinnipeg.mb.ca/koats_for_kids.html">http://www.unitedwaywinnipeg.mb.ca/koats_for_kids.html</a> )		204-945-6851 204-477-5360
Victims Services (Winnipeg Police) ( <a href="http://www.winnipeg.ca/police/PDFs/Victim_Service_Pamphlet.pdf">http://www.winnipeg.ca/police/PDFs/Victim_Service_Pamphlet.pdf</a> )		204-986-6350
Villa Rosa Inc. 784 Wolseley Avenue ( <a href="http://www.villarosa.mb.ca">http://www.villarosa.mb.ca</a> )		204-786-5741
Winnipeg Harvest 1085 Winnipeg Avenue ( <a href="http://www.winnipegharvest.org">http://www.winnipegharvest.org</a> )	Food Assistance	204-982-3663 204-982-3660
Winnipeg Regional Health Authority ( <a href="http://wrha.mb.ca">http://wrha.mb.ca</a> )		204-926-7000
BraveStone Centre (formerly known WISH Inc.) ( <a href="http://www.bravestonecentre.ca">http://www.bravestonecentre.ca</a> )		204-275- 2600
Wahbung 225 Dufferin Ave (Children, Youth, Moms, Counselling & transitional housing) <a href="http://wahbung.org">http://wahbung.org</a>		204-925-4610



## Women's Shelters

Agape House (Eastman Crisis Centre)			
Tracie Rigby- ED	<a href="http://agapehouse.ca">http://agapehouse.ca</a>		204-326-6062
Steinbach, MB		Fax	204-326-2359
Aurora House (The Pas Committee for Women in Crisis)			
Dawna Pritchard- ED	<a href="mailto:auroratp@mts.net">auroratp@mts.net</a>		204-623-7427
The Pas, MB		Fax	204-623-3901
<a href="http://aurorahouse-sharethecare.com">http://aurorahouse-sharethecare.com</a>			
Genesis House (South Central Committee on Family Violence)			
Angela Brown- ED	<a href="mailto:scfv@mts.net">scfv@mts.net</a>		204-325-9957
Winkler, MB		Fax	204-325-5889
<a href="http://www.geneshoueshelter.ca">http://www.geneshoueshelter.ca</a>		Local Crisis Line	204-325-9800
Ikwe-Widdjitiwin			204-987-2780
Winnipeg, MB		Fax	204-987-2822
<a href="http://www.ikwe.ca">http://www.ikwe.ca</a>			
Nova House			
Anna Pazdzierski- ED	<a href="mailto:novahouse@mts.net">novahouse@mts.net</a>		204-482-7882
Selkirk, MB		Fax	204-482-8483
Willows Place (formerly known Osborne House)			204-615-0313
<a href="mailto:reception@willowplace.ca">reception@willowplace.ca</a>	<a href="http://www.willowplaceshelter.ca">http://www.willowplaceshelter.ca</a>	Fax	204-615-1077
Parkland Crisis Centre			
Kari Prawdzik	<a href="mailto:pkndadmin@mts.net">pkndadmin@mts.net</a>		204-622-4626
Dauphin, MB		Fax	204-622-4625
Portage Women's Centre			
Penny Kelly- ED	<a href="mailto:director@abuseprevention.ca">director@abuseprevention.ca</a>		204-239-5234
Portage La Prairie, MB		Fax	204-239-6710
<a href="http://www.abuseprevention.ca">http://www.abuseprevention.ca</a>		24 Hour crisis Line	204-239-5233
Thompson Crisis Centre			
Wendy McTavish- ED	<a href="mailto:tcc9668@mts.net">tcc9668@mts.net</a>		204-677-9668
Thompson, MB		Fax	204-677-8376
<a href="http://thompsoncrisiscentre.org">http://thompsoncrisiscentre.org</a>		Local Emergency Line	204-788-7273



YWCA Westman Women's Shelter/ Couples Counselling Program

Karen Peto- ED [ywca2@wcgwave.ca](mailto:ywca2@wcgwave.ca)

Brandon, MB

(<http://www.ywcabrandon.com>)

204-727-3644

Fax 204-726-1793

## Second Stage Housing

Alpha House Project Inc.

Glenda Dean- ED [Info@alphahouseprojects.ca](mailto:Info@alphahouseprojects.ca)

Winnipeg, MB

204-982-2011

Fax 204-254-2602

L'Entre-Temps des Franco-Manitobaines

Hortense Rabet- ED [admin@entretempsfm.com](mailto:admin@entretempsfm.com)

Winnipeg, MB

(<http://www.entretempsfm.com>)

204-925-2550

Fax 204-925-2551

BraveStone (Formerly WISH Inc.)

Lori Rudniski- ED [info@bravestonecentre.ca](mailto:info@bravestonecentre.ca)

Winnipeg, MB

204-275-2600

Fax 204-275-5416

Samaritan House

Marla Sommesall- ED [exec@samaritanhouse.net](mailto:exec@samaritanhouse.net)

Brandon, MB

204-727-1268

Fax 204-728-5679

North End Women's Centre (Betty Berg House)

Winnipeg, MB

(<http://www.newcentre.org>)

204-589-7347

Fax 204-728-9476

Pluri-elles (Manitoba) Inc.

Mona Audet- ED [pluridge@pluri-elles.mb.ca](mailto:pluridge@pluri-elles.mb.ca)

Winnipeg, MB

204-233-1735

Fax 204-233-0277

Lakeshore Women's Resource Centre

[lwrc@mts.net](mailto:lwrc@mts.net)

Ashern, MB

204-768-0316

Fax 204-768-3916



Fort Gary Women's Resource Centre

[info@fgwrc.ca](mailto:info@fgwrc.ca)

Wpg, MB

204-477-1123

Fax 204-475-9127

Interlake Women's Resource Centre

Sheila Hillier- ED

[iwrc@mymts.net](mailto:iwrc@mymts.net)

Gimili, MB

204-642-8264

Fax 204-642-8280

Snow Lake Family Resource Centre

Mary Wootton

[jotraill.frc@gillamnet.com](mailto:jotraill.frc@gillamnet.com)

204-358-7141

Fax 204-358-7771

Women's Safe Haven/Resources Services

Colleen Arnold

[wrc\\_director@mts.net](mailto:wrc_director@mts.net)

Flin Flon, MB

(<http://wwwsnowlakefrc.com>)

204-681-3105

Fax 204-687-3322

Western Manitoba Women's Regional Resource Centre

Marla Gilmour/Dayna Radics

[reception@thewomenscentrebrandon.com](mailto:reception@thewomenscentrebrandon.com)

Brandon, MB

204-726-8632

Fax 204-726-6230

Swan Valley Crisis Centre

Bettie Caird

[svcc119@mts.net](mailto:svcc119@mts.net)

204-734-9369

Fax 204-734-5440

Crisis Line 204-734-9368

Wahbung

225 Dufferin Ave

(children, Youth, Moms, Counselling & transitional housing)

(<http://wahbung.org>)

204-925-4610

Fax 204-582-9508

Native Women's Transition Centre

(<http://http://www.nativewomens.mb.ca>)

204-989-8240



## Specialized Programs

<b>Elmwood Community Resource Centre: Neighbourhood Immigrant Settlement Worker (NISW)</b> Provides support and information to immigrant newcomers to Canada that live in Elmwood community, connecting newcomers with information, programs and services in the community.	204-982-1720
<b>Brandon Access/Exchange Program</b> Gail Cullen <a href="mailto:bfcinc@mts.net">bfcinc@mts.net</a> Brandon, MB	204- 727-1407 Fax 726-0902
<b>New Directions Parenting Centre</b> 717 Portage ave 3 <sup>rd</sup> floor <a href="mailto:parentingcentre@newdirections.mb.ca">parentingcentre@newdirections.mb.ca</a> Winnipeg, MB	204- 956-6560
<b>Men's Resource Centre</b> 115 Pulford Street Duane Lesperance <a href="mailto:mrc@mens-resource-centre.ca">mrc@mens-resource-centre.ca</a> Winnipeg, MB	204-415-6797 Fax 415-7516
<b>The Counselling Centre-Men's Program (Building Bridges)</b> Dan Jardine <a href="mailto:wiccc@mts.net">wiccc@mts.net</a> Brandon, MB	204-726-8706
<b>Winnipeg's Children's Access Agency</b> Marie Dawson <a href="mailto:wcaa@mts.net">wcaa@mts.net</a> Winnipeg, MB -Supervised visitation for children and families	204-284-4170

## Urban Support Programs

<b>Laurel Centre</b> 104 Roslyn Road <a href="mailto:info@thelaurelcentre.com">info@thelaurelcentre.com</a> Winnipeg, MB	204-783-5460 Fax 774-2912
<b>Micah House: Catholic Centre for Social Justice</b> 1039 Main St. <a href="mailto:sjustice@mts.net">sjustice@mts.net</a> Winnipeg, MB	204-589-5393
Offers Mental Health Program. Tuesday- drop in program 1:00 – 3:00PM. Dual Recovery Anonymous group Wednesday from 6pm-7pm <a href="http://www.archwinnipeg.ca/social_justice.php">http://www.archwinnipeg.ca/social_justice.php</a>	





**Native Women's Transition Centre**

Lucille Bruce- ED [Lucille\\_bruce@mts.net](mailto:Lucille_bruce@mts.net) or [NWTC@mts.net](mailto:NWTC@mts.net) 204-989-8240  
105 Aikins St. Winnipeg, MB R2W 4E6 Fax 586-1101

**Klinic Community Health Centre**

Tim Wall- Director of Counselling Services [twall@klinik.mb.ca](mailto:twall@klinik.mb.ca) 204-784-4061  
Terri Cressman- Evolve Program Coordinator [tcressman@klinik.mb.ca](mailto:tcressman@klinik.mb.ca) 204-784-4055  
Winnipeg, MB Fax 772-7998

**MOVA (Manitoba Organization of Victim Advocates)**

580 Main street [help@mova.ca](mailto:help@mova.ca) 204-831-8950  
Toll Free 1-877-596-0095  
Fax 831-8956

**Immigrant Women's Counselling/ Family Counselling Program/ A Women's Place**

Kim Storeshaw [icws@mts.net](mailto:icws@mts.net) 204-940-1962  
Winnipeg, MB Fax 940-1971

**Immigrant Women Association of Manitoba**

108 Logan Avenue 204-414-9452  
Winnipeg, MB [info@iwamanitoba.org](mailto:info@iwamanitoba.org) Fax 414-0807

**Ma Mawi Wi Itata Family Violence Counselling Program**

Ken Fleury [kfleury@mamawi.com](mailto:kfleury@mamawi.com) 204-925-1776  
Winnipeg, MB Fax 925-0306

**Men's Resource Centre in partnership with Laurel Center**

115 Pulford Street  
Winnipeg, MB R3A 0A3 204-415-6797  
<http://www.mens-resource-centre.ca> e-mail: [mrc@mens-resource-centre.ca](mailto:mrc@mens-resource-centre.ca)

**Cornerstone Counselling Service (Eldon Pullman)**

302 1200 Portage Avenue 204-663-0050  
Winnipeg, MB R2L 1L4 Fax: 204-663-7754  
<http://www.cornerstonecounselling.ca>  
W, m, \$ (sliding scale)

**Women's Health Clinic**

419 Graham Avenue, 3<sup>rd</sup> floor 204-947-1517  
Winnipeg, MB R3C 0M3 Fax: 204-943-3844  
Website: [www.womenshealthclinic.org](http://www.womenshealthclinic.org)



**Family Dynamics**

393 Portage Avenue, Suite 401  
Winnipeg, MB R3B 3H6  
<http://www.familydynamics.ca>

204-947-1401  
Fax: 204-947-2128

## Domestic Violence

**Seniors Abuse Line** – ([http://www.winnipeg.ca/police/takeaction/elder\\_abuse.stm](http://www.winnipeg.ca/police/takeaction/elder_abuse.stm))

Ph.204-945-1884  
Toll-Free 1-888-896-7183

**Willows Place** (formerly known Osborne House)

204-615-0313  
\* 24-Hour Line 204-615-0311  
Toll Free 1-877-977-0007 (Ext. 1)

Is an emergency short term shelter for women and their children who are victims of abusive relationships. Offers individual and group counselling, referrals to community resources.

**Ikwe-Widdjitiwin**

204-987-2780  
Toll Free 1-800-362-3344

Offers emergency shelter to women and their children who are victims of family violence. Operates a 24 hour province-wide telephone crises line offering counselling, information and referral and emotional support.

**Salvation Army Women's Services** - 180 Henry Ave.

204-946-9402

Assists women and women with children in obtaining immediate shelter and provides them with referral services for housing also available to women on probation, parole or transient.

**Salvation Army - Sunrise Village-**

204-946-9471

Provides emergency shelter for families.

# Addictions

Addictions Foundation of Manitoba <a href="http://www.afm.mb.ca">www.afm.mb.ca</a>	204-944-6200
Addictions Recovery Inc <a href="http://www.addictionsrecovery.ca">www.addictionsrecovery.ca</a>	204-586-2550
Behavioral Health Foundation <a href="http://www.bhf.ca">www.bhf.ca</a>	204-269-3430
Esther House <a href="http://www.estherhousewinnipeg.ca">http://www.estherhousewinnipeg.ca</a>	204-582-4043
Laurel Centre <a href="http://www.thelaurelcentre.com">www.thelaurelcentre.com</a>	204-783-5460
Main St Project <a href="http://www.mainstreetproject.ca">www.mainstreetproject.ca</a>	204- 982-8245
Native Addictions <a href="http://www.mts.net/~nacm">http://www.mts.net/~nacm</a>	204-586-8395
Anchorage 180 Henry Street Adult Co-Ed Covered by EIA or as per agreement 60 days in length Adult Residential Treatment Centre. Must qualify for EIA or be willing to pay entry into the program. <a href="http://www.salvationarmy.ca">http://www.salvationarmy.ca</a>	204- 946-9401
Alcoholics Anonymous <a href="http://www.aamanitoba.org">www.aamanitoba.org</a>	204- 942-0126
Families Anonymous <a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>	204-237-0336
Cocaine Anonymous of Manitoba Help Line	204-250-2626



## Emergency Housing

Main Street Project	204- 982-8245
Booth Centre- Men	204-946-9402
Willows Place (Formerly Osborne House)	204-615-0313
Sunrise Village	204-946-9471
Siloam Mission	204-956-4344

## Youth Services

Mobile Crisis Team	204- 949-4777
Teen Talk-Youth Health Education Program of Klinik <a href="http://teentalk.ca">http://teentalk.ca</a>	204- 784-4010
Kids Help Phone	1-800-668-6868
Child Find Manitoba	204-945-5735
Centralized Intake- Youth Addiction Services	1-800-710-3999
Elmwood Community Resource Centre (Year)	204- 982-1720
Resource Assistance for Youth (RAY)	204-783-5617
Behavioral Health Foundation- General Intake	204-269-3430
Children's Advocate Office- Intake Unit 100-346 Portage Ave <a href="http://www.childrensadvocate.mb.ca">www.childrensadvocate.mb.ca</a>	204-988-7440

## Gay/Lesbian/Transgender/ Two-Spirited

<b>Gay/ Lesbian Resource Centre- peer support/ info</b>	<b>204- 284-5208</b>
SERC (Gay and Lesbian of Brandon and Westman Region)	204-727-0417
Lesbian/ Gay/ Bisexual Collective (U of W)	204-786-9025
Parents and Friends of Lesbians and Gays (PFLAG)	204-474-2008
Rainbow Resource Centre	204-474-0212
Nine Circles Community Health Centre	204-940-6000

## Health Resources/ Services

Adolescent Health Services (Children's Hospital)	204- 787-2401
Health Action Centre- all ages	204-947-1626
Health Links- 24 hr info line- may have to leave a message	204-788-8200
Klinik- drop in clinic	204-784-4090
Women's Hospital	204-787-3661
Health Promotion & Social Development Office (pamphlets)	204-788-8200
Sexuality Education Resource Centre (SERC)	Brandon Winnipeg
	204-727-0417 204-982-7800
Interagency Fetal Alcohol Syndrome (FAS)- services to families & children 0-6	204-582-8658
Manitoba Health Library Services	204-237-2808
Mount Carmel Clinic	204-582-2311
Serena Manitoba-Natural family planning	204-783-0091

Aboriginal Health and Wellness Centre of Winnipeg	204- 925-3700
Centre de santé Saint Boniface	204- 235-3910
Centre Youville Centre- St. Vital	204-255-4840
Health Action Centre	204-940-1626
Hope Centre Health Care	204-589-8354
Mount Carmel Clinic	204-582-2311
Nine Circles Community Health Centre	204-940-6000
Nor'West Co-Op Health Centre	204-633-5955
WRHA	204-940-2300
Manitoba Health	204-786-7101
Resource Assistance for Youth (Ray) -Health Clinic Tues & Wens 1-4pm	204-783-5617

## Dental

Dental College at the U of M	204-789-3505
Healthy Smile, Happy Child	204-480-1365
S.M.I.L.E (Dentist for Low-Income Families)	204-940-2085
Mount Carmel Clinic	204-586-1659
MB Dental Association	204-988-5300

## Hospitals

Concordia Hospital	204-667-1560
Grace General Hospital	204-837-8311
Misericordia Health Centre	204-774-6581



Riverview Health Centre	204-452-3411
St. Boniface General Hospital	204-233-8563
Seven Oaks General Hospital	204-632-7133
Victoria General Hospital	204-269-3570
Winnipeg Health Sciences Centre	204-787-3661

## **Pregnancy/ Abortion (PL pro-life or PC pro-choice)**

Elmwood Community Resource Centre: Healthy Baby Program	204-982-1720
Pregnancy and Family Support Services Community Centre	204-775-9934
Healthy Start for Mom and Me	204-949-5350
Wolseley Family Place	204-788-8052
Youville Centre	204-233-0262
Pediatric Health Services- Children’s Hospital	204-787-2401
Women’s Health Clinic	204-947-1517
Villa Rosa	204- 786-5741
Crisis Pregnancy Centre of Western Manitoba (Winnipeg)	204-772-1923
(Brandon)	204-727-6161
Pregnancy Lifeline Services Grace Haven Pregnancy Crisis Centre Crisis Line (Brandon)	727-2273
	(Steinbach)204-326-4257
Alliance for Life (PL)	Tollfree 1-800-665-0570 (Winnipeg)204-942-4772
HSC- Women’s Hospital (PC)	204-774-6511
Mount Carmel Clinic (PC)	204-582-2311



Sexuality Education Resource Centre (PC)	FACTS OF LIFE LINE Email <a href="mailto:thefactsoflife@serc.mb.ca">thefactsoflife@serc.mb.ca</a>	204-982-7802
	Brandon	204-727-0417
	Toll free	1-800-432-1957
Insight Program: Healthy Child Manitoba Support for pregnant women/new mothers who use substances		204-925-3750

## Prenatal Classes

<b>Elmwood Community Resource Centre: Healthy Baby Program (free)</b>	<b>204-982-1720</b>
<b>Family Community Centre (free)</b>	<b>204-775-9934</b>
<b>Healthy Start for Mom and Me (free)</b>	<b>204-949-5350</b>
<b>Wolseley Family Place (free)</b>	<b>204-788-8052</b>
<b>Youville Centre (free)</b>	<b>204-233-0262</b>

## Adoption

Adoption Options- private adoption information, counselling	204-774-0511
UAS Eastern European Adoptions Inc	204-947-2953
Jewish Child and Family Services	204- 477-7430
Southern Manitoba First Nations Repatriation Program	204-985-6910
Winnipeg Child and Family Services	204- 944-4666



## AIDS/ STD'S

Sexuality Education Resource Centre <a href="http://www.serc.mb.ca/">http://www.serc.mb.ca/</a>	Winnipeg Brandon	204 982-7800 204 727-0417
Canadian Indian AIDS Information Line		1-888-285-2226
Mount Carmel Clinic HIV/AIDS Testing		204 582-2311
Nine Circles Community Health Centre AIDS/STD'S		204 940-6000
Women's Health Clinic HIV/AIDS testing		204 947-1517
Canadian AIDS Society provides info & publications to public		1-613-230-3580
The 595 Prevention Team		204 783-6184
Aboriginal Health and Wellness Centre		204 945-6200
Sexual Health Info Line		204 945-2437
Street Connections (WRHA Public Health) - Harm reduction resources		204 981-0742

# Community Services

## **Ability Transit**

633 Young St/ 204 999-5612

- private company, providing transportation for special needs people
- available 24 hours-7 days a week

## **Better Fathers Inc.**

Based at Kateri Church, 794 Ellice Ave

Contact: Brian 204-782-7987

- a fathering issues series for men, open to all fathers

## **Big Brothers Big Sisters of Winnipeg**

2<sup>nd</sup> floor, 765 Portage Ave/ 204 988-9200

## **Bridging the Gap Ministry Inc.** (<http://www.bridgingthegapwinnipeg.ca>)

103-388 Donald St./204 783-8684/ fax: 772-3603/ bridging@mts.net

- support service for ex-offenders and their families including specialized programs, support groups and counseling
- interaction with institutions and Halfway Houses

## **Community Cupboard**

Lower Level, 583 Ellice Ave/204 783-3173

- buy non-perishable food and household supplies in small amounts and at cost
- a project of the West Central Women's Resource Centre

## **Canadian Mental Health Association, Winnipeg Region**

432 Ellice Ave/ 204 982-6100/ fax: 982-6128

office@cmhawpg.mb.ca/ www.cmha.ca

- information, referral, advocacy and rehabilitation services to people with mental health problems as well as public education on mental health issues

## **Community Support Units**

260 Hartford Street 8:30am-6:30pm 7 days a week

204-986-2542

- service center for neighborhood foot patrol officers and community police officers, for community concerns; reporting of non-emergencies



**Connect 2: Community Voice Mail**

c/o Clinic, Ma Mawi Wi Chi Itata Centre, New Life Ministries, House of Opportunities, St. Matthew's Community Ministry, Taking Charge, Elmwood Community Resource Centre

-a free phone voice mail answering service that can be accessed from any phone

**Family Dynamics**

4<sup>th</sup> floor 393 Portage Ave/ 204 947-1401

Fax: 947-2128/ [www.familycentre.mb.ca](http://www.familycentre.mb.ca)

-individual/family/ marriage counseling

-temporary homemaker services for low income families when one parent is absent, ill or disabled

-family day care help for special needs children 1-12 years

**Pregnancy and Family Support Services**

100-475 Sargent Ave/204 775-9934

Fax: 772-5928

-a community resource for families with pre-school children, including parent drop-in, prenatal classes, parenting classes and other supportive programs

-respite Day Care provided for 3mo-6yrs -Call 24 hours beforehand to register.

**Stop Fetal Alcohol Syndrome Mentorship Program (Stop FAS)**

Aboriginal Health and Wellness Centre of Winnipeg

181 Higgins Ave, Ste 215 / 204-925-3700

- Matches pregnant women and new mothers who have alcohol or chemical dependencies with para-professional advisors.

**Manitoba FASD Centre- Diagnosis of Fasd**

633 Wellington Crescent

Phone: 204 235-8866/ Fax: (204) 235-8870

**New Directions FASD Family Support, Education and Counselling Program**

Unit 10 254 Stella Walk/ Phone: 204-582-8658

- To work hand in hand with families and community to address the issue of fetal alcohol spectrum disorder by providing thoughtful and creative services in an understanding, supportive and nurturing manner.

**Healthy Start for Mom and Me**

Office: 2<sup>nd</sup> floor 400 Edmonton St.

(Community site: MERC)/ 204 949-5350

Fax: 949-4800/ healthystart@mts.net

-an informal practical pregnancy and new parent outreach program

**Opportunities for Employment**

300 294 Portage Ave/204 925-3490

-links unemployed and underemployed neighborhood residents with appropriate resources that will enable them to reach their employment goals

-resume development, job search assistance, employment counseling, access to skills training & free computer access

-Community-based, satellite office of Opportunities for Employment

**Volunteer Manitoba**

Suite 410-5 Donald Street South/ 204-477-5180

- provide information, training and resources on all aspects of the voluntary sector and to build strong communities with working partners including governments, researchers, non-profit/charitable organizations, volunteers, funders, donors, labour and businesses.

**Aurora Family Therapy Centre**

c/o University of Winnipeg, 2S03-515 Portage Ave

204 786-9251/ fax: 772-2547/ [interfaith@uwinnipeg.ca](mailto:interfaith@uwinnipeg.ca)

-couple and individual therapy

-sliding scale

-training site for University of Winnipeg's Masters degree (Marriage and Family Therapy)

**Institute for Womens and Gender Studies**

On U of W Campus, 4CM34/ 204 786-9921/ [iwgs@uwinnipeg.ca](mailto:iwgs@uwinnipeg.ca)

Contact: Kim Hunter, Communications and Outreach

-educational and research center

**Immigrant Centre**

100 Adelaide St./204 943-9158/ fax: 949-0734

[www.icmanitoba.com](http://www.icmanitoba.com)

-support service for new immigrants and refugees

-programs include short term housing, education, language training, employment program and advocacy



**John Howard Society of Manitoba Inc.**

583 Ellice Ave./204 775-1514/ fax: 775-1670

[www.johnhoward.mb.ca](http://www.johnhoward.mb.ca)

-works with individual offenders and their families, through counseling and advocacy. Works toward reforming the criminal justice process. Public awareness and education.

-anger management, parenting groups

-Hep C program

-education and job programs

**Justice Resource Centre**

583 Ellice Ave./ 204 775-1514/ fax: 775-1670

-the building provides office and meeting space for non-profit, justice-related agencies and groups

-owned by the John Howard Society

**Onashowewin Justice Circle**

720 Broadway Ave/ 204-336-3600

-Provides culturally based restorative justice practices to those in conflict with the law

-provides diversion services for Manitoba Crown attorney's office

**Klinik Community Health Centre**

870 Portage Ave./ 204 784-4090/ fax: 772-7998

[www.klinik.mb.ca](http://www.klinik.mb.ca)

*Health Services:*

Doctor, Nurse Practitioner, Dietician, Social Worker, Nurse and others provide services if you are a Klinik client.

Walk-in services for non-Klinik clients include:

- Teen walk-in clinic for all concerns Monday 4-8pm
- STI walk-in clinic Tuesday/Wednesday/ Thursday 4-8pm                      Saturday 10am-4pm
- Pap walk-in clinic Saturday 1-4pm
- Reproductive Health Nurse Services, call 204 784-4090 for appointment

*Counselling Program:*

24 hr crisis line- 204 786-8686

In-person appointment line- 204 784-4059

Sexual Assault Program

*Sexual Assault Program:*

Sexual Assault Crisis Program Line: 204 786-8631

Sexual Assault Counselling Intake: 204 784-4049

*Evolve:*



Counselling for men, women & children affected by domestic abuse

In-person appointment line- 204 784-4208

*Community Health and Education Services:*

Public Education and Training: 204 784-4066

Prenatal Classes and Breastfeeding Buddies: 204 940-6669

*Dream Catchers: \*\*\*-\*\*\*\**, support group for women, including transgender women, who are or have worked in the sex trade, and are working on abuse and addiction issues

*Volunteer Opportunities:* 204 784-4006

*Klinic on Broadway:* 545 Broadway

Community Drop-in Program; first come, first seen counseling services- Monday & Wednesday, noon-7pm, Friday and Saturday, noon-4pm

### **Knox Church**

400 Edmonton St./ ph: 204 942-4579/ fax:953-2455

Contact: Eugene Dhal, building administrator

-Knox Community Economic Development Society

-Knox Winnipeg Harvest Food Bank, Tuesdays from 9:30am. Participants must register a week in advance. Phone 204 982-3660..

-multi-faith hall open for community usage

-Healthy Start for Mom and Me

-legal services

-knox community kitchen

-Immigrant integration farming corp.

### **NEEDS Inc**

251 A- Notre Dame Ave/ ph:204 940-1260/ fax 940-1272

Services for War affected families

Support for immigrant & refugee children, youth and their families

Crime prevention-Youth mentorship program

Youth after school program

### **Ma Mawi Wi Chi Itata Centre**

2<sup>nd</sup> floor 743 Ellice Ave./204 925-0348

-provides advocacy, counselling & support for Aboriginal and Inuit families

-includes groups for adults and children involved in abusive relationships, foster care and youth programs



**McGregor Community Care Site:**

363 McGregor Street  
Winnipeg, MB R2W 4X4  
Tel: (204) 925-6816  
Fax: (204) 925-0371

**Anderson Community Care Site:**

318 Anderson Avenue  
Winnipeg, MB R2W 1E5  
Tel: (204) 925-0349  
Fax: (204) 925-0306

**Spence Community Care Site:**

443 Spence Avenue  
Winnipeg, MB R3B 2R8  
Tel: (204) 925-0348  
Fax: (204) 925-0308

**Spence Neighborhood Association**

Magnus Eliason Recreation Centre: 430 Langside Street 204-783-5000

-a community meeting place, with access to various civic departments, community information, & recreation

-houses the Spence Neighborhood Association

**Manitoba Interfaith Immigration Council Inc (Welcome Place)**

521 Bannatyne Ave./ 204 997-1000/ fax: 956-7548/ [www.miiic.ca](http://www.miiic.ca)

-promotes and supports the protection and resettlement of refugees and offers

-welcomes and assists refugee newcomers in their settlement and integration into Canadian society

-includes settlement, reception, sponsorship and volunteer services

# Child Day Care Office and contact information

## Child Care Information Services

102-114 Garry Street. Phone: 204 945-2197. The Manitoba Child Care Program oversees the operation of licensed child care in the province. This office can inform where in-home child care centre are located and which have a current license with Manitoba Day Care.

## Child Care Subsidy Program/ Subsidy Information Services

Subsidy Information Services will help to estimate the family contribution and the amount of child care subsidy a family may be eligible for per month. Phone: 204 945-0286

## Children's Benefits/Programs

### **Canada Revenue Agency (Child Tax Benefit) 204-984-5700**

Providing monthly payments to assist in the cost of raising children up to the age of 18.

### **Universal child care benefit 1-800-387-1193**

The UCCB was increased to \$160 per month for each child under the age of six, parents will receive a benefit of up to \$60 per month for each child in their care aged 6 through 17.

### **Manitoba Prenatal Benefit 204-945-1301**

Assists income eligible pregnant women with a monthly cheque to meet their extra nutritional needs.

### **Healthy Baby program Community Support Programs 204-945-1301**

If you are pregnant or have a baby under the age of one, you can attend a Healthy Baby program

### **Manitoba Child Benefit 204-523-5230**

The Manitoba Child Benefit provides financial assistance which will help ensure parents will not lose all support for their children when moving off welfare. It also provides parents with additional assistance to help with some of the costs of prescription eyeglasses for their children



# Housing Supports

## Employment and Income Assistance (EIA)

204-948-4000 / toll free 1-877-812-0014

### Rent Assist (Manitoba Shelter Benefit)

204-945-2197

A monthly benefit Rent Assist is a shelter benefit for low-income Manitobans who rent their own accommodations in the private market.

Rent Assist helps make your rent affordable by paying you a benefit based on your income and the cost of rent in the market for your family size..(Non EIA)

### Portable Housing Benefit

204-945-6852

Provides a rent supplement of up to \$200 per month to EIA recipients with mental health issues. To be eligible, participants must have an unstable housing situation that is interfering with their recovery and participation in community life.

### Homeowner Repair Programs

204-945-5566 /toll-free 1-866-689-5566

<http://www.gov.mb.ca/housing/creatingmore.html>

Homeowners with low incomes may be eligible for financial assistance for repairs/adaptations to their home.

### Neighbours Helping Neighbours

204-949-2106

Provides one-time emergency financial assistance to lower income individuals, families and seniors who are unable to pay their hydro bill due to personal hardship or crisis.

### Manitoba Residents Portal

A search guide for Manitoba programs and services.

<http://residents.gov.mb.ca>

# Housing Resources

<b>Manitoba Housing</b> Provides subsidized housing for people on assistance.	<b>204-945-4755</b>
<b>Winnipeg housing Rehabilitation Corporation</b> Provides affordable, attainable housing in Winnipeg that is safe and secure. ( <a href="http://www.whrc.ca">http://www.whrc.ca</a> )	<b>204-949-2880</b>
<b>Winnipeg Rental Network</b> <a href="http://www.winnipegrentnet.ca/">http://www.winnipegrentnet.ca/</a> Provides information, <b>updated listings and links for</b> affordable rental accommodations.	<b>204-417-2110</b>
<b>Murdock Management</b> Provides rent subsidy	<b>204-982-2000</b>
<b>S.A.M. Management</b> Provides rent subsidy	<b>204-942-0991</b>
<b>Age and Opportunity: Safe Suite Initiative</b> For 55+ men and women who need a safe place to stay due to abuse or neglect.	<b>204-956-6440</b>
<b>West Central Women’s Resource Centre HOMES Project</b> Offers women support and mentorship when dealing with problems or concerns around housing or income security.	<b>204-774-8975</b>
<b>Villa Rosa</b> Prenatal and postnatal residence	<b>204-786-5741</b>
<b>New Journey Housing</b> Resource Centre for Newcomer Housing	<b>204-942-2238</b>
<b>Bed Bug Information</b> For Renters concerned about bed bugs. Bug n Scrub is free program for eligible vulnerable persons who need help in preparing their home for bed bug treatment.	<b>1-855-362-2847</b>

## Aboriginal-specific Housing Programs

<b>Kanata Housing</b>	<b>204-338-6261</b>
<b>Kekinan Centre Inc.</b> Apartment housing for aboriginal seniors	<b>204-582-0439</b>
<b>Kinew Housing Corporation</b>	<b>204-956-5093</b>
<b>Rural &amp; Native Housing</b> Through the Manitoba Métis Federation	<b>204-589-4327</b>
<b>Dakota Ojibway Tribal Council Housing Authority</b> Affordable housing for the First Nation population.	<b>204-988-5377</b>

## Financial Resources

<b>Employment and Income Assistance (EIA)</b>	<b>204-948-4000 / toll free 1-877-812-0014</b>
<b>Aboriginal Single Window Service Canada</b> Provides one stop access to government funded programs for aboriginal people including applications for Employment Insurance and Social Insurance Numbers, Child Tax Benefit, OAS and CPP.	<b>204-984-1415</b>

## Business Financial Assistance

<b>Business Development Bank (BDC)</b> Helps create and develop Canadian businesses through financing, venture capital, and consulting services with a focus on small and medium-sized enterprises.	<b>204-983-7900</b>
<b>Women's Enterprise Centre</b> Helps women find information, improve their business skills, and acquire financing so they can start, expand, or purchase an existing business	<b>204-988-1860</b>

# Financial Counselling and Supportive Services

## **Bankruptcy Manitoba/Winnipeg**

**204-925-6400 or 1-888-467-4532**

Provides free bankruptcy information online, and free initial consultation services at a local bankruptcy trustee

## **Community Financial Counselling Services**

**204-989-1900**

Offers credit/budget counselling, gambling support program, debt management program (small initial fee), and income tax assistance. Offers EIA information and advocacy services.

## **Credit Counselling Society/No More Debts**

**1-888-527-8999**

Free confidential credit counselling service Debt consolidation, repayment and settlement programs, budgeting assistance Money management education Information and referral services

## **S.E.E.D (Supporting Employment & Economic Development)**

**204-927-9935**

Provides asset building programs, business development services, informational sessions, aboriginal support services, and EAL support services.

# Financial Aid/Education & Training

## **Skills Development Assistance**

**204-945-0575 or toll free 1-866-332-5077**

This program provides financial assistance to eligible unemployed persons to help them obtain the training they need to upgrade their skills and find work.

## **The Opportunities Fund for Persons with Disabilities**

**204-983-4235 or toll free: 1-800-622-6232**

Supports innovative activities that help persons with disabilities prepare for, find and obtain employment or self-employment, as well as develop the skills necessary to maintain new employment.

## **Manitoba Student Aid (Financial Assistance)**

**204-945-6321**

<http://www.edu.gov.mb.ca/msa/>

Financial Assistance for post-secondary education

## **National Student Loans Service Centre(NSLSC)**

**1-888-815-4514**

Repayment Assistance Plan for People with Canada Student Loans.

## **Manitoba Jobs and Skills Development Centre**

**204-945-0575 or 1-866-332-5077**

100 – 111 Lombard Avenue

Employment and Training Inquiries

# ADULT EDUCATION RESOURCES

<b>Aboriginal Community Campus</b> The center offers a full range of academic programming from literacy to mature student high school diploma courses.	<b>204-989-8860</b>
<b>Adult Education Centre</b> Offers a variety of literacy and high school credit courses including options in math, English, science, and electives.	<b>204-953-0818</b>
<b>Adult EAL Program (Winnipeg School Division)</b> The adult EAL program offers practical training in the English language for settlement, educational, and employment purposes. Programs are free to adult immigrants	<b>204-775-0416</b>
<b>Adult Literacy Program</b> Offered through the Winnipeg Adult Education Centre. Designed for adult students who need to upgrade their basic reading, writing, and math skills. Also offers grade 9 English, math, science, and social studies courses.	<b>204-772-6541</b>
<b>A Stepping Stone Learning Centre Ltd</b> The centre offers a variety of high school courses leading towards a mature student diploma	<b>204-586-7379</b>
<b>CrossRoads Learning Centre</b> Provides high school credit courses at the grade 11-12 level for adults to prepare them for further training at the post-secondary level, or to secure meaningful employment.	<b>204-953-2030</b>
<b>Elmwood Community Resource Centre: Goal-Adult Literacy and Upgrading program</b> Literacy program for adult learners 19 and older. Students work on Adult Learning and Literacy curriculum (STAGES) and on independent programs of study to achieve personal learning goals.	<b>204-982-1720</b>
<b>Faith Learning Centre</b> Christian faith-based adult education center offering educational upgrading in a variety of subject areas at the grade 9-12 levels	<b>204-586-1416</b>

<p><b>Horizons Learning Centre</b>  Adult learning center that offers courses to obtain a mature student diploma, or to upgrade in order to gain employment or admittance to a post-secondary institution.</p>	<b>204-772-1234</b>
<p><b>Jobworks Employment Education Programs</b>  Offers high school academic and vocational courses leading towards a mature student diploma or GED upgrades.</p>	<b>204-453-8351</b>
<p><b>Journey’s Adult Education 204-987-2646</b>  Literacy, academic upgrades, basic computer training, life skills and GED preparation for adults</p>	
<p><b>Louis Riel Institute Adult Learning Centre</b>  Offers courses leading to a mature high school diploma, academic upgrading, and grade 9-12 math assistance. Courses include culturally relevant material with a Mé-tis focus, but all adult learners are welcome</p>	<b>204-984-9480</b>
<p><b>Neeginan Institute of Applied Technology</b>  Administers post-secondary programs and partners with industry and trades for vocational training.</p>	<b>204-989-6249</b>
<p><b>Opportunities for Employment</b>  Offers computer literacy modules and employment development certificates in the areas of CPR Level C, Emergency First Aid, Responsible Alcohol Servers Certificate, Workplace Hazardous Materials Information System, and Forklift Operator Certificate.</p>	<b>204-925-3490</b>
<p><b>Red River College Adult Learning Centre</b>  The center offers grade 11 and 12 courses in order to attain a mature student high school diploma and gain required courses for college or university.</p>	<b>204-632-3787</b>
<p><b>St. Vital Adult Learning Centre</b>  Courses offered for attaining a mature student high school diploma, and upgrading for admittance into post-secondary education.</p>	<b>204-254-1618</b>
<p><b>St. Norbert Adult Education Centre</b>  Adult students can obtain their mature student diploma, or upgrade their education by taking specific courses they require.</p>	<b>204-261-3312</b>

<p><b>Stevenson-Britannia Adult Literacy Program Inc.</b>  Offers high school credit courses towards a mature student high school diploma and courses for students who wish to upgrade their education.  Transcona Community Learning Centre 204-958-9297  An adult focused high school providing courses to earn a mature student high school diploma or to upgrade credits for further education and career prospects</p>	<p><b>204-837-3521</b></p>
<p><b>United Food &amp; Commercial Workers Training Centre</b>  The center serves members, retirees, family, and friends of UFCW Local 832.  Offers varying programs including mature student diploma, shop steward diploma, health &amp; safety diploma, EAL classes, and career transition services.</p>	<p><b>204-775-8329</b></p>
<p><b>Winnipeg Adult Education Centre</b>  Offers grade 12 credit courses (including college and university level entrance courses) along with preparative courses for senior 4 education</p>	<p><b>204-947-1674</b></p>
<p><b>Yellowquill College</b>  A First Nation learning center of excellence in education and training. They offer a mature student high school diploma program along with certification and diploma programs in varying fields.</p>	<p><b>204-953-2800</b></p>

## Adolescent Parent Programs and Young Adult Programs

<p><b>The Adolescent Parent Centre (APC)</b>  Program for young pregnant or parenting (2yrs and under) female teens.  Offers high school education, parenting programs, and childcare support.</p>	<p><b>204-775-5440</b></p>
<p><b>Gordon Bell High School - Fresh Start</b>  For young aboriginal adults (18-29) who wish to complete their grade 12 education.  Offers a mature student diploma and G.E.D program</p>	<p><b>204-783-6806</b></p>
<p><b>West Kildonan Collegiate Teen Family Resource Centre</b>  Provides onsite daycare services to WKC students who are parents to children 2 years or younger</p>	<p><b>204-339-6959</b></p>
<p><b>Technical Vocational College</b>  Child care program for students.</p>	<p><b>204-786-1401 ext 130</b></p>

**Argyle Alternative School** 204-942-4326  
Alternative high school offering programs such as aboriginal supports, an infant lab for young parents of children under the age of 2, mentorships and mature student courses. Need to have completed grade 9 to register.

**R.B Russel Vocational High School** 204-589-5301  
Offers mature student programming, an infant day care center for students, and transition courses for students moving directly into the workforce

## Universities and Colleges

**CDI College** 1-800-675-4392

**Herzing College** 204-775-8175

**Robertson College** 204-800-7919

**Red River Community College (RRC)** 204-632-2327

**University of Manitoba** 204-474-8880

**University of Winnipeg** 204-786-7811

**Winnipeg Technical College** 204-989-6500

## Financial Aid (Education)

**Skills Development Assistance** 204-945-0575 or toll free 1-866-332-5077  
This program provides financial assistance to eligible unemployed persons to help them obtain the training they need to upgrade their skills and find work.

**The Opportunities Fund for Persons with Disabilities** 204-983-4235 toll free: 1-800-O-Canada  
Supports innovative activities that help persons with disabilities prepare for, find and obtain employment or self-employment, as well as develop the skills necessary to maintain new employment.

**Manitoba Student Aid (Financial Assistance)** 204-945-6321  
<http://www.edu.gov.mb.ca/msa/>  
Financial Assistance for post-secondary education



**National Student Loans Service Centre(NSLSC)**

Repayment Assistance Plan for People with Canada Student Loans.

**1-888-815-4514**

**Manitoba Jobs and Skills Development Centre**

Employment and training opportunities

**204-945-0575**

## **EMPLOYMENT RESOURCES**

**Elmwood Community Resource Centre**

**The Elmwood Youth Employment Experience Program**

15-week paid employability skills training program. providing participants with an employment experience and training to obtain the skills they need to find and keep a job. For ages 16-29

**204-982-1720**

**CAHRD (Centre for Aboriginal Human Resource Development)**

Provides education, training, and employment services to the Aboriginal community in Winnipeg

**204-989-7110**

**Horizon's Job Action Centre**

Offers resume/cover letter assistance, self-marketing skill training, interview preparation, e-mail services, and other motivational training to individuals seeking reemployment or self-employment.

**204-988-6820**

**Employment Projects of Winnipeg Inc.**

Provides programs and services for immigrants and employers in Winnipeg including employment counselling and support, career workshops, computer training, job fair resources, and other employment information. Clients must have been living in Canada for three or more

**204-949-5300**

**Employment Manitoba**

Provides information on job opportunities and training, job search assistance, computer access, and referral information.

**204-945-0575 or toll free 1-866-332-5077**

<p><b>Taking Charge!</b>  Services for single parents and women entering or re-entering the workforce.  Offers career counselling/assessments, pre-employment development, on-site daycare, workshops, academic upgrading, computer tutorials, and referrals.</p>	<b>204-925-1100</b>
<p><b>Osborne Village Resource Centre</b>  Provides career counselling, computer access and training, and other information/resources</p>	<b>204-989-6503</b>
<p><b>The Winnipeg Transition Centre (WTC)</b>  committed to empowering unemployed individuals in the development and implementation of effective job search, resume composition, self-marketing, and career development</p>	<b>204-338-3899</b>
<p><b>The Women’s Enterprise Centre (WEC)</b>  Helps women find information, improve their business skills, and acquire financing so they can start, expand, or purchase an existing business.</p>	<b>204-988-1860</b>
<p><b>Reaching E-Quality Employment Services</b>  Provides employment training, workshops, resume development, and employment assistance for youth and adults with physical disabilities and health conditions.</p>	<b>204-832-7337</b>
<p><b>Opportunities for Employment Inc.</b>  Services include career counselling, job search assistance, resume development, interview prep, computer training, and referral information for unemployed and under employed individuals.</p>	<b>204-925-3490</b>
<p><b>Urban Circle Training</b>  Offers culturally relevant intensive life skills programs coupled with training in the following areas: adult basic education, adult employment and education, family support worker program, para-educator, and health care aid.</p>	<b>204-589-4433</b>

## Youth Employment Services

<b>Elmwood Community Resource Centre</b> <b>The Elmwood Youth Employment Experience Program</b> 15-week paid employability skills training program. providing participants with an employment experience and training to obtain the skills they need to find and keep a job. For ages 16-29	<b>204-982-1720</b>
<b>Youth Employment Services (YES)</b> Provides employment counselling, resume help, job search assistance, interview prep, and computer access services for youth and adults. For ages 16-29	<b>204-987-8661</b>
<b>New Directions: Training Resources for Youth</b> Offers pre-employment skill training, work experience, and resume assistance for youth For ages 16-19	<b>204-786-7051</b>

## Staffing and Recruiting Agencies

<b>EZ Workforce</b>	<b>204-786-6370</b>
<b>Aactive Personnel</b>	<b>204-982-4600</b>
<b>Labour Ready</b>	<b>204-989-7590</b>
<b>Perfect Placement Systems</b>	<b>204-989-5820</b>
<b>Smith Personnel</b>	<b>204-947-1261</b>
<b>Drake International</b>	<b>204-947-0077</b>
<b>Manpower Temporary</b>	<b>204-949-7800</b>
<b>Pinnacle Staffing Solutions</b>	<b>204-943-8649</b>
<b>Randstad</b>	<b>204-943-5211</b>