

Resource List



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.

-----Updated December 2018

Program	Contact Information	Requirements	Description of Services
Food Access	Contact Information	Requirement or Clientele	Information
<p>Community Lunch - NorWest Co-Op Community Food Centre</p> <p>Location: 103 - 61 Tyndall Avenue</p> <p>Hours: Monday, Wednesday, & Friday 11:30am to 1:30pm</p>	<p>Website: https://norwestcoop.ca/program_service/community-lunches/</p> <p>Email: lknox@norwestcoop.ca</p> <p>General Phone: 204-391-1289</p>	Members of the Inkster Community	Offers a free drop-in, nutritious lunch to community members.
<p>Crossways Drop-In - West Broadway Community Centre</p> <p>Location: 102-222 Furby Street</p> <p>Hours: Monday, Wednesday, & Friday 12:30pm</p>	<p>Website: https://www.westbroadwaycm.org/</p> <p>Email: wbcm@mymts.net</p> <p>General Phone: 204-774-2773</p>	Members of the West Broadway Community	Offers a hot lunch on Wednesdays and Fridays, and a light lunch on Mondays.
<p>Knox Food Bank</p> <p>Location: 400 Edmonton</p>	<p>Website: http://www.knoxwinnipeg.ca/index.php/community-hub/knox-</p>	Open to anyone. Must be registered through Winnipeg	Acts as a food bank/distribution centre in the downtown areas.

<p>St</p> <p>Hours: Every Second Tuesday</p>	<p>food-bank</p> <p>Email (Winnipeg Harvest): appointments@winnipegharvest.com</p> <p>General Phone (Winnipeg Harvest): 204- 982-3660</p>	<p>Harvest.</p>	
<p>Make & Take - NorWest Co- Op Community Food Centre</p> <p>Location: 103 - 61 Tyndall Avenue</p> <p>Hours: No Information Provided.</p>	<p>Website: https://norwestcoop.ca/program_service/make-and-take/</p> <p>Email: alegaspi@norwestcoop.ca</p> <p>General Phone: 204-806-3972</p>	<p>Community members of the Inkster area.</p>	<p>Learn to cook different meals to take home for your family. Registration required, ongoing intake.</p>
<p>Oak Table - 1JustCity</p> <p>Location: 109 Pulford St Hours: Lunch hours</p>	<p>Website: oaktable.ca</p> <p>Email: No information available</p> <p>Phone: (204) 416-2240</p>	<p>Open to anyone</p>	<p>Provides lunch to 200+ guests daily.</p>
<p>Drop-In - Resource Assistance for Youth (RAY)</p>	<p>Website: http://rayinc.ca</p> <p>Email: info@rayinc.ca</p>	<p>Street- entrenched and homeless youth up to the age of 29.</p>	<p>RaY's Drop-In operates six days a week, and on Monday and Wednesday evenings. Drop-In is easily accessible for all youth and provides them with a safe,</p>

<p>Location: 125 Sherbrook St.</p> <p>Hours: Monday to Friday 1PM – 3PM</p> <p>Saturday: 12PM – 4PM</p> <p>Monday and Wednesday 5:30PM - 8:45PM</p>	<p>General Phone: 204-783-5617</p>		<p>comfortable, supportive place to access all of RaY’s services, make appointments, receive one-on-one supports or simply enjoy a reprieve from the street.</p> <p>A hot, nutritious meal is prepared and served by Kitchen Training Program participants at 1:00 p.m. each day.</p>
<p>Meals - Siloam Mission</p> <p>Location: 300 Princess Street</p> <p>Hours: 6:30AM - 8PM</p> <p>**Closed Daily from 2PM – 4PM</p>	<p>Website: https://www.siloam.ca/how-we-help/dropin-and-meals/</p> <p>Email: info@siloam.ca</p> <p>General Phone: 204-956-4344</p>	<p>Those struggling with homelessness and poverty.</p>	<p>Breakfast is served at 9:00am Lunch is served at 12:30pm Dinner is served at 6:45pm</p> <p>It is first come first serve.</p>
<p>Soup Kitchen - Immaculate Conception Parish</p> <p>Location: 181 Austin St N</p> <p>Hours: Sundays at 2PM</p> <p>**September to May</p>	<p>Website: http://www.icpwinnipeg.ca/</p> <p>Email: secretary.icpwinnipeg@gmail.com</p> <p>General Phone: 204-942-3778</p>	<p>Those who attend the Church.</p>	<p>Provides a soup kitchen meal every Sunday after services at 2:00pm.</p>

<p>St. Matthew's- Maryland - 1justcity</p> <p>Location: 365 McGee St</p> <p>Hours: See website for details</p>	<p>Website: stmatthewsmar yland.ca</p> <p>Email: admin@stmatth ewsmaryland.c a</p> <p>Phone:204-774- 3957</p>	<p>Anybody; see website for program eligibility.</p>	<p>Offer various services to low income residents, such a food Supplement Program, meal drop In, artists circle, and more.</p>
<p>365 Days of Meals - Union Gospel Mission</p> <p>Location: 320 Princess St</p> <p>Hours: Wednesday at 12PM</p>	<p>Website: https://www.gos pelmission.ca/</p> <p>General Phone: 204-943-9904</p>	<p>Those who need meals and attend the Wednesday service at noon.</p>	<p>Family Life Centre hosts a weekly Women's Gospel meeting every Wednesday at 12 noon. Lunch is served, followed by a Gospel presentation.</p> <p>Family clothing and food bags are then distributed. Other Bible programs are conducted throughout the week.</p>
<p>Winnipeg Harvest</p> <p>Location: You will be sent to a community food bank nearest to you.</p> <p>Hours: Monday to Friday: 9:15AM - 3:15PM</p> <p>Saturday: 9:15AM - 12:15PM</p>	<p>Website: https://winnipeg harvest.org/nee d-help/need- food/</p> <p>Email: appointments@ winnipegharves t.org</p> <p>Food Appointments Phone Line: 204-982-3660</p>	<p>Anyone who asks for food, you will need to provide a Manitoba medical number.</p>	<p>Food banks can be accessed every two weeks, an individual food kit lasts 2-3 days.</p>

Baby Supplies	Contact Information	Requirement or Clientele	Information
<p>Start Well - Nestle Baby</p> <p>Location: Online</p> <p>Hours of Operation: N/A</p>	<p>Website: https://www.nestlebaby.ca/en/nestle-baby-club#</p>	<p>Pregnant and new mothers.</p>	<p>A onetime welcome kit with \$130 worth of coupons and samples.</p>
<p>You Can't Spoil A Baby</p> <p>Location: N/A Packages are delivered.</p> <p>Hours: N/A By Schedule</p>	<p>Website: https://www.youcantspoilababy.org</p> <p>Email: info@youcantspoilababy.org</p> <p>General Phone: 204-475-1285</p>	<p>Expecting families.</p>	<p>Families in need apply online, and after about a 6-month wait, a customized gift of baby clothes in sizes up to 18 months, one 'wish list' item, and many other baby items to help with the first year of life are delivered to the family.</p>

Community Gardens	Contact Information	Requirement or Clientele	Information
<p>Community Garden - Elmwood Community Resource Centre</p> <p>Location: 545 Watt Street</p> <p>Hours: 9AM – 5PM</p>	<p>Website:http://elmwo odcrc.ca</p> <p>General Phone: 204-982-1720</p>	<p>Members of the Elmwood Community.</p>	<p>A community garden that can be accessed and worked on by those in the neighborhood.</p>
<p>Community Garden - Winnipeg Central Mosque</p> <p>Location: Garden plots are in four locations.</p> <p>Administration is: 823 Ellice Avenue</p> <p>Hours: Varying hours.</p>	<p>Website: http://www.winnipegmosque.org/community-garden</p> <p>Email: operations@winnipegmosque.org</p> <p>General Phone: 204-774-7005</p>	<p>Residents of Daniel McIntyre and St. Matthews neighborhoods.</p>	<p>Community members can apply to grow their own garden vegetables in one of four community gardens in the area.</p>
<p>Gardens - West Broadway Community Organization</p> <p>Location: Various locations in the West Broadway community. See website for details.</p> <p>Hours: Varying hours.</p>	<p>Website: http://www.westbroadway.mb.ca/wbco-programs/greening-2/gardens</p> <p>Email: gardens@westbroadway.mb.ca</p> <p>General Phone: 204-774-7201 ext. 1</p>	<p>West Broadway community members.</p>	<p>Various parks and green spaces throughout West Broadway. Most are open to all.</p>

Clothing Access	Contact Information	Requirement or Clientele	Information
<p>Clothing Closet - Resource Access for Youth (RAY)</p> <p>Location: 125 Sherbrook St</p> <p>Hours: Monday to Friday 1PM – 3PM</p> <p>Saturday 12:00PM – 4PM</p> <p>Monday and Wednesday 5:30PM - 8:45PM</p>	<p>Website: https://rayinc.ca/drop-in/</p> <p>Email: info@rayinc.ca</p> <p>Phone: 204-783-5617</p>	<p>Street-entrenched and homeless youth up to the age of 29.</p>	<p>Youth can access basic needs in the drop-in, this includes a clothing bank.</p>
<p>Clothing Room - Siloam Mission</p> <p>Location: 309 Logan Ave</p> <p>Hours: Monday to Thursday and Saturday 9:45AM - 12:45PM; 4:30PM - 7:30PM</p> <p>Friday 9:45AM - 12:30PM</p>	<p>Website: https://www.siloam.ca/how-we-help/clothing-room/</p> <p>Email: info@siloam.ca</p> <p>Phone: 204-956-4344</p>	<p>Those struggling with homelessness and poverty.</p>	<p>One must sign up at 9:00am or at 4:00pm and they gain a 15 minutes session in the clothing room.</p>
<p>Drop-In Union Gospel Mission</p> <p>Location: 240 Pritchard Ave</p> <p>Hours: Wednesday -12PM</p>	<p>Website: https://www.gospelmission.ca/index.php/ministries/family-community</p> <p>Phone: 204-943-9904</p>	<p>Those who attend the Wednesday service at noon.</p>	<p>Family Life Centre hosts a weekly Women's Gospel meeting every Wednesday at 12 noon. Lunch is served, followed by a Gospel presentation.</p>

			Family clothing and food bags are then distributed. Other Bible programs are conducted throughout the week.
<p>D'Arcy's ARC Thrift Store</p> <p>Location:</p> <p>Hours: Monday, Tuesday, Wednesday, Saturday 10AM – 5PM</p> <p>Thursday and Friday 10AM – 6PM</p> <p>Closed Sundays and Holidays</p>	<p>Website: http://www.darcysarc.ca/about-us/thrift-store</p> <p>Phone: 204-942-4457</p>	Shop open to all.	The thrift store has a great variety of gently used items, changing daily. They have weekly specials and on the last Saturday of each month everything is 50% off.
<p>Koats for Kids - United Way</p> <p>Location: Online application</p> <p>Hours: Runs from September to February</p>	<p>Website: https://unitedwaywinnipeg.ca/koatsforkids-orderform/</p> <p>Phone: 204-477-5360</p>	Parent of children who need coats.	Place your Koats for Kids order with your child's school, daycare or social service agency. Your child will receive their winter gear there.
<p>MCC Thrift Shop</p> <p>Location: 18 Keewatin Street</p> <p>Hours: Monday to Saturday 10AM – 5PM</p>	<p>Website: https://thrift.mcc.org/mcc-furniture-thrift-store/home</p> <p>Email:</p> <p>Phone: 204-694-3669</p>	Anyone	An affordable and environmentally friendly alternative to new materials.

<p>The Up Shoppe</p> <p>Location: 382 Selkirk Avenue</p> <p>Hours: Monday to Friday 9AM – 4PM</p>	<p>Website: http://www.upshoppe.ca/</p> <p>Email: UpShoppe@newcentre.org</p> <p>Phone: 204-582-3494</p>	<p>Anyone</p>	<p>Sells a variety of items and clothing at a good price. Has a monthly bag sale; family and infant clothing is \$5 per bag.</p>
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Housing Hold Goods Access	Contact Information	Requirement or Clientele	Information
<p>Gill's Furniture and Appliance Warehouse</p> <p>Location: 121 Salter Street</p> <p>Hours: Monday to Friday 9AM - 6:00PM</p> <p>Saturday 10AM – 5PM</p>	<p>Website: http://gillsfurniture.ca/</p> <p>Email: info@gillsfurniture.ca</p> <p>Phone: 204-582-8726</p>	<p>Anyone</p>	<p>Sells furniture and appliances at affordable prices. Also offers set-up, maintenance, and repair.</p>
<p>Hands of Hope</p> <p>Location: N/A</p> <p>Hours: Monday to Friday 10AM – 12PM</p>	<p>Website: http://www.handsofhope.ca/</p> <p>Email: office@handsofhope.ca</p> <p>Phone: 204-261-8607</p>	<p>Anyone</p>	<p>A not-for-profit community-based organization whose mission is to provide free furniture and household goods to people in need in Winnipeg.</p> <p>Request through website.</p>
<p>Oyate Tipi</p> <p>Location: 606 Selkirk Ave</p> <p>Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Website:http://www.oyatetipi.com</p> <p>Email: contact@oyatetipi.com</p> <p>Phone: 204-589-2218</p>	<p>Women who are participating in programs offered by one of ten partner agencies</p>	<p>A nonprofit furniture warehouse that relies on donations and provides free household goods and furniture to women and children</p>

Access to Housing and Housing Supports	Contact Information	Requirement or Clientele	Information
<p>Holistic Housing - Spence Neighborhood Association</p> <p>Location: 615 Ellice ave</p> <p>Hours: Tuesday to Thursday 10AM – 4PM</p> <p>Closed 12:30PM - 1:30PM</p>	<p>Website: www.spence-neighbourhood.org/holisitc-housing</p> <p>Email: housing@spenceneighbourhood.org</p> <p>Phone: 204-783-5000</p>	<p>Anyone that lives, volunteers and works in the Spence neighborhood</p>	<p>Assists individuals to find housing, keep it, maintain it, and become a part of the community</p>
<p>HOMES Project - West Central Women's Resource Centre</p> <p>Location: 640 Ellice Ave</p> <p>Hours: Monday 9AM - 4:30PM</p> <p>Tuesday 12:30PM - 8:00PM (4PM – 8PM open to families/male partners)</p> <p>Wednesday 9AM - 4:30PM</p> <p>Thursday 12:30PM – 8PM</p>	<p>Website:</p> <p>Email: homes@wcwrc.ca</p> <p>Phone: 204-774-8975 ext. 208.</p>	<p>All women</p>	<p>HOMES goal is to help participants find and maintain stable housing and income by building positive partnerships between participants and service providers.</p> <p>They provide information, support and encouragement to navigate housing and income systems, and we help participants advocate for themselves where possible.</p>

<p>Friday 9AM - 4:30PM</p> <p>Saturday 8AM – 12PM</p>			
<p>Manitoba Housing Application Inquiries General 204-945-4663</p> <p>Location: 2nd Floor- 352 Donald Street</p> <p>Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Website: www.gov.mb.ca/housing/housingoffice.html</p> <p>Email: housing@gov.mb.ca</p> <p>Phone: 204-945-4663</p>	<p>Multiple programs to assist a range of clients</p>	<p>Provides social and affordable housing throughout the province.</p>
<p>Manitoba Shelter Benefit for families - Rent Assist</p> <p>Location: 102–114 Garry Street</p> <p>Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Website:https://www.gov.mb.ca/housing/pubs/shltr_ben_families.en.pdf</p> <p>Email: provsvic@gov.mb.ca</p> <p>Phone:945-2197</p>	<p>Families, seniors, and persons with a disability</p>	<p>Assist with paying rent by providing up to \$210, depending on your total family income and your monthly rent. Not available if you rent from The Manitoba Housing Authority, or get another type of housing benefit, or get Employment and Income Assistance or live on a First Nations reserve.</p>
<p>Portable Housing benefit (Through EIA)</p> <p>Location/Hours: See</p>	<p>Website:https://www.gov.mb.ca/dio/openingdoors/action.html</p>	<p>Manitobans who have mental health issues and unstable housing</p>	<p>This program provides EIA recipients, who have been</p>

<p>website for information: https://www.gov.mb.ca/fs/misc/loc/winnipeg.html</p>	<p>Email:eia@gov.mb.ca Phone:204-945-2177</p>		<p>enrolled based on a “mental health disability” a supplement of \$200.00 per month.</p>
<p>S.A.M. Management Location:200-1080 Portage Avenue Hours: Monday to Friday 8:30AM – 4PM</p>	<p>Website:https://www.sam.mb.ca/ Email: admin@sam.mb.ca Phone:(204) 942-0991</p>	<p>Single persons, families and senior citizens.</p>	<p>S.A.M.is a nonprofit property management corporation that provides socially responsible property management in partnership with organizations offering affordable housing options in the community.</p>
<p>Winnipeg housing Rehabilitation Corporation Location:60 Frances Street Winnipeg Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Website:http://www.whrc.ca/ Email:info@whrc.ca Phone: 204-949-2880</p>	<p>Anyone above 18 years of age</p>	<p>provides subsidized rental housing and renovation</p>
<p>Winnipeg Rental Network Location:509 Selkirk Avenue Hours: Monday to Friday 8:30AM - 4:30PM * closed during the noon hour.</p>	<p>Website:http://winnipegrentnet.ca Email:contact@winnipegrentnet.ca Phone:(204) 417-2110</p>	<p>for people to find affordable housing or for agencies that provide supports to people in the low to medium income range, homeless individuals or people at risk of becoming homeless.</p>	<p>Is a database for tenants and landlords</p>

Housing Maintenance Information and Help	Contact Information	Requirement or Clientele	Information
<p>Bed Bug Information</p> <p>Location/Hours: online only</p>	<p>Website: www.gov.mb.ca/bedbugs/faq.html</p> <p>Email: bedbugs@gov.mb.ca</p> <p>Phone: 1-855-362-2847</p>	<p>Community-based, non-profit organizations</p>	<p>The Provincial Bed Bug Strategy has a Bed Bug Grant program that provides assistance to community organizations on bed bug education, treatment, management and prevention. Community-based, non-profit organizations are eligible to apply for financial assistance, in the form of a grant, to a maximum of \$2,000.</p>
<p>Holistic Housing - Spence Neighborhood Association</p> <p>Location: 615 Ellice Ave</p> <p>Hours: Tuesday to Thursday 10AM – 4PM * closed 12:30PM - 1:30PM</p>	<p>Website:https://www.spenceneighbourhood.org/holistic-housing</p> <p>Email: liaison@spenceneighbourhood.org</p> <p>Phone:204-783-5000</p>	<p>Area residents or individuals familiar within the Spence neighborhood area</p>	<p>Assists individuals to find housing, keep it, maintain it, and become a part of the community. Offers continuous support in finding a place to live until they feel they are ready to do it alone. Makes connections and networks around participants' needs. Prepares individualized housing plans</p>
<p>Homeowner Renovation Assistance Program</p>	<p>Website: https://www.gov.mb.ca/housing/progs/hrap.html</p>	<p>Homeowners who own and live at the property for which the application is being</p>	<p>The program provides financial help to eligible low-income homeowners</p>

<p>Location: 352 Donald St</p> <p>Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Email: No information available</p> <p>Phone: 204-945-5566</p>	<p>made</p> <p>Owners with property taxes paid up to date and without tax arrears</p> <p>Households with a total gross income that is at or below the program income limit set by Manitoba Housing for the community</p>	<p>to repair or restore their home to a minimum level of health and safety.</p>
<p>Manitoba Emergency Repair Program for Homeowners</p> <p>Location:352 Donald St</p> <p>Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Website:</p> <p>Email: No information available</p> <p>Phone:204-945-5566</p>	<p>Homeowners who own and live at the property for which the application is being made</p> <p>Owners with property taxes paid up to date and without tax arrears</p> <p>Households with a total gross income that is at or below the program income limit set by Manitoba Housing for the community</p>	<p>The program provides financial help to eligible low-income homeowners for urgent repairs to their home.</p>
<p>Neighbors Helping Neighbors - Hydro</p> <p>Location:360 Portage Avenue</p> <p>Hours: Monday to Friday 8AM - 4:30PM</p>	<p>Website:https://www.hydro.mb.ca/community/neighbours_helping_neighbours/</p> <p>Email: No information available</p> <p>Phone:204-949-2106</p>	<p>are not receiving social assistance;</p> <p>are currently in 60 days arrears or greater;</p> <p>have a final or shut off/disconnection notice;</p> <p>have not previously received assistance</p>	<p>provides lower income individuals, families, and seniors who are unable to pay their energy bill due to personal hardship or crisis with:</p> <p>referrals to community support services, counselling and job training;</p>

		<p>from this program;</p> <p>are willing to fill out an application and provide proof of income for all household members for the current year;</p> <p>are willing to apply to Manitoba Hydro's Affordable Energy Program.</p>	<p>one-time emergency funding to assist with energy bills.</p>
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Second Stage Housing	Contact Information	Requirement or Clientele	Information
<p>Alpha House Project (Safe House)</p> <p>Location: No information available</p> <p>Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Website: https://www.alphahouseproject.ca</p> <p>Email: alphahse@mymts.net</p> <p>Phone: (204)-982-2011</p>	<p>Women leaving an abusive relationship and are needing a safe place to heal and counselling</p>	<p>Provides a 12-month program for women and children leaving abusive relationships, and offers a safe and affordable place to live while attending on-site counselling program</p>
<p>Betty Berg House - NorthEnds Women's Centre</p> <p>Location/Hours: No information available</p>	<p>Website: http://www.newcentre.org</p> <p>Email:hilary@newcentre.org</p> <p>Phone:204-927-2426</p>	<p>Anyone who is registered in the Addictions Continuing and Ongoing Recovery Program Able to pay Room and Board through EIA or themselves: room and board as per EIA standards,</p>	<p>A second stage transition housing facility providing safe housing and various services to women recovering from addictions.</p>
<p>BraveStone Centre</p> <p>Location/Hours: No information available</p>	<p>Website:http://bravestonecentre.ca</p> <p>Email: info@bravestonecentre.ca</p> <p>Phone: (204) 275-2600</p>	<p>Women who have been abused in their adult intimate relationships and require ongoing support</p>	<p>a non-profit charitable organization that provides women and their children affected by domestic violence. Is a 12-month program with a 6 month follow up program</p>
<p>Fort Garry Women's Resource Centre</p> <p>Location: Waverley Office 1150-A Waverley Street</p> <p>Outreach Office</p>	<p>Website: http://fgwrc.ca</p> <p>Email: No information available</p> <p>Phone: (204) 477-1123</p>	<p>All women</p>	<p>Provides multiple programs to provide women information, referrals, outreach, supportive counselling, and public education workshops.</p>

<p>104-3100 Pembina Hwy</p> <p>Hours: Monday to Friday 9AM – 12PM 1PM – 4PM</p>			
<p>Honoring the Spirit of Our Little Sisters (safe House)</p> <p>Location:350-200 Alpine Way</p> <p>Hours: no information available</p>	<p>Website: http://www.mamawi.com</p> <p>Email: info@mamawi.com</p> <p>Phone:204-925-0300</p>	<p>Young women and transgender youth between 13-17</p>	<p>Long-term safe house for young women and transgender youth between 13-17 years of age.</p>
<p>Ikwe-Widdjiitiwin Interim Housing Program</p> <p>Location/Hours: No information available</p>	<p>Website: http://www.ikwe.ca/</p> <p>Email: No information available</p> <p>Phone: 204-987-2780</p>	<p>Aboriginal women and their children</p>	<p>Forms a crisis shelter that provides safe accommodation, supportive counselling and advocacy to abused Aboriginal women and their children. Provides follow up services which may include individual / group counselling, advocacy, referrals, home visits, safety planning, assistance obtaining protection orders Up to 12 months stay in interim housing.</p>
<p>Ikwe-Widdjiitiwin Residential Program</p>	<p>Website:http://www.ikwe.ca/</p>	<p>Aboriginal women and their children</p>	<p>Provides 30-day shelter program for women and children</p>

<p>Location/Hours: No information available</p>	<p>Email: No information available</p> <p>Phone: 204-987-2780</p>		<p>fleeing an abusive intimate partner relationship</p> <p>Individual and group counseling</p> <p>Assistance with accessing affordable housing, medical and legal services</p> <p>Advocacy and referral services</p> <p>Access to cultural ceremonies</p> <p>Protection Orders</p> <p>Wisdom Tutoring program (school age children grades K-8)</p>
<p>Indigenous Women's Healing Centre</p> <p>Location: 105 Aikins Street</p> <p>Hours: No information available</p>	<p>Website: http://iwhc.ca/</p> <p>Email: rswnwt1@iwhc.ca</p> <p>Phone: (204) 989-8240</p>	<p>Aboriginal women and their children</p>	<p>Has three separate residential sites</p> <p>North star lodge provides 24/7, long-term residential care and supports to 21 Aboriginal women and their children in an extended family environment.</p> <p>Memengwaa accommodates residency for up to 1 year for women who have resided in their long-term supportive living program</p> <p>Eagle Women's lodge supports Aboriginal women trying to break the cycle of</p>

			involvement with the law who are exiting or recently released from correctional institutions
<p>L'Entre-temps des Franco-Manitobaines</p> <p>Location: No information available</p> <p>Hours: Monday to Friday 8:30AM - 4:30PM</p>	<p>Website:http://www.entretempsfm.com/</p> <p>Email:</p> <p>Phone: 204-925-2550</p>	women and their children who have left abusive relationships	provides safe housing, counseling, and support services to women and their children who have left abusive relationships: all services in French and English
<p>Native Women's Transition Centre</p> <p>Location: 105 Aikins Street</p> <p>Hours: No information available</p>	<p>Website: http://www.nwtc.cc</p> <p>Email: rswnwt1@nwtc.cc</p> <p>Phone: (204) 989-8240</p>	Aboriginal women and their children	<p>The Native Women's Transition Centre provides 24/7, long-term residential care and supports to 21 Aboriginal women and their children in an extended family environment.</p> <p>Accepts self-referrals</p>
<p>Samaritan House</p> <p>Location: 820 Pacific Avenue Brandon MB</p> <p>Hours: Monday, Wednesday, Thursday, Friday 9AM - 4:30PM Tuesday 9AM – 6PM</p>	<p>Website: samaritanhouse.net</p> <p>Email: info@samaritanhouse.net</p> <p>Phone: 204-726-0758</p>	Women and their children who have been victims of domestic violence.	<p>Provides four second-stage safe housing units for women and their children who have been victims of domestic violence. Mary's House employs a women's counselor and a children's counselor who work with families while they are in residence. Counselling services</p>

			are also available to children who are not in residence. Stays are usually up to 9 months.
<p>Swan Valley Crisis Centre</p> <p>Location: No information available</p> <p>Hours: Monday to Friday 9AM – 4PM</p>	<p>Website: No information available</p> <p>Email: svcc119@wcgwave.ca</p> <p>Phone: (204) 734-9368</p>	<p>Women and their children who have been victims of domestic violence.</p>	<p>Provides emergency accommodation and care for victims of abuse and their children, and community based second stage housing for up to one year.</p>
<p>Wahbung</p> <p>Location: 225 Dufferin ave</p> <p>Hours: Monday to Thursday 8:30AM to 8PM</p> <p>Friday 8:30AM – 5PM</p>	<p>Website: http://wahbung.org/</p> <p>Email: See site for details</p> <p>Phone: (204) 925-4610</p>	<p>Women and their children who have been victims of domestic violence, out of crisis for at least 90 days</p>	<p>One three-bedroom furnished suite Energy efficient design on-site support with counselors Access to 24/7 crisis line Secure entrance system Advocacy & long-term Housing support Alcohol and drug free environment Subsidized Rent</p>
<p>Western Manitoba Women’s Regional Resource Centre</p> <p>Location: 729 Princess Ave Brandon MB</p> <p>Hours: Monday to Wednesday 10AM - 4:30PM</p>	<p>Website: thewomenscentrebrandon.com</p> <p>Email: reception@thewomenscentrebrandon.com</p> <p>Phone: 204-726-8632</p>	<p>Women who have been or are being abused by an intimate partner or family member.</p>	<p>Women can receive individual counselling or attend one of the support groups offered throughout the year. The Women’s Resource Centre also has free women’s counselling services available to Spanish speaking women.</p>

<p>Friday 10AM – 3PM</p>			
<p>Women’s Safe Haven/Resource Centre</p> <p>Location:60 Hapnot St Flin Flon</p> <p>Hours: Monday to Friday 9AM – 5PM</p>	<p>Website: womensresource.ca</p> <p>Email: womensresourcecentre@mymts.net</p> <p>Phone: (204) 681-3105</p> <p>24-hour crisis line 1-877-977-0007</p>	<p>Women and their children</p>	<p>A safe place with emergency housing and food for women and their children. Has a 24-hour emergency line. Also provides support, interim housing, referral, resources, information, and counselling.</p>

Women's & Children's Shelters	Contact Information	Requirement or Clientele	Information
<p>Agape House</p> <p>Location/Hours: No information available</p>	<p>Website: agapehouse.ca</p> <p>Email: No information available</p> <p>Phone: agapetable.ca</p>	<p>Women and their children</p>	<p>A 24-hour crisis line Emergency shelter for women and their children A children's program with play therapy and counselling Crisis counselling referrals to medical, legal, and social service agencies Interim housing Follow-up services Counselling and services for women and children through our non-residential program Outreach services</p>
<p>Aurora House The pas</p> <p>Location/Hours: No information available</p>	<p>Website: www.aurorahouse-sharethecare.com</p> <p>Email:</p> <p>Phone:204-623-7427 (24-hour crisis line) 204-623-5497</p>	<p>Anyone (male or female) who has been or is involved in an abusive relationship</p> <p>accepts residential clients from Manitoba, Saskatchewan</p>	<p>operates 2 facilities: Aurora House, an emergency shelter for women and children in crisis situations, and My Sister's House: a 12 month follow up residential program for high needs clients</p>
<p>Genesis House</p> <p>Location/Hours: No information available</p>	<p>Website: www.genesishouseshelter.ca</p> <p>Email: sccfv@genesis-house.ca</p>	<p>Abused women and their children</p>	<ul style="list-style-type: none"> • 24-Hour Crisis Shelter facility for abused women and their children • 24-Hour Crisis Line • Advocacy • Crisis and long-term

	Phone: 204-325-9957		counselling <ul style="list-style-type: none"> • Follow-up services • Child counselling services
Nova House Location/Hours: No information available	Website: www.novahouse.ca Email: info@novahouse.ca Phone: 204-482-7882	Abused women and their children	Nova House is an emergency and transitional shelter for women and children experiencing domestic and or family violence. *offers alternative location for abused men
Parkland Crisis Centre Location/Hours: No information available	Website: parklandcrisiscentre.ca Email: pkndcris@mymts.net Phone: (204) 622-4626	Abused women and their children	Provides short-term, emergency shelter for women and their children Has Protection Order Designates on site to assist with application orders offers crisis counselling, walk-in counselling by appointment provides advocacy and referral for abused women and their children
Thompson Crisis Centre - Y women's centre Location: 39 Nickel road Thompson MB Hours: Monday to Thursday 1PM – 4PM	Website: http://www.ywcahompson.com/womens-centre Email: ywcaoffice@mymts.net Phone: (204) 778-1209	Women and their children	The Y's Women's Centre is a place for women and their children and girls to meet in a supportive environment, to improve their understanding of community resources, enhance their capacity to

			make healthier choices, motivate themselves and each other to lead, increase awareness of issues in the community that impact them and their families.
<p>Willows Place</p> <p>Location: No information available</p> <p>Office Hours: Monday to Friday 8AM – 4PM</p>	<p>Website: willowplaceshelter.ca</p> <p>Email: reception@willowplace.ca</p> <p>Phone: (204)615-0313 ext.0</p>	<p>Women and their children leaving family violence situations</p>	<p>Provides emergency shelter to women and their children leaving family violence situations, One to one and group counselling, Follow-up services and Outreach and prevention services</p>

Youth Homeless Shelters	Contact Information	Requirement or Clientele	Information
<p>24 Hour Youth Drop-In - rossbrook House</p> <p>Location: 658 Ross Ave</p> <p>Hours: Monday to Sunday 8AM – 12AM</p> <p>* 24 hours weekends, all school holidays, including July and August</p>	<p>Website: https://rossbrookhouse.ca/</p> <p>Email: mail@rossbrookhouse.ca</p> <p>Phone: 204-949-4090</p>	<p>Children, youth, young adults who live in the inner-city of Winnipeg, ages 6-24 years</p>	<p>* operates a 24-hour drop-in centre for neighborhood children and youth, providing a safe alternative to street involvement</p> <p>* operates free programs and activities 365 days of the year</p> <p>* provides 24-hour drop-in for youth on weekends, school holidays, including July and August</p>
<p>Ndinawe Safe Home - Ndinawemaaganag Endaawaad</p> <p>Location: 650 Burrows</p> <p>Hours: 24 hours a day</p>	<p>Website:</p> <p>Email: info@ndinawe.ca</p> <p>Phone: 204-417-7233</p>	<p>Vulnerable children and youth aged 13–24</p>	<p>Ndinawe Safe House is a sixteen-bed facility that provides twenty-four hours shelter and basic necessities for Winnipeg children and youth</p> <p>Youth can admit themselves into Ndinawe safe home without the referral of child and family service workers.</p>
<p>Positive Alternatives for Youth, Transition Resources - Macdonald Youth Services</p> <p>Location: 175 Mayfair Ave</p>	<p>Website: https://www.mys.ca/services/transition-resources</p> <p>Email: jenna.sparling@mys.mb.ca</p>	<p>Youth 12 - 21</p>	<p>Teaches youth 16-21 skills for independence & provides opportunities to: Find & maintain an apartment & positive home environment</p>

<p>Hours: No information available</p>	<p>Phone: (204)794-7351</p>		<p>Secure a job &/or pursue your goals for school Learn to budget, shop for groceries, cook, clean & more Develop positive relationships, support networks & decision-making skills</p>
<p>Support - Resource Assistance for Youth (RAY)</p> <p>Location: 125 Sherbrook</p> <p>Hours: Hours: Monday to Friday 1P – 3PM</p> <p>Saturday: 12PM – 4PM</p> <p>Monday and Wednesday 5:30PM - 8:45PM</p>	<p>Website: https://rayinc.ca/room-program/</p> <p>Email: info@rayinc.ca</p> <p>Phone: 204-783-5617</p>	<p>Youth between the ages of 17-21 years Referred by a CFS agency in Manitoba Youth in care or with an extension of care</p>	<p>The Safe Suites provide youth (17-21 years) in the care of CFS with short-term housing (up to 90 days) and on-call supports. The goal of the program is to provide youth in need with time to create a plan with CFS staff and secure more stable housing.</p>
<p>West End 24 Hours Safe Place - Spence Neighborhood Association</p> <p>Location: 430 Langside Street</p> <p>Hours: Friday and Saturday 11PM - 7AM *Also open on wsd 1</p>	<p>Website: spenceneighbourhood.org/we24</p> <p>Email: sean@spenceneighbourhood.org</p> <p>Phone: (204) 783-</p>	<p>Youth ages 13-26</p>	<p>provides an overnight space for youth ages 13-26 to rest, relax, access food, resources, and basic needs, in a supportive, kind, and warm environment.</p>

holidays	5000 ext. 113		
<p>Youth Resource Centre/Shelter - Macdonald Youth Services</p> <p>Location: 175 Mayfair Avenue</p> <p>Hours: Monday to Sunday - 24 hours</p>	<p>Website: https://www.mys.ca/services/youth-crisis-services</p> <p>Email: jenna.sparling@mys.mb.ca</p> <p>Phone: (204)794-7351</p>	Youth ages 12 - 24	A safe place for youth to stay overnight or short-term.

Emergency Shelters	Contact Information	Requirement or Clientele	Information
<p>Booth Centre - Men</p> <p>Location: 72 Martha Street</p> <p>Hours: Monday to Sunday - 24 hours</p>	<p>Website: https://www.wpgboothcentre.ca/Haven%20Brochure%202012.pdf</p> <p>Email: info@wpgboothcentre.ca</p> <p>Phone: 204-946-9410</p>	<p>Men ages: 18 year(s) - 55 year(s)</p>	<p>Is a licensed Level 5 residential care facility for men with chronic mental illnesses. Provides 24 hour/7 days a week supervision in a residential living experience, including ongoing assessment</p>
<p>Main Street Project</p> <p>Location: 75 martha street</p> <p>Hours: Monday to Sunday - 24 hours</p>	<p>Website: mainstreetproject.ca</p> <p>Email: admin@mainstreetproject.ca</p> <p>Phone: (204)982-8245</p>	<p>Anyone ages 18 and up</p>	<p>Shelter is provided free of charge, on a first-come first-served basis, with a capacity of up to 75 people per night. The Emergency Shelter is open during the day for drop in services such as access to soup, coffee, showers, phone, harm reduction supplies, and access to caseworkers.</p>
<p>Sonrise Village - Salvation Army</p> <p>Location: 180 Henry Ave</p> <p>Hours: Monday to Friday - 8:30 am to 4:30 pm</p>	<p>Website: wpgboothcentre.ca</p> <p>Email: info@wpgboothcentre.ca</p> <p>Phone: (204) 946-9471</p>	<p>Anyone</p>	<p>In addition to the regular shelter care for an additional 60 persons is offered through sonrise village.</p>

<p>Siloam Mission</p> <p>Location: 300 Princess Street</p> <p>Hours: Everyday - 7 pm - 6:30 am</p>	<p>Website: siloam.ca</p> <p>Email: info@siloam.ca</p> <p>Phone: (204)956-4344</p>	<p>Homeless men and women over the age of 18</p>	<p>provides access to a warm bed for up to 110 adults, and a 5-bed family room for short-term emergency use. Also provides individuals with hygiene items, washrooms, showers, fresh towels, clean linens.</p>
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Warm Sleep	Contact Information	Requirement or Clientele	Information
<p>Just a Warm Sleep Northend Stella - 1JustCity</p> <p>Location: 109 Pulford St</p> <p>Hours: Everyday intake 9pm - 11pm Wake Up call at 6:30 am must be gone by 7 am</p>	<p>Website: 1justcity.ca</p> <p>Email: No information available</p> <p>Phone: (204)782- 3195</p>	<p>Anyone above 18 years</p>	<p>People may</p> <ul style="list-style-type: none"> - Be using prior to entering the space although no substances are allowed inside. - Bring dogs inside with them at check-in but may need to stay in a separate area if someone else is allergic. - Bring Shopping carts in with them for the night.

Transportation	Contact Information	Requirement or Clientele	Information
<p>Duffy's Taxi</p> <p>Location: 1100 Notre Dame Avenue</p> <p>Hours:</p>	<p>Website: duffystaxi.com</p> <p>Email: No information available</p> <p>Phone:(204) 925-0101</p>	<p>Anyone</p>	<p>Taxi cab service</p>
<p>TappCar</p> <p>Location: 01-10080 Jasper Ave Edmonton AB</p> <p>Hours: 24 Hours</p>	<p>Website:tappcar.com</p> <p>Email: support@tappcar.com</p> <p>Phone: (204) 202-3025</p>	<p>Anyone</p>	<p>Ride sharing app</p>
<p>UniCity Taxi</p> <p>Location: 340 Hargrave Place</p> <p>Hours: Monday to Saturday - 9am to 5pm Sunday - 10am to 4pm</p>	<p>Website:</p> <p>Email: No information available</p> <p>Phone: (204) 925-3131</p>	<p>Anyone</p>	<p>Taxi cab service</p>

Accessible Transportation	Contact Information	Requirement or Clientele	Information
<p>Ability Transit</p> <p>Location: 749 Wall Street</p> <p>Hours: 24 hours a day, seven days a week.</p>	<p>Website: https://www.accesstotrael.gc.ca/19.aspx?CarrierCd=502&CityCd=347&lang=en</p> <p>Email:</p> <p>Phone: (204) 632-5612</p>	<p>Anyone</p>	<p>Accessible vehicle taxi service</p>
<p>Dependable Dispatch</p> <p>Location: 31 St Hilaire Place</p> <p>Hours: 24 hours a day, seven days a week.</p>	<p>Website: sites.google.com/view/dependabledispatchservice</p> <p>Email: dds.67@hotmail.com</p> <p>Phone: (204) 925-8885</p>	<p>Anyone</p>	<p>Accessible vehicle taxi service</p>
<p>Dignity Taxi</p> <p>Location: 1351 Notre dame ave</p> <p>Hours: 24 hours a day, seven days a week.</p>	<p>Website: http://dignitytaxi.ca/</p> <p>Email: bookings@dignitytaxi.ca</p> <p>Phone: (204) 333-0100</p>	<p>Anyone</p>	<p>Accessible vehicle taxi service</p>
<p>Handi Transit</p> <p>Location: 414 Osborne St</p> <p>Hours: 24 hours a day, seven days a week.</p>	<p>Website: winnipegtransit.com/en/winnipeg-transit-plus-handi-transit</p> <p>Email: No information available</p> <p>Phone: (204) 986-5722</p>	<p>Anyone</p>	<p>Accessible vehicle taxi service</p>

Accessibility Services	Contact Information	Requirement or Clientele	Information
<p>Equality Communications Centre of Excellence (ECCOE)</p> <p>Location: 200 - 1 Forks Market Road</p> <p>Hours: Monday to Friday</p>	<p>Website: http://www.eccoe.ca</p> <p>Email: candy.badger@eccoe.ca</p> <p>Phone: (204)926-3271</p>	<p>Anyone</p>	<p>Provides ASL/English interpretation, Deaf Interpreters, In-house telephone interpretation by appointment, Intervenors for persons who are Deaf-Blind, and more.</p>
<p>Independent Living Resource Centre (ILRC)</p> <p>Location: 311A-393 Portage Ave</p> <p>Hours: Monday to Friday - 8:30 a.m. to 4:30 p.m.</p>	<p>Website: ilrc.mb.ca</p> <p>Email: thecentre@ilrc.mb.ca</p> <p>Phone: (204) 947-0194</p>	<p>people with disabilities, their family, friends, and others in their support</p>	<p>a consumer-controlled organization that promotes and supports citizens with disabilities to make choices and take responsibility for the development and management of personal and community resources.</p>
<p>Shep Shell, Braille Consultant</p> <p>Location: 744 Lindsey Street</p> <p>Hours: No information available</p>	<p>Website: http://www.accessibilityymb.ca/accessibility-services.html</p> <p>Email: dynamic.dots@shaw.ca</p> <p>Phone: (204)488-7048</p>	<p>Anyone</p>	<p>Call for information</p>
<p>Vision Impaired Resource Network</p>	<p>Website: http://www.virn.ca</p>	<p>Anyone</p>	<p>Promotes an inclusive society, with</p>

<p>(VIRN)</p> <p>Location: 320 Sherbrook St</p> <p>Hours: No information available</p>	<p>Email: info@virn.ca</p> <p>Phone: 204-975-9340</p>		<p>the primary focus on people who are vision impaired. VIRN supports the individual needs of people with vision impairments by focusing on four building blocks: Peer Support, Public Education, Active Living, and Training.</p>
<p>Word for Word Company Communication Access Real-time Translation (CART), Verbatim Transcription, and Computerized Note-takers</p> <p>Location: Online only</p> <p>Hours: Different programs run at different times; check website for details</p>	<p>Website: https://www.chs.ca/services/interpreting-services</p> <p>Email: translation@chs.ca</p> <p>Phone: 1-866-518-0000</p>	<p>People who are Deaf or hard of hearing</p>	<p>CART writers provide live word-for-word transcription of speech to text to make meetings, conversations, and presentation accessible. CART services can be provided on-site or remotely, in both English and French.</p>

Indigenous Specific Resources	Contact Information	Requirement or Clientele	Information
<p>Aboriginal Court Workers Program</p> <p>Location: 408 York Ave</p> <p>Hours: Monday to Friday- 9am to 4:30pm</p>	<p>Website: https://www.gov.mb.ca/justice/courts/aboriginalcourtworkers.html</p> <p>Email: No information available</p> <p>Phone: 1-866-626-4862</p>	<p>Aboriginal people who are involved in the criminal justice system</p>	<p>Assists Indigenous people who are involved in the criminal justice system develop a better understanding of their rights and responsibilities</p> <p>Provides services in local and circuit court locations</p> <p>Responds to the problems and special needs caused by communication barriers between Aboriginals and those involved in the administration of the criminal justice system</p>
<p>Aboriginal Health and Wellness Centre of Winnipeg</p> <p>Location: 215-181 Higgins Avenue</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website: http://ahwc.ca</p> <p>Email: reception@ahwc.ca</p> <p>Phone: 204-925-3700</p>	<p>Aboriginal community</p>	<p>Provides primary health services through health and wellness programs that blend traditional and contemporary practices.</p> <p>Offers medical, nursing, social work, community health workers, community outreach and education services, access to traditional healers.</p>
<p>Neeginan Centre</p> <p>Location: 181 Higgins</p>	<p>Website: http://neeginancentre.com/</p>	<p>Indigenous people in Winnipeg.</p>	<p>The Neeginan Centre was incorporated in October 1990 to</p>

<p>Avenue</p> <p>Hours: Various tenants have varying hours.</p>			<p>realize the goal of providing a centre that promotes the social, educational and entrepreneurial growth of the Aboriginal community in the City of Winnipeg. The Neeginan Centre is a gathering place for people and a centre to foster new ideas in education, training, economic development, and social service delivery. Through the Centre, the participating organizations have established strong links and mechanisms to cooperate more fully in the design and delivery of services for Aboriginal people in Winnipeg.</p>
<p>Butterfly Club - Ka Ni Kanichihk</p> <p>Location:455 McDermot Ave</p> <p>Hours: Office- Monday to Friday - 8:30 am to 4:30 pm * Contact for weekly</p>	<p>Website:http://www.kanikanichihk.ca</p> <p>Email: admin@kanikanichihk.ca</p> <p>Phone:(204) 953-5820</p>	<p>Indigenous girls and Two Spirit youth, 9-13 years of age</p>	<p>The Butterfly Club incorporates culture, ceremonies, language, and teachings into all its programming. Activities include:</p> <p>Smudging Sharing circle</p>

<p>programing</p>			<p>Dancing (e.g. traditional, jingle, fancy shawl, hoop, jigging, etc.) Indigenous artwork Crafts (e.g. beading, moccasin/mukluk making, drum making, medicine bags, dreamcatchers, etc.) Drumming and singing Language Clan teachings Women and Two Spirit teachings</p>
<p>Dakota Ojibway Tribal Housing Authority</p> <p>Location: 100-11 Arden Avenue</p> <p>Hours: No information available</p>	<p>Website: http://www.dotc.mb.ca/dotchai.htm</p> <p>Email: No information available</p> <p>Phone: 204-988-5375</p>	<p>To qualify for subsidized housing from DOTCHAI applicants must: Be of Aboriginal descent, includes: Métis, Inuit, Status and Non-Status</p> <ol style="list-style-type: none"> 2. Have dependent children living in the home. 3. Have an income on or below the stated allowed maximum amount. 4. Eligibility must meet the core need income threshold. 	<p>DOTCHAI is the largest urban aboriginal owned residential property manager, which operates 219+ rental housing units and provides subsidized housing to aboriginal applicants.</p> <p>* Applicants must update applications every six months</p>
<p>Future is Yours - Ma Mawi Wi Chi Itata Centre</p> <p>Location: 350-200 Alpine Way</p>	<p>Website: http://www.mamawicom/our-programs/future-is-yours/</p> <p>Email: info@mamawi.com</p>	<p>Youth 15-24 years of age.</p>	<p>The goal of the Future is Yours program is to provide youth between the ages of 15-24 with skills, training and volunteer</p>

Hours: No information provided	com Phone:(204)925-0300		experiences to gain employment. The program is also designed for the youth to gain employment with the City of Winnipeg Recreation Department for summer employment as well as Ma Mawi Wi Chi Itata's summer green team.
Hunters & Gatherers - Ma Mawi Wi Chi Itata Centre Location: 350-200 Alpine Way Hours: No information available	Website: https://www.mamawi.com/our-programs/youth-development/ Email: info@mamawi.com Phone: (204)925-0300	Boys and girls ages 8 - 13	A bi-weekly structured programming to learn about the Aboriginal Culture, personal development in a fun and safe environment.
Indigenous Culture - Community Connection Program - Manitoba Indigenous Cultures Education Centre Inc. Location:119 Sutherland Avenue Hours: Monday to Friday - 8:30 am to 4:30 pm	Website: https://www.micec.com/community_connection_program Email: info@micec.com Phone:204-942-0228	Anyone	The Community Connection Program provides information on many aspects of Indigenous cultures in Manitoba. The program is delivered through activities, lectures, workshops, presentations, tours and display. Topics can include, but are not limited to, history, child rearing practices, livelihood, residential schools, and language
Indigenous Family	Website: www.ifcentre	Anyone	IFC is a non-profit

<p>Centre</p> <p>Location: 470 Selkirk Avenue</p> <p>Hours: No information available</p>	<p>.com</p> <p>Email: info@IFCentre.ca</p> <p>Phone: (204) 586-8393</p>		<p>organization, serving Winnipeg's north end, providing families with opportunities to build communities, learn about Indigenous culture, develop positive life skills, and experience healing.</p>
<p>Indigenous Women's Healing Centre</p> <p>Location: 105 Aikins Street</p> <p>Hours: No information available</p>	<p>Website: http://iwhc.ca/</p> <p>Email: rswnwt1@iwhc.ca</p> <p>Phone: (204) 989-8240</p>	<p>Aboriginal women and their children</p>	<p>Provides long term support services and programs for Aboriginal women and their children in a residential setting. Provides programs in the areas of family violence, parenting skills, self-esteem, assertiveness training, life skills and nutrition, addressing compulsive coping behaviour. Offers counselling services, self-help programs, information, child care services and women's sharing circle. Conducts follow-up and outreach programs. Provides second stage housing for women and children. Facilitates support groups designed to assist women to develop the skills and</p>

			resources necessary for independent living.
<p>Indigenous Youth Cultural Program - Ma Mawi Wi Chi Itata Centre</p> <p>Location: 350-200 Alpine Way</p> <p>Hours: No information available</p>	<p>Website:https://www.mamawi.com/our-programs/youth-development/</p> <p>Email:info@mamawi.com</p> <p>Phone: (204)925-0300</p>	Indigenous Youth	Provides a variety of youth programming to develop through culture, education, training, employment and leadership development opportunities.
<p>Kanata Housing</p> <p>Location:757 Henderson Highway</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website:http://www.lifefirst.ca/projects/Kanata/KANATA.html</p> <p>Email: No information available</p> <p>Phone:(204) 982.2000</p>	Indigenous families	Kanata Housing Corp provides nonprofit rental housing specifically geared to families of Native Canadian Heritage.
<p>Kekinan Centre Inc.</p> <p>Location:102 Robinson Street</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website:https://www.aosupportservices.ca/housing-directory/3034/kekinan-centre-assisted-living/</p> <p>Email:info@aosupportservices.ca</p> <p>Phone:(204) 956-6440</p>	Older Manitobans	Provides independent and assisted living apartments with subsidized rent
<p>Kinew Housing Corporation</p> <p>Location:394 McGregor Street</p>	<p>Website:http://www.kinewhousing.ca</p> <p>Email: No information available</p>	Winnipeg aboriginal peoples	Owns, manages and rents over 380 Winnipeg houses to Aboriginal people at lower cost. Screens the applications and

<p>Hours: Monday - 9 am to 4:30 pm</p>	<p>Phone:(204) 956-5093</p>		<p>determines a rent based on family income. A damage deposit is required. There is no lease.</p>
<p>Rising Sun Pow Wow Club - Ma Mawi Wi Chi Itata Centre</p> <p>Location: Wednesday - Turtle Island Community Centre 510 King Street</p> <p>Thursdays Freight House, Door 1 200 Isabel Street</p> <p>Fridays Win Gardener Place 363 McGregor Street</p> <p>Hours: 6pm to 8pm</p>	<p>Website: https://www.mamawi.com/our-programs/pwc/</p> <p>Email:info@mamawi.com</p> <p>Phone: (204)925-0300</p>	<p>Indigenous youth and families.</p>	<p>The Rising Sun Pow Wow Club provides youth and families with the opportunity to learn pow wow dancing, sing traditional arts and crafts and much more.</p>

Queer Resources	Contact Information	Requirement or Clientele	Information
<p>Gay Straight Alliance Student Group - U of M</p> <p>Location: Helen Glass Centre for nursing Room 180, 89 Curry Place</p> <p>Hours: Monday – Friday 9:00am – 5:00pm</p>	<p>Website: https://umsu.ca/services-and-support/community-groups/</p> <p>Email: rpm@umsu.ca</p> <p>Phone: 204-890-4139</p>	<p>LGBTQT* and Straight Ally students and non-students</p>	<p>Rainbow Pride Mosaic (RPM) is the University of Manitoba's Lesbian, Gay, Bisexual, Transgender, Two-Spirited, Queer (LGBTQT*) and Straight Ally resource centre.</p>
<p>Lesbian/Gay/Bisexual Collective U of W</p> <p>Location: 515 Portage Ave</p> <p>Hours: Mon 10:30 am-11:30 am, 1:30 pm-5:30 pm Wed 10:30 am-11:30 am, 12:30 pm-5:30 pm Fri 12:30 pm-3:30 pm Dates: Sep through Apr; Closed holidays and summer Meetings: Wed 12:30 pm, Sep through Apr</p>	<p>Website: https://theuwsa.ca/</p> <p>Email: lgbtctr@theuwsa.ca</p> <p>Phone: 204-786-9025</p>	<p>Open to all in the LGBT* community, not restricted to University of Winnipeg students</p>	<p>offers a Drop-in Centre which functions as a safe, social atmosphere</p> <ul style="list-style-type: none"> * provides pamphlets, articles, videos and community newspapers on LGBT* issues * maintains a Lending Library with books and videos on LGBT* topics or related issues, available to all U of W students.
<p>Like That - Sunshine House</p> <p>Location: 646 Logan Avenue</p>	<p>Website: https://sunshinehousewpg.org</p> <p>Email: likethat@sunshinehousewpg.org</p>	<p>LGBT2SQ+ Community & Allies of All Ages.</p>	<p>Offers clients a space where people exploring gender and/or sexual identity can gather for fun, skills building and</p>

<p>Hours: Monday & Wednesday 6:30pm – 8:30pm</p> <p>Closed on All Holidays but Offers Programming the Next Day.</p>	<p>Phone:204-783-8565</p>		<p>recreation.</p>
<p>Nine Circles Community Health Centre</p> <p>Location:705 Broadway Winnipeg, Manitoba</p> <p>Hours:Mon, Tues, Thurs & Fri: 8:45 AM to 5:00 PM Wednesday: 8:45 AM to 7:30 PM</p>	<p>Website: http://ninecircles.ca/</p> <p>Email: ninecircles@ninecircles.ca</p> <p>Phone: 204-940-6000</p>	<p>Primary care clients 13 and over, and drop-in and appointment testing for anyone.</p>	<p>A community based, nonprofit centre providing primary care services and specializing in HIV/STI prevention, treatment and support.</p>
<p>Out There Sports and Recreation</p> <p>Location/Hours: Various locations and times check website for information.</p>	<p>Website: https://www.outtherewinnipeg.ca</p> <p>Email: info@outtherewinnipeg.ca</p> <p>Phone: No information available</p>	<p>LGBT2SQ+ Community 18+</p>	<p>Offers clients sports and recreation groups for the LGBT2SQ+ community that include groups in a wide variety of activities.</p>
<p>PFLAG</p> <p>Location/Hours: No information available</p>	<p>Website: pflagcanada.ca</p> <p>Email: operations@pflagcanada.ca</p> <p>Phone:1-888-530-6777</p>	<p>LGBTQ+ community and their friends and family.</p>	<p>offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity and gender expression.</p>

<p>Rainbow Resource Centre</p> <p>Location: 170 Scott S</p> <p>Hours: Monday 10:00am - 12:30pm; 1:30pm - 5:00pm *</p> <p>Tuesday 10:00am - 12:30pm; 1:30pm - 5:00pm</p> <p>Wednesday 10:00am - 12:30pm; 1:30pm - 5:00pm</p> <p>Thursday 10:00am - 12:30pm; 1:30pm - 5:00pm</p> <p>Friday 1:00pm - 5:00pm **</p>	<p>Website:https://rainbowresourcecentre.org</p> <p>Email:info@rainbowresourcecentre.org</p> <p>Phone: (204) 474-0212</p>	<p>LGBT2SQ+ community, families, friends, and employers of LGBT2SQ+ individuals</p>	<p>Rainbow Resource Centre (RRC) offers support to the LGBT2SQ+ community in the form of counselling, education, and programming for individuals ranging from children through to 55±. It also supports families, friends, and employers of LGBT2SQ+ individuals.</p>
<p>SERC</p> <p>Location:200-226 Osborne St. North</p> <p>Hours: Mon - Fri 9 am - 4 pm</p>	<p>Website: http://serc.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204) 982-7800</p>	<p>Has a variety of workshops and information available to help a variety of clients.</p>	<p>A community-based, non-profit, pro-choice organization dedicated to promoting sexual health through education.</p>
<p>TERF - New Directions</p> <p>Location: 500-717 Portage Ave.</p> <p>Hours: Monday – Friday 8:30am – 4:30pm</p>	<p>Website: https://newdirections.mb.ca</p> <p>Email: TERF@newdirections.mb.ca</p> <p>Phone: 204-786-7051</p>	<p>Children, Youth, Adults & Transgender Individuals Exploited Through the Sex Trade.</p> <p>Youth Program: Ages 13-18 Mentor Program: Ages 19 & Under</p>	<p>Offers clients a 1-year transition and healing program for children, youth, adults and transgender individuals who have been exploited through the sex trade. Assists to stabilize living</p>

			situations, promote healthy lifestyles and build confidence and self-esteem.
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Newcomer Resources	Contact Information	Requirement or Clientele	Information
<p>After School Youth Program - IRCOM House Ellen - Immigrant and Refugee Community Centre</p> <p>Location: 95 Ellen Street</p> <p>Hours: Monday to Friday - 7pm to 9pm</p>	<p>Website: http://www.ircom.ca/programs/after-school-program/youth-programs/</p> <p>Email: info@ircom.ca</p> <p>Phone: (204)943-8765</p>	<p>Youth ages 13-18</p>	<p>Offers programming for youth ages 13-18 five days a week with a variety of activities that are fun, empowering, and recreational. The content of the programs varies from season to season.</p>
<p>After School Children's' Program - IRCOM House Ellen - Immigrant and Refugee Community Centre</p> <p>Location: 95 Ellen Street</p> <p>Hours: Monday to Friday - 4pm to 6pm</p>	<p>Website:http://www.ircom.ca/programs/after-school-program/childrens-programs/</p> <p>Email:info@ircom.ca</p> <p>Phone: (204)943-8765</p>	<p>children ages 6-12</p>	<p>Offers programming for children ages 6-12 five times a week. There is a different activity every day of the week.</p>
<p>Immigrant Centre</p> <p>Location: 100 Adelaide St</p> <p>Hours: Monday, Wednesday, Friday and Saturday- 8:30am. to 4:30pm</p> <p>Tuesday and Thursday: 8:30am - 8:30pm</p>	<p>Website: http://icmanitoba.com/</p> <p>Email: No information available</p> <p>Phone: (204)943-9158</p>	<p>Any status of newcomer is eligible for the services</p>	<p>Facilitates the settlement and adjustment of newcomers to Winnipeg Coordinates citizenship activities and awareness for all Manitobans Promotes multicultural interaction in the community & functions as a multicultural centre</p>

			<p>for all ethnic groups Serves as an information/ resource centre and settlement agency for newcomers Provides services through 8 departments : Settlement Services; Language Bank; Volunteer Services; Employment Services; Access English Centre; Nutrition Services; Pre-Arrival Centre</p>
<p>Mosaic Newcomer Family Resource Network</p> <p>Location: 397 Carlton St</p> <p>Hours: Contact for program times</p>	<p>Website: mosaicnet.ca/</p> <p>Email: mosaicinfo@mosaicnet.ca</p> <p>Phone: (204)774-7311</p>	<p>Permanent residents, refugee claimants, Canadian citizens with families</p>	<p>Mosaic family programs are designed to meet the needs of newcomer families. They offer language and cultural supports and quality childcare. All the programs are Free.</p>
<p>NEEDS inc</p> <p>Location: 251-A Notre Dame Avenue</p> <p>Hours: Monday to Thursday - 8am to 9pm Friday - 8am to 6pm</p>	<p>Website:http://www.needsinc.ca/</p> <p>Email: needsinc@mymts.net</p> <p>Phone:(204) 940-1260</p>	<p>Landed Immigrant and Refugees</p>	<p>Provides an array of programs for Landed Immigrant or Refugee youth from ages 6 to up to high school age to enhance the integration of immigrant and refugee youth into Canadian society by providing employment, education and social programs to develop life skills.</p>

<p>Neighborhood Immigrant Settlement Worker - ECRC</p> <p>Location: 545 Watt St</p> <p>Hours: Monday to Friday - 9am to 5pm * closed 12 noon-1 pm and all statutory holidays</p>	<p>Website: http://elmwoodcrc.ca/n-i-s-w/</p> <p>Email: No information available</p> <p>Phone: (204) 982-1720</p>	<p>Immigrant newcomers that live in Elmwood.</p>	<p>Settlement workers provide support by connecting newcomers with information, programs and services in the community. They also conduct one-on-one visits, helping with employment, and providing integration skill workshops.</p>
<p>Neighborhood Immigrant Settlement Programs - Immigrant Centre</p> <p>Location: 100 Adelaide St</p> <p>Hours: Monday, Wednesday, Friday and Saturday- 8:30am. to 4:30pm</p> <p>Tuesday and Thursday: 8:30am - 8:30pm</p>	<p>Website: http://icmanitoba.com/services/neighbourhood-immigrant-settlement-coordinator/</p> <p>Email: No information available</p> <p>Phone: (204) 943-9158</p>	<p>Newcomers/refugees - Permanent Residents</p>	<p>The Neighborhood Immigrant Settlement Workers provide settlement information and orientation to newcomers, connect newcomers with programs and services, host special events for newcomers to meet their neighbors and promote public awareness about Immigrant issues.</p>
<p>New Journey Housing</p> <p>Location: 200-305 Broadway</p> <p>Hours: Monday to Friday - 9:30am to 5pm</p>	<p>Website: https://www.newjourneyhousing.com/</p> <p>Email: info@newjourneyhousing.com</p> <p>Phone: (204)942-2238</p>	<p>Newcomers to Manitoba</p>	<p>New Journey Housing is a resource centre for newcomer housing in Manitoba, with a focus on Winnipeg. They provide help, assistance, and resources to guide newcomers to rent or purchase housing and manage their</p>

			money.
<p>Newcomers to Canada - NorWest Co-op - Access NorWest</p> <p>Location: 785 Keewatin Street</p> <p>Hours: Monday to Friday - 9am to 5pm</p>	<p>Website: https://norwestcoop.ca/program_service/newcomers-to-canada/</p> <p>Email: No information available</p> <p>Phone: (204)938-5900</p>	Newcomers to Canada	<p>Offers a variety of information sessions to newcomers such as; housing, employment, health, childcare. Also provides one-on-one appointments for individuals and families on topics such as how to: use public transit, find childcare, sponsor family, upgrade skills, become a Canadian citizen, and access health, language or employment services.</p>
<p>Welcome Place - Manitoba Interfaith Immigration Council Inc</p> <p>Location: 521 Bannatyne Ave.</p> <p>Hours: Monday to Friday - 9am to 5pm</p>	<p>Website: www.miic.ca</p> <p>Email: No information available</p> <p>Phone: (204)977-1000</p>	Newcomers to Canada	<p>Provides settlement services for refugees and immigrants living in Manitoba and serves the immediate and long-term needs of refugees.</p>

Older Adult Resources	Contact Information	Requirement or Clientele	Information
<p>Age and Opportunity</p> <p>Location: 200-280 Smith Street</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website: www.aosupportservices.ca</p> <p>Email: intake@aosupportservices.ca</p> <p>Phone: (204)956-6440</p>	<p>Older Manitobans</p>	<p>offers specialized programs and services that are accessible to older Manitobans and support and enhance their social, emotional, physical, intellectual and spiritual lives and promote active participation in all aspects of community life.</p>
<p>Elder Abuse Resource Centre - Age and Opportunity</p> <p>Location:200-280 Smith Street</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website: http://www.aosupportservices.ca/services/elder_abuse.htm</p> <p>Email:intake@aosupportservices.ca</p> <p>Phone: (204)956-6440 24/7 Senior's Abuse Support Line: 1-888-896-7183</p>	<p>Older Manitobans</p>	<p>Support Service for Older Adults, individuals 55+ who are experiencing neglect, emotional, financial, sexual or physical abuse. Information and resources are provided to family and friends who may be concerned about an older adult. All calls are strictly confidential.</p>
<p>Safe Suite Initiative - Age and Opportunities</p> <p>Location:200-280 Smith Street</p> <p>Hours: Monday to Friday - 8:30am to</p>	<p>Website: http://www.aosupportservices.ca/services/elder_abuse.htm</p> <p>Email:intake@aosupportservices.ca</p> <p>Phone: (204)956-</p>	<p>Men and women 55+</p>	<p>Provides temporary(up to 60 days), free housing for men and women, 55 years or older, who are in need of a safe place to stay due to abuse or neglect.</p>

4:30pm	6440		
<p>SNA 55+ Social club</p> <p>Location: 625 portage Ave</p> <p>Hours: Every second Monday - 1pm to 3pm</p>	<p>Website:https://www.spenceneighbourhood.org/55</p> <p>Email: safety@spenceneighbourhood.org</p> <p>Phone: (204) 783-5000 ext. 106</p>	West end elders, seniors, and adults 55+	A free light lunch and coffee/tea every other Monday. Registration is not required but is encouraged.
<p>SNA 55+ Cooking class</p> <p>Location: 625 portage Ave</p> <p>Hours: Second Wednesday of each month Contact for times</p>	<p>Website:https://www.spenceneighbourhood.org/55</p> <p>Email: greenimage@spenceneighbourhood.org</p> <p>Phone: (204) 783-5000 ext. 102</p>	West end elders, seniors, and adults 55+	A free cooking class to learn how to cook healthy and affordable recipes. Registration required.
<p>SNA 55+ Cooking class</p> <p>Location: 625 portage Ave</p> <p>Hours: Once a month. Contact for times</p>	<p>Website:https://www.spenceneighbourhood.org/55</p> <p>Email: greenimage@spenceneighbourhood.org</p> <p>Phone: (204) 783-5000 ext. 102</p>	West end elders, seniors, and adults 55+	Invites Spence neighborhood community members to gather, learn a healthy and affordable recipe, cook, and share food and conversation around a table together. Registration required.

Missing Persons	Contact Information	Requirement or Clientele	Information
<p>Missing Children Society of Canada</p> <p>Location: 219, 3501 – 23 Street NE Calgary AB</p> <p>Hours: No information available</p>	<p>Website: mcsc.ca</p> <p>Email: info@mcsc.ca</p> <p>Phone: (403) 291-0705</p> <p>Toll free: 1-800-661-6160</p>	families in active and ongoing searches for missing children	Has resources to assist families in ongoing searches for missing children such as a team comprised of former law enforcement professionals, an emergency response system and family supports.
<p>Canadian Centre for Child Protection</p> <p>Location: 615 Academy Rd</p> <p>Hours: Monday to Friday - 9am to 5pm</p>	<p>Website: www.protectchildren.ca</p> <p>Email: No information available</p> <p>Phone: (204) 945-5735</p>	Anyone	is a charitable organization dedicated to the personal safety of all children. Aims to reduce child victimization by providing programs and services to the Canadian public.
<p>Missing Persons - Winnipeg Police Service</p> <p>Location/Hours: See website for details</p>	<p>Website: https://www.winnipeg.ca/police/units_and_divisions/missing_persons.stm</p> <p>Email:</p> <p>Phone: (204)986-6250</p>	Anyone	WPS missing persons resources, includes resources for reporting missing adults 18+, and children under 18.

General Health Practitioners	Contact Information	Requirement or Clientele	Information
<p>Aboriginal Health and Wellness Centre of Winnipeg</p> <p>Location: 215-181 Higgins Avenue</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website:http://ahwc.ca</p> <p>Email:reception@ahwc.ca</p> <p>Phone: 204-925-3700</p>	<p>Aboriginal community</p>	<p>Provides primary health services through health and wellness programs that blend traditional and contemporary practices. Offers medical, nursing, social work, community health workers, community outreach and education services, access to traditional healers.</p>
<p>Centre de sante Saint Boniface</p> <p>Location:170 Goulet Street</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website:centredesante.mb.ca</p> <p>Email:acces@centredesante.mb.ca</p> <p>Phone: (204)940-1155</p>	<p>French speaking residents of Winnipeg</p>	<p>A francophone primary health centre offering services to the French-speaking population of Winnipeg as well as residents of the Saint-Boniface area. The programs and services at the Centre de santé are delivered by an interdisciplinary team.</p>
<p>Family Doctor Connection Hotline</p> <p>Location: Online or by telephone only</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website:gov.mb.ca/health/familydoctorfinder/</p> <p>Email: No information available</p> <p>Phone: (204) 786-7111</p>	<p>Anyone</p>	<p>A hotline to help Manitoban residents find a home clinic.</p>

<p>Health and Wellness - Resources Assistance for Youth</p> <p>Location:</p> <p>Hours: (Mental health drop-in) Monday to Friday 1:00pm - 3:00pm</p> <p>(Health clinic drop-in) Tuesday and Wednesday 1pm - 4pm</p>	<p>Website: rayinc.ca/health-and-wellness/</p> <p>Email: info@rayinc.ca</p> <p>Phone: (204)783-5617</p>	<p>Street-entrenched and homeless youth up to the age of 29.</p>	<p>RaY's Drop-In operates six days a week, and on Monday and Wednesday evenings. Drop-In is easily accessible for all youth and provides them with a safe, comfortable, supportive place to access all of RaY's services, make appointments, receive one-on-one supports or simply enjoy a reprieve from the street.</p>
<p>Health Links</p> <p>Location: By phone only</p> <p>Hours: 24/7</p>	<p>Website:misericordia.mb.ca/health-links-info-sante-phcc/</p> <p>Email: No information available</p> <p>Phone:(204)788-8200 Toll-free 1-888-315-9257</p>	<p>Anyone</p>	<p>A bilingual phone-based nursing triage system run by registered nurses. Nurses follow assessment guidelines to triage health issues – everything from flu symptoms to child fevers to heart attacks.</p>
<p>Hope Centre Health Care</p> <p>Location: 240 Powers Street</p> <p>Hours: Monday, Tuesday, Thursday and Friday - 9am to 4pm</p>	<p>Website:http://hopecentrehealthcare.com</p> <p>Email: hopece@mymts.net</p> <p>Phone:(204)589-8354</p>	<p>Anyone</p>	<p>Hope Centre health care is a holistic health care centre that is motivated by the practical Christian concern for people. Offers primary care (Family Doctors), diabetes education, foot care, individual/family</p>

<p>Wednesday - 10am to 4pm</p> <p>Closed during lunch hour 12:00-1:00 p.m.</p>			<p>counselling, and outreach</p>
<p>Klinik Community Health Centre</p> <p>Location: 870 Portage Ave</p> <p>Hours: Monday - Friday - 9am to 5pm</p>	<p>Website: http://klinik.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204)784-4090</p>	<p>Anyone</p>	<p>Provides a full range of health-related services from medical care to counselling and education</p>
<p>Nor'West Co-Op health centre</p> <p>Location: 785 Keewatin Street</p> <p>Hours: Monday to Friday - 9am to 5pm</p>	<p>Website: norwestcoop.ca</p> <p>Email: No information available</p> <p>Phone: (204)938-5900</p>	<p>Residents of inkster community</p>	<p>Is a primary care clinic that provides family medical care and provides treatment of minor emergencies</p>
<p>Primary Care Clinic - Mount Carmel Clinic</p> <p>Location: 886 Main Street</p> <p>Hours: Monday, Wednesday, Friday - 8:45am to 5pm</p> <p>Tuesday, Thursday - 8:45am to 8pm</p>	<p>Website: mountcarmel.ca</p> <p>Email: info@mountcarmel.ca</p> <p>Phone: (204)582.2311</p>	<p>Anyone</p>	<p>Provides primary health care services to the community. For new refugee and immigrants and reproductive health issues clients are accepted from all areas of the city.</p>
<p>Primary Health Services - Norwest Co-op (Bluebird Clinic)</p> <p>Location: 100 - 97</p>	<p>Website: https://norwestcoop.ca/resource-centres/bluebird-clinic/</p>	<p>Anyone</p>	<p>A primary care clinic where clients have access to physicians, nurse practitioners, and primary care nurses for</p>

<p>Keewatin Street</p> <p>Hours: Monday to Friday - 9am to 5pm</p>	<p>Email: No information available</p> <p>Phone: (204)938-5830</p>		<p>management of ongoing medical and chronic disease conditions. Clients of the clinic can also see a pharmacist, dietitian, and counsellor.</p>
<p>Siloam Mission Health Centre</p> <p>Location: 300 Princess St</p> <p>Hours: Varies Week to Week - Phone for details</p>	<p>Website: https://www.siloam.ca/how-we-help/saul-sair-health-centre/</p> <p>Email: No information available</p> <p>Phone: (204)956-4344</p>	<p>People who use Siloam's other services regularly are eligible</p>	<p>provide primary care, specialized care and urgent needs care for those experiencing poverty and homelessness.</p>
<p>Teen Drop in Clinic - Women's Health Clinic</p> <p>Location:</p> <p>Hours: Every Thursday (except holidays) from 3pm to 8pm.</p>	<p>Website: http://womenshealthclinic.org/what-we-do/medical-services/teens/</p> <p>Email: No information available</p> <p>Phone: (204) 947-1517</p>	<p>young people of all genders between 13 – 21 years old</p>	<p>Offers services concerning: abortion/post-abortion, abuse/violence issues, alcohol & drugs, anxiety, birth control, Depression And more. Also offers free pregnancy tests, free/donation-based birth control supplies, confidential HIV counselling & testing, morning after pill/emergency contraception, birth control counselling, pro-choice pregnancy counselling (abortion, adoption & parenting).</p>

<p>Teen Drop-In - Klinik</p> <p>Location: 870 Portage Avenue</p> <p>Hours: Mondays - 4pm to 8pm</p>	<p>Website: klinik.mb.ca/health-care/drop-in-services/teen-klinik/</p> <p>Email: No information available</p> <p>Phone: (204)784-4090</p>	<p>All persons aged 12-22.</p>	<p>Provides primary health care services to youth aged 12-22. It is a safe, caring confidential environment where no one will judge you because of your age, gender, appearance, or sexual orientation.</p>
<p>Women's Health Clinic</p> <p>Location: 419 Graham Ave</p> <p>Hours: Monday, Wednesday - 9am to 8pm Thursday - 9am to 8:30pm Friday - 9am to 4pm Saturday - 10:30am to 3pm</p>	<p>Website: http://womenshealthclinic.org</p> <p>Email: No information available</p> <p>Phone: (204)947-1517</p>	<p>Women including Two-Spirit, gender queer, trans and non-binary people.</p>	<p>A feminist, community health clinic offering a range of services. Offers a client-centred, non-judgmental and fully confidential health and wellness services, health education to community and professional groups, resources and information, and advocacy on women's health issues.</p>
<p>WRHA</p> <p>Location: 650 Main St</p> <p>Hours: Monday to Friday - 8am to 4pm * main office is closed on holidays</p>	<p>Website: wrha.mb.ca</p> <p>Email:</p> <p>Phone: (204)926-7000</p>	<p>Anyone</p>	<p>Provides health care to people living in the City of Winnipeg as well as the surrounding Rural Municipalities of East and West St. Paul and the Town of Churchill.</p>
<p>Youville Centre</p> <p>Location: 6- 845 Dakota Street</p>	<p>Website: youville.ca</p> <p>Email: admin@youville.ca</p>	<p>Anyone</p>	<p>staff is made up of a team of fully qualified health care professionals including dietitians,</p>

<p>Hours: Monday to Thursday- 9am to 9pm Friday - 9am to 5pm</p> <p>Ask A Nurse Walk-In Hours: Monday and Friday - 9am to 5pm Tuesday to Thursday - 1pm to 9pm</p>	<p>Phone: (204)255-4840</p>		<p>community health nurses, a counsellor, physician, community development worker, certified health educators, support staff, and an outreach worker.</p>
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Hospitals	Contact Information	Requirement or Clientele	Information
<p>Concordia Hospital</p> <p>Location: 1095 Concordia Avenue</p> <p>Hours: 24/7</p>	<p>Website: concordiahospital.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204)667-1560</p>	Anyone	Provides full medical, surgical, long term care, critical and emergency treatment facilities.
<p>Grace General</p> <p>Location: 300 Booth Drive</p> <p>Hours: 24/7</p>	<p>Website: gracehospital.ca</p> <p>Email: No information available</p> <p>Phone: (204)837-0111</p>	Anyone	Provides medical, surgical, diagnostic, oncology, psychiatric, emergency services.
<p>Misericordia Health Centre</p> <p>Location: 99 Cornish Ave</p> <p>Hours: Everyday - 7:30 am to 8pm</p>	<p>Website: misericordia.mb.ca/</p> <p>Email: No information available</p> <p>Phone: (204)788-8364</p>	Anyone	<p>Provides long term care as well as several specialized health programs.</p> <p>Patients have access to health assessment, treatment, other health care disciplines such as full diagnostics, social work, physiotherapy occupational therapy, dietary, pharmacy, respiratory therapy, mental health</p>
<p>Riverview Health Centre</p> <p>Location: 1 Morley</p>	<p>Website: rhc.mb.ca</p> <p>Email: rhcinfo@rhc.mb.ca</p>	Anyone	provides extended care to the chronically ill and geriatric patients

<p>Ave</p> <p>Hours: 24/7</p>	<p>Phone: (204) 452-3411</p>		<p>focusing on rehabilitation and further prevention of disability.</p> <p>* also operates a seniors' day program, a respiratory day program and adult day care.</p>
<p>Seven Oaks General Hospital</p> <p>Location: 2300 McPhillips St</p> <p>Hours: 24/7</p>	<p>Website: http://sogh.ca/</p> <p>Email: No information available</p> <p>Phone: (204)632-7133</p>	<p>Anyone</p>	<p>Is an acute care community hospital including emergency care, general medicine, surgery, geriatric medicine and psychiatry. Significant outpatient services include dialysis/kidney health, oncology, day hospital, diagnostic imaging, and physical rehabilitation.</p>
<p>St. Boniface general Hospital</p> <p>Location: 409 Taché Ave</p> <p>Hours: 24/7</p>	<p>Website: sbgh.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204)233-8563</p>	<p>Anyone</p>	<p>Is a primary and acute care facility and research hospital. Provides full medical, nursing and emergency services. See individual programs for details.</p>
<p>Victoria General Hospital</p> <p>Location: 2340 Pembina Hwy</p> <p>Hours: 24/7</p>	<p>Website: vgh.mb.ca</p> <p>Email: No information available</p> <p>Phone:(204)269-3570</p>	<p>Anyone</p>	<p>provides primary health care hospital facilities with an emphasis on surgery, oncology, geriatrics, medicine, educational, research, and health</p>

			promotion services.
<p>Winnipeg Health Science Centre and Women's Hospital</p> <p>Location: 820 Sherbrook St</p> <p>Hours: 24/7</p>	<p>Website: hsc.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204)787-3661</p>	Anyone	<p>Offers primary, urgent, and acute care.</p> <p>specialty clinics offer services in obstetrics, gynecology.</p>

Eating Disorders	Contact Information	Requirement or Clientele	Information
<p>Provincial Eating Disorder Prevention and Recovery Program Women's Health Clinic</p> <p>Location: 419 Graham Avenue, Unit A</p> <p>Hours: Call for intake appointment.</p>	<p>Website: http://womenshealthclinic.org/wp-content/uploads/2018/05/PEDRP-Booklet-Web.pdf?x88868</p> <p>Email: edprogram@womenshealthclinic.org</p> <p>Phone: 204-947-2422 ext. 137</p>	Adults dealing with eating disorders.	<p>Services include assessment and treatment for binge eating disorder, bulimia nervosa and anorexia nervosa and other types of disordered eating.</p>

Mental Health Resources	Contact Information	Requirement or Clientele	Information
<p>Anxiety Disorders Association of Manitoba</p> <p>Location: 100 – 4 Fort Street</p> <p>Hours: Monday to Thursday - 10am to 4pm</p>	<p>Website: adam.mb.ca</p> <p>Email: adam@adam.mb.ca</p> <p>Phone: 204-925-0600</p>	<p>Anyone age 18 and above</p>	<p>Offers support and educational programs to individuals suffering from panic disorder, social anxiety and generalized anxiety disorder</p>
<p>Canadian Mental Health Association</p> <p>Location: 930 Portage Ave</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website: cmha.ca</p> <p>Email: office@cmhawpg.mb.ca</p> <p>Phone: (204)982-6100</p>	<p>Anyone</p>	<p>Is part of a nationwide agency that promotes mental health of all and supports the resilience and recovery of people experiencing mental illness. Provides direct services in communities through regional offices. Offers information to consumers of mental health services</p>
<p>Community Recovery Services - Sara Riel</p> <p>Location: 66 Moore Ave</p> <p>Hours: Monday to Friday - 8am to 4:30pm</p>	<p>Website: sararielinc.com</p> <p>Email: info@sararielinc.com</p> <p>Phone: (204)237-9263</p>	<p>Adults experiencing mental health concerns</p>	<p>Provides voluntary programs and services in a community-based setting to adults experiencing mental health concerns</p>
<p>Counselling Services - Recovery of Hope</p>	<p>Website: https://edenhealthcar</p>	<p>Anyone</p>	<p>Recovery of hope is a counselling centre for</p>

<p>Location: 900 Harrow St E</p> <p>Hours: Call for available appointments</p>	<p>e.ca/roh/</p> <p>Email: No information available</p> <p>Phone: (204)477-4673</p>		<p>individuals, couples, and families.</p> <p>Offers marriage counselling, counselling for couples, family relationship issues, parenting, depression, abuse/abuse recovery, addictions, low self-esteem, stress management, confusing/strong feelings, adjusting to a new stage of life, work difficulties, personal growth, spiritual issues</p>
<p>Group Care Treatment Program - Knowles Centre</p> <p>Location: 2065 Henderson Hwy</p> <p>Hours: No information available</p>	<p>Website: https://www.knowlescentre.org/group_care_treatment</p> <p>Email: groupcare@knowlescentre.org</p> <p>Phone: (204)339-1951</p>	<p>Youth ages 12-17</p>	<p>Offers treatment in a group setting for youth facing behavioral and emotional challenges and serves up to 28 youth (males and females) in semi-secure units on campus, and open units in the River East community. They provide each unit with a treatment team including: a therapist, a unit supervisor, youth care workers, recreation staff, aboriginal cultural workers</p>
<p>Manitoba Schizophrenia Society</p>	<p>Website: mss.mb.ca</p> <p>Email:</p>	<p>Those affected by schizophrenia</p>	<p>Is a not-for profit, consumer focused, family sensitive</p>

<p>Location: 100 - 4 Fort St</p> <p>Hours: Monday to Friday - 9am to 4pm</p>	<p>info@mss.mb.ca</p> <p>Phone: (204)786-1616</p>		<p>mental health agency whose mission is to improve the quality of life for those affected by schizophrenia, psychosis, and co-occurring disorders through education and peer support. Offers one-on-one consultations; various support groups for people living with psychosis or schizophrenia, family education support groups; workshops, public education on schizophrenia, and more.</p>
<p>Mood Disorders Association</p> <p>Location: 100-4 fort st</p> <p>Hours: Monday to Friday - 9am to 9pm Saturday and Sunday - 10am to 4pm</p>	<p>Website: mooddisordersmanitoba.ca</p> <p>Email: info@mooddisordersmanitoba.ca</p> <p>Phone: (204)786-0987</p>	<p>Individuals and their families and friends experiencing mental illness.</p>	<p>Offers education, resources and support for individuals and their families experiencing mental illness.</p> <p>Annual membership fee is \$15</p> <p>Paid membership provides the right to attend and have voting privileges at the Mood Disorders Association of Manitoba (MDAM) Annual General Meeting.</p>
<p>OCD Centre Manitoba</p>	<p>Website: ocdmanitoba.ca</p>	<p>Anyone 18+</p>	<p>Is a registered charity that provides</p>

<p>Location: 100-4 Fort Street</p> <p>Hours: Monday to Thursday - 9am to 2pm</p>	<p>Email: education@OCDManitoba.ca</p> <p>Phone: (204)942-3331</p>		<p>information about Obsessive Compulsive Disorder (OCD), referrals to local resources, offers support to adult consumers, families, professionals and schools respecting OCD. Provides peer support groups for persons with OCD or hoarding tendencies.</p>
<p>Project Neecheewam - Project Neecheewam</p> <p>Location: 605 Wall St.</p> <p>Hours: Monday to Friday 8:30 am to 4:30 pm</p>	<p>Website: neecheewam.com</p> <p>Email: No information available</p> <p>Phone: (204)775-9240</p>	<p>Youth ages 11-17 who have experienced severe family, personal and societal difficulties.</p>	<p>Provides residential treatment, temporary shelter and crisis stabilization services</p>
<p>Psychological Services Centre, University of Manitoba</p> <p>Location: 161 Dafoe Building University of Manitoba</p> <p>Hours: Phone for availability</p>	<p>Website: http://umanitoba.ca/faculties/arts/departments/psych_services/</p> <p>Email: No information available</p> <p>Phone: (204)474-9222</p>	<p>Anyone</p>	<p>Operates a psychological service centre whose primary goal is to train University of Manitoba Clinical Psychology graduate students</p>
<p>Support Services - Laurel Centre</p> <p>Location: 104 Roslyn Road</p>	<p>Website: https://www.thelaurelcentre.com</p> <p>Email:</p>	<p>Women who have experienced childhood or adolescent sexual abuse;</p>	<p>offers long-term Individual Therapy, Group Therapy, Couples Therapy Program, Follow-up</p>

<p>Hours: Monday to Friday - 9 am to 4:30 pm</p>	<p>info@thelaurelcentre. com Phone: 204.783.5460</p>		<p>Program for clients who have completed treatment and Short- term Crisis Intervention Programs.</p>
<p>Tourette Disorder Services - Manitoba Adolescent Treatment Centre Location: 228 Maryland St Hours: Monday to Friday 8:30 am to 4:30 pm</p>	<p>Website: matc.ca/services- tss.html Email: info@matc.ca Phone: (204) 958- 9660</p>	<p>Youth ages 5-17 years</p>	<p>The Tourette Syndrome Service (TSS) provides consultation, assessment and treatment to children and adolescents who are experiencing symptoms of Tourette Syndrome in conjunction with associated disorders.</p>

Children and Youth Mental Health	Contact Information	Requirement or Clientele	Information
<p>Centralized Intake Services (Mental Health) - Manitoba Adolescent Treatment Centre</p> <p>Location: 165 St Mary's Rd</p> <p>Hours: Call for details</p>	<p>Website: http://www.matc.ca/services-cimh.html</p> <p>Email: info@matc.ca</p> <p>Phone: 204-958-9660</p>	<p>children, adolescents experiencing emotional or behavioral concerns, symptoms of mental illness, 18 and under.</p>	<p>Provides a single point of entry to the mental health system in Winnipeg for children and adolescents experiencing emotional or behavioral concerns as well as symptoms of mental illness.</p>
<p>Child and Adolescent Health Inpatient Services - Health Science Centre Winnipeg</p> <p>Location: 771 Bannatyne Ave</p> <p>Hours: Mon-Fri 8 am-4:30 pm</p>	<p>Website: hsc.mb.ca</p> <p>Email: info@hsc.mb.ca</p> <p>Phone: Mon-Fri 8 am-4:30 pm</p>	<p>Youth under 18 years</p>	<p>provides safety assessment and the beginning of treatment to children and adolescents mental health services</p>
<p>Child/Adolescent Mental Health Treatment Services - Manitoba Adolescent Treatment Centre</p> <p>Location: 228 Maryland St</p> <p>Hours: Mon-Thu 8 am-8 pm Fri 8 am-4:30 pm</p>	<p>Website: www.matc.ca</p> <p>Email: info@matc.ca</p> <p>Phone: 204-958-9660</p>	<p>Youth ages 3-18 years</p>	<p>Provides Community based mental health treatment services for Winnipeg children or youth with emotional or psychiatric disorders, their families.</p>
<p>Child and Adolescent Mental Health Program WRHA</p>	<p>Website: http://www.wrha.mb.ca/prog/mentalhealth_</p>	<p>Youth</p>	<p>The WRHA Child and Adolescent Mental Health Program is</p>

<p>Location: 650 Main Street</p> <p>Hours: Monday to Friday - 8am to 4pm</p>	<p>child/index.php</p> <p>Email: No information available</p> <p>Phone: 204-926-7000</p>		<p>responsible for an integrated continuum of child and adolescent mental health services, in both hospital and community settings.</p>
<p>Early Childhood Clinic - Manitoba Adolescent Treatment Centre</p> <p>Location: 228 Maryland Street</p> <p>Hours: Monday to Friday 8:30 am to 4:30 pm</p>	<p>Website: http://www.matc.ca/services-ecc.html</p> <p>Email: info@matc.ca</p> <p>Phone: 204-958-9600</p>	<p>Children age 12 months to 5 years</p>	<p>The Early Childhood Clinic (ECC) is a service offered by MATC to help families with children five years of age and under, with their emotional and behavioral problems.</p>
<p>Intensive Child and Adolescent Treatment Services - Health Sciences Centre Winnipeg</p> <p>Location: 771 Bannatyne Avenue</p> <p>Hours: Mon-Fri 8 am - 4:30 pm</p>	<p>Website: http://umanitoba.ca/faculties/health_sciences/medicine/units/psychiatry/programs/programs_ca/CA_ICATS.html</p> <p>Email: No information available</p> <p>Phone: (204) 787-7477</p>	<p>Children and their families</p>	<p>Psychiatric care, group and individual psychotherapy, individual and group occupational therapy, family therapy, recreation therapy and parent groups are provided for a maximum of three months.</p>
<p>Intensive Treatment Services - Manitoba Adolescent Treatment Centre</p> <p>Location: 120 Tecumseh Street</p> <p>Hours: Mon-Thu 8:30 am-8 pm</p>	<p>Website: http://www.matc.ca/services-its.html</p> <p>Email: info@matc.ca</p> <p>Phone: 204-477-6391</p>	<p>Adolescents ages 12 to 18 years</p>	<p>The Intensive Treatment Service is a hospital-based service that provides intensive assessment and treatment services to adolescents with severe psychiatric and/or emotional</p>

			disorders.
<p>Mental Health Services (Children) - Health Science Centre Winnipeg</p> <p>Location: 771 Bannatyne Ave</p> <p>Hours: Mon-Sun 24 hours</p>	<p>Website: http://www.hsc.mb.ca/</p> <p>Email: No information available</p> <p>Phone: 204-787-3379</p>	<p>Ages: 17 years and under</p>	<p>Offers consultation and recommendations for management, disposition and treatment for child and adolescent patients seen by emergency room pediatric physicals at the Health Sciences Centre [Children's] and St. Boniface General Hospital.</p>
<p>Student Mental Health Resource Team - Manitoba Adolescent Treatment Centre</p> <p>Location: 228 Maryland Street</p> <p>Hours: Mon-Fri 8 am - 4:30 pm</p>	<p>Website: http://www.matc.ca/services-smhrt.html</p> <p>Email: No information available</p> <p>Phone: 204-958-9600</p>	<p>Youth ages 3-18 years</p>	<p>Provides psychiatric consultation and assessment to students enrolled in schools in the Winnipeg school system.</p>
<p>Support - Resources Assistance for Youth (RAY)</p> <p>Location: 125 Sherbrook St.</p> <p>Hours: Drop-In Monday to Friday: 1:00 p.m. – 3:00 p.m.</p>	<p>Website: https://rayinc.ca/health-and-wellness/</p> <p>Email: jlaforte@rayinc.ca</p> <p>Phone: 204-783-5617 ext. 208</p>	<p>Street-entrenched and homeless youth up to the age of 29.</p>	<p>The mental health department fills the gaps of traditional mental health services by using a harm reduction approach with all youth interactions. The Community Mental Health Worker advocates on behalf of youth to reduce the impact of untreated/under</p>

			treated mental health issues. RaY supports youth prior to, during and after treatment at the discretion of the youth participant.
<p>The Manitoba Advocate for Children and Youth (MACY)</p> <p>Location: 346 Portage Ave</p> <p>Hours: Monday to Friday from 8:30 a.m. – 4:30 p.m.</p> <p>Hours: Monday to Friday 8:30 am - 4:30 pm</p>	<p>Website: http://manitobaadvocate.ca</p> <p>Email: info@manitobaadvocate.ca</p> <p>Phone: (204) 988-7440</p>	Youth up to 21	Represent the rights, interests and viewpoints of children, youth, and young adults throughout Manitoba who are receiving, or should be receiving services from: child and family, adoption, mental health, addiction, education, disability, justice, and victim support (incl. for young people who are witnesses in criminal proceedings and any young person impacted by domestic violence or sexual exploitation).
<p>Youth Services AFM</p> <p>Location: 200 Osborne St N</p> <p>Hours: Call for information.</p>	<p>Website: https://afm.mb.ca/programs-and-services/for-youth/</p> <p>Email: youth@afm.mb.ca</p> <p>Phone: 204-944-6235</p>	Youth ages 12-18 years	Provides individual assessment, counselling, referrals to assist adolescents in addressing concerns related to alcohol, drugs or gambling. Provides assessment and referral services to residential rehabilitation programming at AFM'S COMPASS

			program at Southport.
Mental Health Crisis	Contact Information	Requirement or Clientele	Information
<p>Crisis Response Centre</p> <p>Location: 817 Bannatyne Ave</p> <p>Hours: 24/7</p>	<p>Website:http://www.wrha.mb.ca/wave/2013/05/crisis-response-centre.php</p> <p>Email: No information available</p> <p>Phone: 204-940-1781</p>	Ages 18+	The centre offers walk-in assessment and treatment for those in mental crisis, along with referrals to other mental health services.
<p>Psychiatric Emergency Room Nurses - St. Boniface</p> <p>Location: 409 Taché Ave</p> <p>Hours: Mon-Sun 9 am - 11:45 pm</p>	<p>Website: http://www.sbgh.mb.ca/</p> <p>Email: No information available</p> <p>Phone: 204-237-2260</p>	For patients presenting to ER with mental health issues.	provides emergency psychiatric consultation and recommendations for management, disposition and treatment for child and adolescent patients seen by emergency room (ER) pediatric physicians at Children's Hospital and St. Boniface Hospital.
<p>Sexual Assault Crisis Program - Klinik Community Health</p> <p>Location: 870 Portage Avenue</p> <p>Hours: Mon - Thu 8:30 am - 8 pm * Fri 8:30 am - 5 pm * Sat 10 am - 4 pm</p>	<p>Website: http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/</p> <p>Email: klinik@klinik.mb.ca</p> <p>Phone: (204) 784-4059</p>	Anyone ages 12+	The sexual assault crisis program (SACP) offers short-term counselling (up to 12 weeks) and focuses on sexual assault trauma.

<p>Youth Crisis Stabilization Services - Macdonald Youth Services Therapeutic Centre</p> <p>Location: 226 St Mary's Rd</p> <p>Hours: Mon - Sun 24 hours</p>	<p>Website: https://www.mys.ca/services/youth-crisis-services</p> <p>Email: No information available</p> <p>Phone: 204-949-4777</p>	<p>children and youth experiencing acute psychosocial distress 18 and under</p>	<p>Provides community-based crisis intervention services for youth (under 18) and their families, offers quick, accessible services to children, youth and families in crisis, examples of which include:</p> <ul style="list-style-type: none"> mental health concerns self-harm thoughts of suicide traumatic events
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24 Hour Help Lines	Contact Information	Requirement or Clientele	Information
24 Hour Suicide Crisis Line - Klinik	Website: http://klinik.mb.ca/crisis-support/ Email: No information available Phone: (204) 786-8686	Anyone	operates a 24-Hour telephone crisis line providing counselling, crisis intervention, support, information and referrals.
Alcoholics Anonymous	Website: http://www.aamanitoba.org/ Email: aambco@mts.net Phone: 204-942-0126	Anyone with a desire to stop drinking	24 Hour available hotline for support
Gambling Help Line 24 hour	Website: http://afm.mb.ca/contact/24-hour-help-lines/ Email: No information available Phone: 1-800-463-1554	Anyone	24 Hour support line for problem gambling
Health Sciences Centre Emergency - Adult	Website: http://www.hsc.mb.ca/emergency/Adult.html Email: No information available Phone: 204-787-3167	For patients 17 years or older	Emergency health care line for adults.

<p>Health Sciences Centre Emergency - Children</p>	<p>Website: http://www.hsc.mb.ca/emergencyChildrens.html</p> <p>Email: No information available</p> <p>Phone: 204-787-2306</p>	<p>For patients 16 years or younger</p>	<p>Emergency health care line for children.</p>
<p>Ikwe-Widdjiitwin Crisis Line</p>	<p>Website: ikwe.ca/</p> <p>Email: No information available</p> <p>Phone: 1-800-362-3344</p>	<p>Aboriginal women and their children</p>	<p>operates a 24-hour province-wide telephone crisis line offering counselling, information and referral, emotional support</p>
<p>Kids Help Phone 24-hour Distress Line</p>	<p>Website: https://kidshelpphone.ca/</p> <p>Email: No information available</p> <p>Phone: 1-800-668-6868.</p>	<p>Young people in Canada</p>	<p>Offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.</p>
<p>Klinic Sexual Assault Line 24 hours</p>	<p>Website: http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/</p> <p>Email: klinik@klinik.mb.ca</p> <p>Phone: (204) 786-8631</p>	<p>Anyone</p>	<p>24-hour support line for anyone needing immediate support</p>
<p>Manitoba Suicide Line</p>	<p>Website: http://reasontolive.ca/</p>	<p>Anyone</p>	<p>For anyone struggling with suicidal thoughts or feelings,</p>

	<p>Email: No information available</p> <p>Phone: 1-877-435-7170</p>		<p>concerned about a friend, family or co-worker, or are impacted by a suicide loss or suicide attempt</p>
<p>Mobile Crisis Service</p>	<p>Website: http://www.wrha.mb.ca/prog/mentalhealth/files/MCSFACTSHEET.pdf</p> <p>Email: No information available</p> <p>Phone:204-940-1781</p>	<p>Adults in Winnipeg</p>	<p>The Mobile Crisis Service assists individuals experiencing a mental health or psychosocial crisis, including persons with a co-occurring mental health/substance use disorder.</p>

Counselling & Support Services	Contact Information	Requirement or Clientele	Information
<p>Aulneau Renewal Centre</p> <p>Location: 228 Hamel Ave</p> <p>Hours: Mon - Thu 9 am - 7 pm * Fri 9 am - 5 pm</p>	<p>Website: aulneau.com</p> <p>Email: reception@aulneau.com</p> <p>Phone: (204) 987-7090</p>	<p>Anyone</p>	<p>The programs include both long and short-term individual counselling sessions for children and parents, dyad work for parents and young children, family or group counselling sessions and parenting workshops.</p> <p>The objectives of the programs are to promote personal growth and self-reliance for adults, children and families enabling them to be more functional and autonomous, develop life and social skills, and improve their parenting capacities.</p>
<p>Aurora Family Therapy Centre</p> <p>Location: 491 Portage Ave</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm * evening, Sat appointments also available</p>	<p>Website: aurorafamilytherapy.com</p> <p>Email: aurora@uwinnipeg.ca</p> <p>Phone: 204-786-9251</p>	<p>Anyone</p>	<p>Provides family, couple, individual therapy on a sliding scale</p>
<p>Centre Renaissance</p> <p>Location: 844</p>	<p>Website: renaissancecentre.ca</p>	<p>Anyone</p>	<p>As a centre offering counselling and support, providing</p>

<p>Autumnwood Drive</p> <p>Hours: Mon - Fri 8 am - 8 pm</p>	<p>Email: renais@mymts.net</p> <p>Phone: 204-256-6750</p>		<p>services in both English and French.</p>
<p>Cornerstone Counselling Services</p> <p>Location: 302-1200 Portage Ave</p> <p>Hours: Monday to Wednesday - 8am to 8pm Thursday - 8am to 5pm Friday - 8am to 3pm</p> <p>Anger management group Monday 6:30pm to 8:30pm</p>	<p>Website: http://cornerstonecounselling.ca/</p> <p>Email: epullman@cornerstonecounselling.ca</p> <p>Phone: (204) 663-0050</p>	<p>Anyone</p>	<p>Individual, group, families, and couples' therapy available. Also provides an anger management group open to all men.</p>
<p>Couples Counselling - Parents Centre New directions</p> <p>Location: 500-717 Portage Ave.</p> <p>Hours: Monday – Friday 8:30am – 4:30pm</p>	<p>Website: http://newdirections.mb.ca/counselling-assessment-support-prevention/parenting-centre/</p> <p>Email: parentingcentre@newdirections.mb.ca</p> <p>Phone: 204 786-7051</p>	<p>families who are experiencing significant difficulties in a variety of issues</p>	<p>They provide: assessment, goal setting, treatment planning, counseling, advocacy, parenting and life skills to build and strengthen family resilience.</p>
<p>Emotions Anonymous</p> <p>Location/Hours: Phone for details respecting meetings</p>	<p>Website: http://www.emotionsanonymous.org/</p> <p>Phone: 204-269-6248</p>	<p>Anyone 18+</p>	<p>Assists people to deal with stress due to emotional problems, which can include excessive anger, resentment, depression, low self-</p>

			esteem, guilt, grief, anxiety, obsessive / negative thinking, phobias, compulsive behaviour
<p>Family Conciliation Services - Manitoba families</p> <p>Location: 379 Broadway</p> <p>Hours: Mon-Fri 8:30 am - 4:30 pm</p>	<p>Website: https://www.gov.mb.ca/fs/childfam/family_conciliation.html</p> <p>Email: No information available</p> <p>Phone: 204-945-7236</p>	families going through separation or divorce	Provides brief counselling related to family breakdown, separation, divorce, custody and access issues
<p>Family Dynamics</p> <p>Location: 401-393 Portage Avenue</p> <p>Hours: Monday, Thursday and Friday 8:30 a.m. – 4:30 p.m. Tuesday and Wednesday 8:30 a.m. – 8:30 p.m.</p>	<p>Website: familydynamics.ca</p> <p>Email: info@familydynamics.ca</p> <p>Phone: 204-947-1401</p>	Available to individuals, couples, families who wish to make positive changes in their lives	Offers counselling for anxiety, depression, grief, relationship break up, sexual/physical abuse, self-esteem, anger, life resentments, divorce, witnessing a traumatic event, relationship concerns with family members(partners, children) among other issues.
<p>Fort Garry Women's Resource Centre</p> <p>Location: 104-3100 Pembina Hwy</p> <p>Hours: Monday - Friday 9AM - 12PM & 1PM - 4PM</p>	<p>Website: https://fgwrc.ca/</p> <p>Phone: 204-477-1123</p>	<p>For adult women in Winnipeg and surrounding areas.</p> <p>children who have witnessed and/or experienced any form of family violence; Ages 2-12</p>	Provides both individual counselling and group counselling for women free of charge. offers children who have witnessed and/or experienced domestic violence individual counseling

			in Art and Play Therapy
<p>Health Sciences Centre- Dept. of Clinical Health Psychology</p> <p>Location: 350-771 Bannatyne Avenue</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: http://www.hsc.mb.ca/</p> <p>Email: No information available</p> <p>Phone:204-787-7424</p>	Anyone	<p>provides a range of psychological evaluation and treatment services that facilitate diagnosis, expedite recovery, and, wherever possible, prevent the occurrence and/or worsening of illness and dysfunction.</p> <p>referral through family physician, physician specialist, or other health care provider.</p>
<p>Hope Centre health care</p> <p>Location: 240 Powers Street</p> <p>Hours: Monday, Tuesday, Thursday and Friday - 9am to 4pm Wednesday - 10am to 4pm</p>	<p>Website:http://hopecentrehealthcare.com</p> <p>Email: hopece@mymts.net</p> <p>Phone:(204)589-8354</p>	Anyone	<p>The Counselling department works with the rest of the agency's programs to provide individual, marriage or family counseling for any non-organic problem. Operating from a Christian perspective, its purpose is to help people establish healthy, loving relationships with each other and with God.</p>
<p>Immigrant Women Association of Manitoba</p> <p>Location: 424 Logan Ave</p>	<p>Website: http://www.cwhn.ca/en/node/17454</p> <p>Email: No information available</p>	Adult Immigrant women and their families	<p>IWAM helps immigrant women and their families settle and integrate into the Canadian society. IWAM has</p>

<p>Hours: Monday to Tuesday - 9 am to 2 pm Wednesday - 1pm to 6pm Thursday 10 am - 3 pm</p>	<p>Phone: 204-414-9452</p>		<p>established counselling services, addresses the concerns of immigrant women and their families.</p>
<p>Indigenous Family Centre</p> <p>Location: 470 Selkirk Avenue</p> <p>Hours: Check website for details</p>	<p>Website:www.ifcentre.com</p> <p>Email:info@IFCentre.ca</p> <p>Phone:(204) 586-8393</p>	<p>Aboriginal and North End families.</p>	<p>Offers healing circles for men, women and families</p>
<p>John Howard Society of Manitoba</p> <p>Location: 583 Ellice Ave</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm * closed 12 noon-1 pm</p>	<p>Website: johnhoward.mb.ca</p> <p>Email: office@johnhoward.mb.ca</p> <p>Phone: 204-775-1514</p>	<p>Men involved in the criminal justice system and their families.</p>	<p>Counselling for Individuals, Counselling for Families, Workshops & Seminars, Social Support, Employment Services, Advocacy, Referrals</p>
<p>Klinic Community Drop-in Counselling Program</p> <p>Location: 870 Portage Ave.</p> <p>Hours: Monday, Friday, Saturday - noon to 4PM Tuesday and Thursday - noon to 7PM</p>	<p>Website:http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/</p> <p>Email: dropin@klinik.mb.</p> <p>Phone: 204-784-4067</p>	<p>Anyone</p>	<p>Provides in-person counselling on a drop-in basis; service is limited to the number of clients that can be seen during drop-in hours. Provides a 1-time session, with possibility of short-term counselling up to 6 sessions.</p>

<p>Knowles Centre</p> <p>Location:2065 Henderson Hwy</p> <p>Hours: Flexible appointment times Monday to Friday</p>	<p>Website: knowlescentre.org/moving forward</p> <p>Email: lhershfield@knowlescentre.org</p> <p>Phone: 204-339-1951 (ext. 152)</p>	<p>Clients ages 12 - 21 referred by Manitoba CFS agencies and their families and caregivers.</p>	<p>A therapeutic counselling program for young people living in care, and their families and caregivers</p>
<p>Ma Mawi Wi Chi Itata Centre</p> <p>Location/Hours: See website for details</p>	<p>Website: mamawi.com/our-programs/spirit-of-peace</p> <p>Email: info@micec.com</p> <p>Phone:204-925-0300</p>	<p>Specific groups are available for Aboriginal women, men and children.</p>	<p>The Spirit of Peace Program provides open and closed groups that are specific to Aboriginal women, as well as men and children. The open groups are open to anyone's attendance while the closed group requires pre-registration and acceptance.</p>
<p>Men's Resource Centre</p> <p>Location: 115 Pulford St</p> <p>Hours: Monday: 12:30pm to 8:30 PM Tuesday: 9:00 AM to 4:00 PM Wednesday: 12:30 PM to 8:30 PM Thursday: 9:00 AM to 4:00 PM Friday: 9:00 AM to 4:00 PM</p>	<p>Website: mens-resource-centre.ca</p> <p>Email: reception@mens-resource-centre.ca</p> <p>Phone: 204-415-6797</p>	<p>Males age 16 years old and up</p>	<p>MRC provides various groups throughout the year on a range of topics chosen in response to the needs of the men accessing the Centre. Groups run for 6-8 weeks. Sessions are weekly and approximately 2 hours in length.</p> <p>The MSCA Counselling Program is provided to men who were sexually abused as children and want to resolve</p>

			the long-term effects of the abuse. The program offers individual therapy services consistent with the clinical model. This service is a one (1) year program.
<p>Mount Carmel Clinic</p> <p>Location: 886 Main Street</p> <p>Hours: Monday, Wednesday, Friday - 8:45am to 5pm</p> <p>Tuesday, Thursday - 8:45am to 8pm</p>	<p>Website: mountcarmel.ca</p> <p>Email: info@mountcarmel.ca</p> <p>Phone:(204)582.2311</p>	Anyone	Provides individual and/or family counselling according to current practice.
<p>New Directions for Children, Youth, and Families</p> <p>Location: 500-717 Portage Ave.</p> <p>Hours: Monday – Friday 8:30am – 4:30pm</p>	<p>Website: http://http://newdirections.mb.ca/counselling-assessment-support-prevention/</p> <p>Email: family.therapy@newdirections.mb.ca</p> <p>Phone: (204) 786-7051 ext. 5269</p>	Anyone	Offers Family Therapy, providing therapy to families experiencing stressful or difficult situations with their children; families whose children have been taken into care
<p>North End Women’s Centre</p> <p>Location:394 Selkirk Ave</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: http://www.newcentre.org/programs/counselling/</p> <p>Email:info@newcentre.org</p> <p>Phone: 204-589-7347</p>	Women and their families	Individual counselling is offered for up to one year. Individual counselling encourages women to set their own goals and provides support during the process of achieving those

			goals. Has drop in crisis counsellor during daytime hours.
<p>Recovery of Hope</p> <p>Location: 900 Harrow St E</p> <p>Hours: Call for available appointments</p>	<p>Website: https://edenhealthcare.ca/roh/</p> <p>Email: No information available</p> <p>Phone: (204)477-4673</p>	Anyone	<p>Recovery of hope is a counselling centre for individuals, couples, and families.</p> <p>Offers marriage counselling, counselling for couples, family relationship issues, parenting, depression, abuse/abuse recovery, addictions, low self-esteem, stress management, confusing/strong feelings, adjusting to a new stage of life, work difficulties, personal growth, spiritual issues</p>
<p>The Couples Counselling Project - Selkirk</p> <p>Location: 485 Selkirk Ave.</p> <p>Hours: No information available</p>	<p>Website: http://umanitoba.ca/faculties/social_work/research/667.html</p> <p>Email: couples@umanitoba.ca</p> <p>Phone: (204) 474-6711</p>	Couples who have experienced abuse but want to work towards an abuse-free relationship	<p>The Couples Counselling Project is service/training/research program designed to help couples that have experienced abuse/violence in the past and want to work towards an abuse free-relationship.</p>
<p>Wahbung</p> <p>Location: 225</p>	<p>Website: http://wahbung.org/</p>	Women and their children.	Offers women's counselling, youth counselling, and

<p>Dufferin ave</p> <p>Hours: Monday to Thursday - 8:30 am to 8 pm Friday 8:30 am - 5 pm</p>	<p>Email: See site for details</p> <p>Phone: (204) 925-4610</p>		<p>children's counselling.</p>
<p>Western Manitoba Women's Regional Resource Centre</p> <p>Location: 729 Princess Ave Brandon MB</p> <p>Hours: Monday to Wednesday 10 am - 4:30 * Friday 10 am - 3 pm</p>	<p>Website: thewomenscentrebrandon.com</p> <p>Email: reception@thewomenscentrebrandon.com</p> <p>Phone: 204-726-8632</p>	<p>Clientele</p>	<p>Information</p>

<p>Services for Victims of Abuse & Sexual Assault</p>	<p>Contact Information</p>	<p>Requirement or Clientele</p>	<p>Information</p>
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<p>Klinik Community Drop-in Counselling Program - Sexual Assault Counselling</p> <p>Location: 870 Portage Ave.</p> <p>Hours: Monday, Friday, Saturday - noon to 4PM Tuesday and Thursday - noon to 7PM</p>	<p>Website:http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/</p> <p>Email: dropin@klinik.mb.</p> <p>Phone: 204-784-4067</p>	<p>Anyone</p>	<p>Provides in-person counselling on a drop-in basis; service is limited to the number of clients that can be seen during drop-in hours. Provides a 1-time session, with possibility of short-term counselling up to 6 sessions.</p>
<p>Laurel Centre</p> <p>Location: 104 Roslyn Road</p> <p>Hours: Monday to Friday - 9 am to 4:30 pm</p>	<p>Website: https://www.thelaurelcentre.com</p> <p>Email: info@thelaurelcentre.com</p> <p>Phone: 204.783.5460</p>	<p>Women who have experienced childhood or adolescent sexual abuse;</p>	<p>The Laurel Centre provides individual and group counselling to women who have experienced childhood and / or adolescent sexual abuse.</p>

Family or Domestic Violence Supports	Contact Information	Requirement or Clientele	Information
<p>A Woman's Place - Nor' West Co-op Community health</p> <p>Location: 323 Portage Ave</p> <p>Hours: Monday to Friday 9 a.m. – 5 p.m.</p>	<p>Website: https://norwestcoop.ca/program_service/a-womans-place/</p> <p>Email: No information available</p> <p>Phone: 204-940-6624</p>	<p>women who have been abused by their intimate partner, who have exited or are exiting an abusive relationship</p>	<p>Provides free services, offers practical support for women which may include advocacy, and provides legal advice / information, legal representation, Legal Aid applications, assistance preparing legal documents.</p>
<p>Evolve - Klinik</p> <p>Location: 870 Portage Ave</p> <p>Hours: Monday - Friday - 9am to 5pm</p>	<p>Website: http://klinik.mb.ca/in-person-counselling/evolve-family-violence-counselling/</p> <p>Email: No information available</p> <p>Phone: 204-784-4059</p>	<p>Women who have experienced physical, sexual, emotional, financial or verbal abuse in an intimate relationship.</p>	<p>Offers group counselling for women who have been abused by their partners, men who have been violent in their relationship or in past relationships, and children who have witnessed family violence.</p>
<p>Ikwe-Widdjiitwin Children's Program</p> <p>Location/Hours: No information available</p>	<p>Website: http://www.ikwe.ca/</p> <p>Email: No information available</p> <p>Phone: 204-987-2780</p>	<p>children who have been affected by domestic violence</p>	<p>Offers individual and group counselling, encourages children to express their feelings in safe and secure environment.</p>
<p>Ikwe-Widdjiitwin Residential Program</p> <p>Location/Hours: No information available</p>	<p>Website: http://www.ikwe.ca/</p> <p>Phone: 204-987-2780</p>	<p>women and children fleeing an abusive intimate partner relationship</p>	<p>30-day shelter program for women and children fleeing an abusive intimate partner relationship,</p>

			provides individual and group counseling, and Assistance with accessing affordable housing, medical and legal services.
<p>Klinik Community Drop-in Counselling Program - Domestic Abuse Counselling</p> <p>Location: 870 Portage Ave.</p> <p>Hours: Monday, Friday, Saturday - noon to 4PM Tuesday and Thursday - noon to 7PM</p>	<p>Website:http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/</p> <p>Email: dropin@klinik.mb.</p> <p>Phone: 204-784-4067</p>	Anyone	<p>Provides in-person counselling on a drop-in basis; service is limited to the number of clients that can be seen during drop-in hours. Provides a 1-time session, with possibility of short-term counselling up to 6 sessions.</p>

Child Abuse & CFS Services	Contact Information	Requirement or Clientele	Information
<p>ANCR - Abuse Investigation Program</p> <p>Location: 835 Portage Avenue,</p> <p>Hours: 24/7</p>	<p>Website: ancr.ca</p> <p>Email: No information available</p> <p>Phone: 204-944-4200</p>	<p>Anyone</p>	<p>Allegations of child abuse are investigated and assessed within this program on new referrals and on behalf of Child and Family Service agencies in the Winnipeg region. This centralized function is designed to provide a consistent approach to all abuse investigations. Specially trained investigators provide efficient investigations at the highest standard of practice possible. The Abuse Investigation Program coordinates the Abuse Committees for the four Child and Family Services Authorities, which monitor all abuse investigations.</p>
<p>The Manitoba Advocate for Children and Youth (MACY)</p> <p>Location: Location: 346 Portage Ave</p> <p>Hours: Monday to Friday from 8:30 a.m. – 4:30 p.m.</p>	<p>Website: http://manitobaadvocate.ca</p> <p>Email: info@manitobaadvocate.ca</p> <p>Phone: (204) 988-7440</p>	<p>Youth up to 21</p>	<p>Represent the rights, interests and viewpoints of children, youth, and young adults throughout Manitoba who are receiving, or should be receiving services from: child and family, adoption, mental health,</p>

			addiction, education, disability, justice, and victim support (incl. for young people who are witnesses in criminal proceedings and any young person impacted by domestic violence or sexual exploitation).
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CFS Support	Contact Information	Requirement or Clientele	Information
<p>After Hours Program - ANCR</p> <p>Location: 835 Portage Avenue,</p> <p>Hours: 24/7</p>	<p>Website: ancr.ca</p> <p>Email: No information available</p> <p>Phone: 204-944-4200</p>	<p>Anyone</p>	<p>The ANCR After Hours Program responds to all child welfare emergencies outside of normal business hours, weeknights, weekends and holidays. All calls are assessed to determine if services are required. Emergencies receive appropriate service response. Further investigation, assessment and response are referred to day time programs for follow up.</p>
<p>Brandon Access/Exchange Program</p> <p>Location: 144-12th street Brandon MB</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: http://brandonfriendshipcentre.com/brandon-access-exchange-service.php</p> <p>Email: bfcaccess@mymts.net</p> <p>Phone: (204) 729-8115</p>	<p>families who have experienced family violence, and/or are in a high conflict situation</p>	<p>Provides supervised access services to families where there has been a history of domestic violence, and/or where there exists a high level of conflict, and ensures the safety, well-being of children by providing a secure, comfortable environment in which visits and exchanges can occur.</p>
<p>Early Intervention Program - ANCR</p> <p>Location: 835</p>	<p>Website: ancr.ca</p> <p>Email: No information available</p>	<p>Anyone</p>	<p>The Early Intervention Program's (EIP) services represent a</p>

<p>Portage Avenue, Hours: 24/7</p>	<p>Phone: 204-944-4200</p>		<p>fundamental change in how child and family services are delivered. The emphasis is on prevention and early intervention to support families to care for their children at home. Early intervention and prevention services assist families with staying together while ensuring that children are safe and protected.</p>
<p>Intake Assessment Program - ANCR Location: 835 Portage Avenue, Hours: 24/7</p>	<p>Website: ancr.ca Email: No information available Phone: 204-944-4200</p>	<p>Anyone</p>	<p>The Intake Assessment Program provides broad assessment and planning services for children and families. They determine appropriate services under the CFS Act and assess whether children need protection. The goal of the program is to intervene as necessary, respond to any emergencies, stabilize the presenting crisis and refer children and families to appropriate internal and external services and supports.</p>
<p>Intake Screening</p>	<p>Website: ancr.ca</p>	<p>Anyone</p>	<p>The Intake Screening</p>

<p>Program - ANCR</p> <p>Location: 835 Portage Avenue,</p> <p>Hours: 24/7</p>	<p>Email: No information available</p> <p>Phone: 204-944-4200</p>		<p>Program receives and assesses calls for service. The staff team is available to speak with people regarding issues related to a child's safety and to hear any concerns they may have or any requests for support.</p>
<p>Métis Child and Family Services</p> <p>Location: 2000 Portage Avenue</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: http://metiscfs.mb.ca</p> <p>Email: info@metiscfs.mb.ca</p> <p>Phone: 204-927-6960</p>	<p>Métis, Inuit Individuals</p>	<p>Ensures children and families are served with dignity, respect, and understanding throughout the delivery of Métis community-based family services and support programs.</p>
<p>Winnipeg's Children's Access Agency</p> <p>Location: 385 River Avenue</p> <p>Hours: Monday to Friday 9:00 am to 5:00 pm By Appointment Only</p>	<p>Website: http://www.wcaa.ca/</p> <p>Email: No information available</p> <p>Phone: 204-284-4170</p>	<p>families that have experienced some level of conflict</p>	<p>WCAA is a non-profit, charitable organization whose mission is to facilitate contact between children and their family members in a safe, neutral and child-focused environment.</p>

Addictions Services	Contact Information	Requirement or Clientele	Information
<p>AA Meetings - Manitoba Central Office</p> <p>Location: 1856 Portage Avenue</p> <p>Hours: Monday to Friday: 11:30 - 5:00 2nd Sat: 12:00 - 3:00</p>	<p>Website: http://www.aamanitoba.org/</p> <p>Email: aambco@mts.net</p> <p>Phone: 204-942-0126 (Rural Manitoba): 1- 877-942-0126 (Brandon): 204-571-3684</p>	<p>Anyone with a desire to stop drinking</p>	<p>A group of people who share their experience with each other to solve their common problem and help others to recover from alcoholism</p>
<p>Addictions Foundation of Manitoba</p> <p>Location: 1031 Portage Avenue</p> <p>Hours: Monday to Friday 8:30 am - 4:30 pm</p>	<p>Website: https://afm.mb.ca/</p> <p>Phone: (204) 944-6200</p>	<p>Wide range of people with multiple programs and services</p>	<p>Offers addictions services and supports</p>
<p>Addictions Recovery Inc</p> <p>Location: 93 Cathedral Avenue</p> <p>Hours: No information available</p>	<p>Website:http://www.addictionsrecovery.ca/</p> <p>Email: info@addictionsrecovery.ca</p> <p>Phone: Office: (204) 586- 2550 Cell: (204) 299-9553</p>	<p>Men in early stages of recovery post primary treatment</p>	<p>Provides a second stage recovery facility to assist in successful long-term return to their communities</p>
<p>Addictions Support - RAY</p> <p>Location:</p>	<p>Website: http://rayinc.ca</p> <p>Email:</p>	<p>Youth up to the age of 29</p>	<p>RAY offers services related to youth's mental, emotional, and physical health</p>

<p>Hours: (Mental health drop-in) Monday to Friday 1:00pm - 3:00pm</p> <p>(Health clinic drop-in) Tuesday and Wednesday 1pm - 4pm</p>	<p>info@rayinc.ca</p> <p>Phone: 204-783-5617</p>		<p>by providing low-barrier access to a Community Mental Health Worker, an Addictions Support Worker and a Nurse Practitioner.</p>
<p>Anchorage Addictions Program</p> <p>Location: 180 Henry st 2nd floor</p> <p>Hours: Mondays 9 am - 12 pm</p>	<p>Website: https://www.wpgboothcentre.ca/Anchorage%20Brochure%20012.pdf</p> <p>Email: Info@wpgboothcentre.ca</p> <p>Phone: 204-946-9401</p>	<p>All persons over 18</p>	<p>The program is committed to providing a spectrum of services to persons affected by process and chemical addiction(s).</p> <p>Every Monday is an assessment session for prior to application</p>
<p>Behavioral Health Foundation</p> <p>Location: 35 De La Digue Ave St. Norbert, MB</p> <p>Hours: No information available</p>	<p>Website: https://www.bhf.ca/</p> <p>Email: robynee@bhf.ca</p> <p>Phone: 204-269-3430</p>	<p>Men, women and family units experiencing a variety of addiction and co-occurring mental health disorders.</p>	<p>The program is designed to provide long-term, residential programming that will equip them with the necessary vocational, intellectual and communicative skills for successful integration into society.</p> <p>A referral is required for admittance into the program.</p>
<p>Cocaine Anonymous of Manitoba Help Line</p>	<p>Website: https://camanitoba.org/</p>	<p>Anyone with a desire to stop using cocaine and all other mind-</p>	<p>Has closed and open meetings, closed are for members of CA,</p>

Location/Hours: See website for details	Email/Phone: See website for details	altering substances.	open meetings anyone can attend.
<p>Esther House</p> <p>Location: No information available</p> <p>Hours: Monday to Friday 8 am - 3 pm</p>	<p>Website: http://www.estherhousewinnipeg.ca/</p> <p>Email: estherhs@mymts.net</p> <p>Phone: (204) 582-4043</p>	Woman who have completed primary treatment for addictions	Esther House provides a safe and supportive living environment for women in second-stage recovery from addiction
<p>Families Anonymous</p> <p>Location/Hours: See website for details</p>	<p>Website: https://www.familiesanonymous.org/</p> <p>Email/Phone: See website for details</p>	The parent, spouse, brother, sister or other emotionally involved relative or friend	Meetings are held at various times and locations throughout Winnipeg
<p>Laurel Centre</p> <p>Location: 104 Roslyn Road</p> <p>Hours: Monday to Friday - 9 am to 4:30 pm</p>	<p>Website: https://www.thelaurelcentre.com</p> <p>Email: info@thelaurelcentre.com</p> <p>Phone: 204.783.5460</p>	Any woman who is experiencing the traumatic effects of childhood sexual abuse.	Provides counselling to help understand and deal with feelings related to the abuse and coping behaviour (such as addiction)
<p>Main St Project</p> <p>Location: (Office) 661 Main Street (emergency shelter) 75 Martha St</p> <p>Hours: Emergency shelter is open 24 hours</p>	<p>Website:www.mainstreetproject.ca</p> <p>Email: admin@mainstreetproject.ca</p> <p>Phone:204-982-8229</p>	Has a number of programs to help men, women, and families.	Has programs such as case management services, emergency shelter open 24/7, Men's and women's detoxification & stabilization, transitional housing, Food bank & essentials market, and a nightly van outreach program.

661 main food bank & Essentials market every Thursday morning			
<p>Native Addictions Council of Manitoba</p> <p>Location:160 Salter Street</p> <p>Hours: Monday to Friday - 8:30 am to 4:30 pm</p>	<p>Website:http://www.nacm.ca</p> <p>Email: info@nacm.ca</p> <p>Phone:204-586-8395</p>	First nations adults and youths	Provides counselling, information and referral for First Nations people on issues related to alcohol and drug abuse, gambling and other addictions. Conducts group counselling programs and outpatient services, along with residential and non-residential treatment and traditional holistic healing service.
<p>Pritchard House - Native Addictions Council</p> <p>Location:160 Salter Street</p> <p>Hours: Monday to Friday - 8:30 am to 4:30 pm</p>	<p>Website:http://www.nacm.ca/DOCS/PH%20Brochure.pdf</p> <p>Email: info@nacm.ca</p> <p>Phone:204-586-8395</p>	First nations adults	Requires a referral which is conducted through the intake office
<p>Tamarack Recovery Centre</p> <p>Location: 60 Balmoral Street</p> <p>Hours: (Intake) Monday to Friday 8 am - 4 pm</p>	<p>Website:</p> <p>Email:info@tamarackrecovery.org</p> <p>Phone:204-772-9836</p>	Individuals who wish to recover from addictions	A co-ed small group treatment centre with weekly individual counselling, daily life skills workshops / group therapy, and no cost aftercare support.

Harm Reduction	Contact Information	Requirement or Clientele	Information
<p>Street Connections - Winnipeg Regional Health Authority</p> <p>Location: 496 Hargrave St.</p> <p>Hours: Services run at various times.</p>	<p>Website: http://www.streetconnections.ca</p> <p>Email: outreach@wrha.mb.ca</p> <p>General Phone: 204-981-0742</p>	<p>Focus is on street involved people or people who are using drugs.</p>	<p>Help or advocacy with issues. Counselling and referrals.</p> <p>Nursing services: STI testing, vaccines, pregnancy testing minor wound care, and referrals.</p> <p>Safer drug use supplies and safer sex supplies.</p>

Palliative Care & Hospice	Contact Information	Requirement or Clientele	Information
<p>Grace Hospital</p> <p>Location: 260 Booth Dr</p> <p>Hours:24/7</p>	<p>Website:http://www.gracehospital.ca/hospice.html</p> <p>Email: No information available</p> <p>Phone:204-837-0375</p>	<p>Patients with life-limiting illnesses who have been registered with the Winnipeg Regional Health Authority Palliative Care Program</p>	<p>The Grace Hospice is a free-standing palliative care facility on the grounds of Grace Hospital. It provides an environment where people living with progressing illness can live in an atmosphere of peace and comfort.</p>
<p>Jocelyn House</p> <p>Location:177 Egerton Road</p> <p>Hours: 24/7</p>	<p>Website:https://www.jocelynhouse.ca/</p> <p>Email:inquiries@jocelynhouse.ca</p> <p>Phone: 204-255-1781</p>	<p>Persons with an advanced, life-limiting illness; registered with WRHA Palliative Care Program</p>	<p>provides nursing 24 hours a day / 7 days a week, with an RN on-site weekday mornings and a Physician attends once a week for resident assessment. Offers services including nursing care, on-site food preparation, laundry, telephone (except long distance charges), cablevision Requires that Residents arrange for their own companion, if needed, and pay for any transportation costs incurred for appointments and/or hospital visits</p>
<p>Palliative Care Program WRHA</p>	<p>Website: http://www.wrha.mb.ca/prog/palliative/</p>	<p>a patient is eligible to be registered on the PC program if he/she:</p>	<p>The Regional Palliative Care Program is based on</p>

<p>Location: 650 Main St</p> <p>Hours: Call for details</p>	<p>Email: No information available</p> <p>Phone:204-237-2400</p>	<p>Has an illness that is likely to take his/her life in the next six months</p> <p>Is referred by a physician or nurse practitioner</p> <p>Is no longer receiving aggressive disease-focused treatment</p>	<p>the belief that quality end-of life care can be provided in a variety of settings. Specialized palliative care units and hospice settings exist for patients whose needs cannot be met at home or in hospital.</p>
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Dental Services	Contact Information	Requirement or Clientele	Information
<p>Dental Services - Siloam Mission</p> <p>Location: 300 Princess Street</p> <p>Hours: Varies weekly; call for details</p>	<p>Website: http://www.siloam.ca/</p> <p>Email: info@siloam.ca</p> <p>Phone: (204)956-4344</p>	<p>individuals using Siloam Mission's Services.</p>	<p>provides dentistry services to individuals using Siloam Mission's Services. Care is offered free of charge.</p>
<p>Dental Services - Mount Carmel Clinic</p> <p>Location: 886 Main Street</p> <p>Hours: Monday, Wednesday, Friday - 8:45am to 5pm</p> <p>Tuesday, Thursday - 8:45am to 8pm</p>	<p>Website:mountcarmel.ca</p> <p>Email: info@mountcarmel.ca</p> <p>Phone:(204)582.2311</p>	<p>Residents of Winnipeg with limited income, including adults, children, infants and toddlers</p>	<p>A team of dentists, dental therapists and dental hygienists provide the following: General dentistry, Diagnostic services, Preventive care, Fillings, and Extractions. You pay a set fee for each dental appointment. You will not be refused service based on your inability to pay.</p>
<p>SMILE</p> <p>650 Main St</p> <p>Hours: Monday to Friday - 8am to 4pm * main office is closed on holidays</p>	<p>Website: wrha.mb.ca</p> <p>Email:</p> <p>Phone: (204)926-7000</p>	<p>Children enrolled in several elementary schools in the Winnipeg Health Region.</p>	<p>The SMILE plus Children's Oral Health program's main goal is to achieve an optimal level of oral health and wellbeing for the children in the Winnipeg Health Region.</p>

Foot Care	Contact Information	Requirement or Clientele	Information
<p>Aboriginal Health and Wellness Centre of Winnipeg</p> <p>Location: 215-181 Higgins Avenue</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website:http://ahwc.ca</p> <p>Email:reception@ahwc.ca</p> <p>Phone: 204-925-3700</p>	Aboriginal community	The primary care clinic at Aboriginal Health and Wellness Centre offers screening, diagnosis, medical management and education to help patients manage diabetes and other health conditions. Foot Care Nursing Services are also available for patients of the clinic.
<p>Access NorWest</p> <p>Location: 785 Keewatin Street</p> <p>Hours: Monday to Friday - 9am to 5pm</p>	<p>Website: https://norwestcoop.ca</p> <p>Email: No information available</p> <p>Phone: (204)938-5900</p>	open to Winnipeg residents who can no longer care for their own feet and do not have extended benefits coverage.	is a primary care clinic that provides family medical care, provides treatment of minor emergencies, and provides foot care services.
<p>Hope Centre Health Care</p> <p>Location: 240 Powers Street</p> <p>Hours: Monday, Tuesday, Thursday and Friday - 9am to 4pm Wednesday - 10am to 4pm Closed during lunch hour 12:00-1:00 p.m.</p>	<p>Website:http://hopecentrehealthcare.com</p> <p>Email: hopece@mymts.net</p> <p>Phone:(204)589-8354</p>	Anyone	Offers primary care (Family Doctors), diabetes education, foot care, individual/family counselling, and outreach

<p>Mount Carmel Clinic</p> <p>Location: 886 Main Street</p> <p>Hours: Monday, Wednesday, Friday - 8:45am to 5pm</p> <p>Tuesday, Thursday - 8:45am to 8pm</p>	<p>Website: mountcarmel.ca</p> <p>Email: info@mountcarmel.ca</p> <p>Phone: (204)582-2311</p>	<p>Anyone</p>	<p>Designed to help those who are unable to do their own foot care because of health conditions such as diabetes, arthritis, poor eyesight and who do not have coverage elsewhere.</p>
<p>Northern Connections Medical Centre</p> <p>Location: 425 Elgin Ave</p> <p>Hours: Call for details</p>	<p>Website: http://www.wrha.mb.ca/healthinfo/az/diabetes/directory-northern-connections-medical-centre.php</p> <p>Email: No information available</p> <p>Phone: (204) 940-8777</p>	<p>Individuals temporarily in Winnipeg from specific northern communities are eligible to become patients of the clinic.</p>	<p>Northern Connection Medical Centre is a primary care clinic that offers screening, diagnosis, medical management and education to help patients manage diabetes and other health conditions. Foot care services are also provided.</p>
<p>Wellness Institute</p> <p>Location: 1075 Leila Ave</p> <p>Hours: Monday – Thursday 5:00am – 11:00pm Friday 5:00am – 9:00pm Saturday & Sunday 7:00am – 7:00pm</p>	<p>Website: wellnessinstitute.ca</p> <p>Email: info@wellnessinstitute.ca</p> <p>Phone: 204-632-3910</p>	<p>Anyone</p>	<p>The Wellness Institute is a leader in chronic disease prevention and management. A foot care nurse can help improve overall foot health by treating corns, calluses and toenails, assess circulation, sensation and mobility issues and assess risk for diabetic ulcers.</p>
<p>Youville Diabetes Centre</p>	<p>Website: https://www.youville.ca/diabetes-</p>	<p>People with diabetes and their family.</p>	<p>provides various clinical services for people with diabetes</p>

<p>Location: 33 Marion Street</p> <p>Hours: Monday and Friday: 9am - 5pm; Tuesday - Thursday 9am -9pm</p>	<p>centre/home</p> <p>Email: admin@youville.ca</p> <p>Phone: 204-233-0262</p>		<p>and their families. Individual appointments are available with a Certified Foot Care Nurse.</p>
<p>Youville Centre</p> <p>Location:6- 845 Dakota Street</p> <p>Hours: Monday to Thursday- 9am to 9pm Friday - 9am to 5pm</p>	<p>Website: youville.ca</p> <p>Email: admin@youville.ca</p> <p>Phone: (204)255-4840</p>	<p>Anyone</p>	<p>staff is made up of a team of fully qualified health care professionals including dietitians, community health nurses, a counsellor, physician, community development worker, certified health educators, support staff, and an outreach worker. Individual appointments are available with a Certified Foot Care Nurse.</p>

STI & HIV/AIDS Resources	Contact Information	Requirement or Clientele	Information
<p>Aboriginal Health and Wellness Centre of Winnipeg</p> <p>Location: 215-181 Higgins Avenue</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website:ahwc.ca</p> <p>Email:reception@ahwc.ca</p> <p>Phone: 204-925-3700</p>	<p>Aboriginal community</p>	<p>Provides primary health services through health and wellness programs that blend traditional and contemporary practices. Provides STI & HIV/AIDS testing and resources.</p>
<p>Canadian AIDS Society</p> <p>Location: 170 Laurier Ave Ottawa, ON</p> <p>Hours: Mon - Fri 9 am - 5 pm</p>	<p>Website: cdnaids.ca</p> <p>Email: casinfo@cdnaids.ca</p> <p>Phone: 1.800.499.1986</p>	<p>Anyone</p>	<p>Promotes education and awareness; mobilizes communities, advocates at the federal public policy level and provides information and resources.</p>
<p>Canadian Indian AIDS Information Line</p> <p>Location:</p> <p>Hours:</p>	<p>Website:</p> <p>Email:</p> <p>Phone:</p>	<p>Clientele</p>	<p>Information</p>
<p>Mount Carmel Clinic - HIV/AIDS Testing</p> <p>Location: 886 Main Street</p> <p>Hours: Monday, Wednesday, Friday - 8:45am to 5pm</p>	<p>Website: mountcarmel.ca</p> <p>Email: info@mountcarmel.ca</p> <p>Phone:(204)582.2311</p>	<p>Anyone</p>	<p>Provides STI & HIV/AIDS testing and resources/</p> <p>Provides primary health care services to the community. For new refugee and immigrants and</p>

<p>Tuesday, Thursday - 8:45am to 8pm</p>			<p>reproductive health issues clients are accepted from all areas of the city.</p>
<p>Nine Circles Community Health Centre HIV/AIDS Testing</p> <p>Location:705 Broadway</p> <p>Hours: Wednesday (Drop-in) -12:00 pm to 7:00 pm Monday to Friday (appointment) 9:00 am to 5:00 pm</p>	<p>Website:ninecircles.ca</p> <p>Email: ninecircles@ninecircles.ca</p> <p>Phone: (204) 940-6000</p>	<p>Anyone</p>	<p>Registration opens at 12pm, testing is offered on a first come, first serve basis.</p>
<p>SERC</p> <p>Location:200-226 Osborne St. North</p> <p>Hours: Mon - Fri 9 am - 4 pm</p>	<p>Website: http://serc.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204) 982-7800</p>	<p>Has a variety of workshops and information available to help a variety of clients.</p>	<p>A community-based, non-profit, pro-choice organization dedicated to promoting sexual health through education.</p>
<p>Street Connections (WRHA)</p> <p>Location:496 Hargrave St.</p> <p>Hours: Monday to Friday 8:30am to 4:30pm</p>	<p>Website:streetconnections.ca</p> <p>Email:outreach@wrha.mb.ca.</p> <p>Phone: 204-981-0742.</p>	<p>Anyone</p>	<p>Provides help or advocacy with issues such as housing, addictions, food, legal, etc. Counselling and referrals. Also provides nursing services such as testing for chlamydia, gonorrhea, syphilis, hepatitis, and HIV; and treatment for</p>

			chlamydia, gonorrhoea, and syphilis.
<p>The 595 prevention Team</p> <p>Location: 705 Broadway</p> <p>Hours: Call for details</p>	<p>Website: https://mhrn.ca/</p> <p>Email: info@mhrn.ca</p> <p>Phone: 204-783-6184</p>	Anyone	Addresses the determinants of health, and preventing the transmission of Sexually Transmitted Infections (STI) and blood borne infections (HIV/AIDS and Hepatitis C) in Manitoba

Pregnancy & Prenatal Care	Contact Information	Requirement or Clientele	Information
<p>Alliance for Life</p> <p>Location:</p> <p>Hours:</p>	<p>Website:</p> <p>Email:</p> <p>Phone:</p>	<p>Clientele</p>	<p>Information</p>
<p>Crisis Pregnancy Centre of Winnipeg</p> <p>Location: 650 Broadway Avenue West</p> <p>Hours: Call for information</p>	<p>Website: pregnancy.ca</p> <p>Email: info@pregnancy.ca</p> <p>Phone: 204-772-1923</p>	<p>Anyone</p>	<p>Provides emotional, practical support for pregnant women and those with young children and ensures support to women as they face the decisions that surround an unplanned pregnancy.</p>
<p>Healthy Baby - ECRC</p> <p>Location: 1011 Munroe Ave</p> <p>Hours: Thursday 1:15 pm – 3:15 pm</p>	<p>Website: elmwoodcrc.ca/healthy-baby/</p> <p>Email: hb@elmwoodcrc.ca</p> <p>Phone: (204) 982-1720</p>	<p>Expecting parents, or parents with a child less than a year old.</p>	<p>Offers an opportunity to meet other parents, expectant mothers may receive milk coupons, and parents have the opportunity to meet with the public health nurse and nutritionist.</p>
<p>Healthy Start for Mom and Me</p> <p>Location: 400 Edmonton St</p> <p>Hours: (Office) Mon-Thu 8:45 am - 4:30 pm Fri 8:45 am - 3:30 pm</p>	<p>Website: hsmm.ca</p> <p>Email: No information available</p> <p>Phone: 204-949-5350</p>	<p>expectant and new families of babies up to 1 year of age</p>	<p>Is a program offering support for people who are pregnant, and parents with babies up to 1 year of age, gives milk and egg coupons for pregnant women, and those with babies up to 6 months of age, has separate pre and post-natal groups.</p>

			Also Offers home visits as needed and has Public Health Nurses, Dietitians, and Healthy Start Outreach Staff
<p>HSC Women's Hospital</p> <p>Location: 820 Sherbrook St</p> <p>Hours: 24/7</p>	<p>Website: hsc.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204)787-3661</p>	Anyone	Provides resources and information pertaining to obstetricians, Family Physicians and Midwives.
<p>Mount Carmel Clinic</p> <p>Location: 886 Main Street</p> <p>Hours: Monday, Wednesday, Friday - 8:45am to 5pm</p> <p>Tuesday, Thursday - 8:45am to 8pm</p>	<p>Website: mountcarmel.ca</p> <p>Email: info@mountcarmel.ca</p> <p>Phone:(204)582-2311</p>	Any North End or Point Douglas resident who is pregnant	Offers services such as Pregnancy testing Intake visits with a perinatal nurse Regular visits with the family physician and perinatal nurse (our physicians don't deliver babies, so we will refer you to an obstetrician for delivery) Routine tests to ensure you and your baby are healthy, and more.

Pregnancy and Family Support Services	Contact Information	Requirement or Clientele	Information
<p>Pregnancy Lifeline Services Grace Haven Pregnancy Crisis Centre Crisis Line (Brandon) 727-2273</p> <p>Location:</p> <p>Hours:</p>	<p>Website:</p> <p>Email:</p> <p>Phone:</p>	<p>Clientele</p>	<p>Information</p>
<p>Serena Manitoba-Natural family planning</p> <p>Location: 691 Wolseley Ave</p> <p>Hours: Call for information</p>	<p>Website: serenamb.com</p> <p>Email: mbserena@gmail.com</p> <p>Phone: 204-783-0091</p>	<p>Couples and individuals.</p>	<p>Offers fertility awareness information and natural family planning instruction to couples and individuals.</p>
<p>Sexuality Education Resource Centre (SERC)</p> <p>Location: 200-226 Osborne St. North</p> <p>Hours: Mon - Fri 9 am - 4 pm</p>	<p>Website: http://serc.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204) 982-7800</p>	<p>Has a variety of workshops and information available to help a variety of clients.</p>	<p>Provides information on family planning options, including abortion, adoption, and parenting resources.</p>
<p>Villa Rosa</p> <p>Location: 784 Wolseley Ave</p>	<p>Website: villarosa.mb.ca</p> <p>Email: intake@villarosa.mb.ca</p>	<p>Any single, pregnant woman or new mother in need.</p>	<p>Villa Rosa is a prenatal and postnatal residence in Winnipeg, MB, offering a wide</p>

<p>Hours: 24 hours, but the office is open Monday to Friday 9-5</p>	<p>ca Phone: 204.786.5741</p>		<p>variety of programs in a safe and nurturing environment.</p>
<p>Youville Healthy Baby Location: 6 - 845 Dakota Street Hours: Monday to Thursday: 9am - 9pm Friday: 9am - 5pm</p>	<p>Website:https://www.youville.ca/health-centre/healthy-baby Email: admin@youville.ca Phone:(204) 255-4840</p>	<p>Anyone 25 years and under;</p>	<p>provides free Prenatal classes and parenting support for young expectant parent under 25 years of age</p>

Postnatal Resources	Contact Information	Requirement or Clientele	Information
<p>Healthy Baby - ECRC</p> <p>Location: 1011 Munroe Ave</p> <p>Hours: Thursday 1:15 pm – 3:15 pm</p>	<p>Website: elmwoodcrc.ca/health y-baby/</p> <p>Email: hb@elmwoodcrc.ca</p> <p>Phone: (204) 982- 1720</p>	<p>Expecting parents, or parents with a child less than a year old.</p>	<p>Offers an opportunity to meet other parents, expectant mothers and mothers with children under 1, may receive milk coupons, and parents have the opportunity to meet with the public health nurse and nutritionist.</p>
<p>Youville Healthy Baby</p> <p>Location: 6 - 845 Dakota Street</p> <p>Hours: Monday to Thursday: 9am - 9pm Friday: 9am - 5pm</p>	<p>Website:https://www.youville.ca/health-centre/healthy-baby</p> <p>Email: admin@youville.ca</p> <p>Phone:(204) 255- 4840</p>	<p>Anyone 25 years and under;</p>	<p>provides free Prenatal classes and parenting support for young expectant parent under 25 years of age</p>
<p>Healthy Child Manitoba</p> <p>Location: 332 Bannatyne Ave</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: gov.mb.ca/healthychil d/</p> <p>Email: cdcfacility@gov.mb.c a</p> <p>Phone: 204-945-2266</p>	<p>Families with children</p>	<p>works across departments and sectors to facilitate a community development approach for the wellbeing of Manitoba's children, youth, families and communities.</p>
<p>Healthy Start for Mom and Me</p> <p>Location: 400 Edmonton St</p>	<p>Website: hsmm.ca</p> <p>Email: No information available</p>	<p>expectant and new families of babies up to 1 year of age</p>	<p>Is a program offering support for people who are pregnant, and parents with babies up to 1 year of</p>

<p>Hours: (Office) Mon-Thu 8:45 am - 4:30 pm Fri 8:45 am - 3:30 pm</p>	<p>Phone: 204-949-5350</p>		<p>age, gives milk and egg coupons for pregnant women, and those with babies up to 6 months of age, has separate pre and post-natal groups. Also Offers home visits as needed ad has Public Health Nurses, Dietitians, and Healthy Start Outreach Staff</p>
<p>Villa Rosa Location: 784 Wolseley Ave Hours: 24 hours, but the office is open Monday to Friday 9-5</p>	<p>Website: villarosa.mb.ca Email: intake@villarosa.mb.ca Phone: 204.786.5741</p>	<p>Any single, pregnant woman or new mother in need.</p>	<p>Villa Rosa is a prenatal and postnatal residence in Winnipeg, MB, offering a wide variety of programs in a safe and nurturing environment.</p>

Adoption	Contact Information	Requirement or Clientele	Information
<p>Adoption Options- private adoption information</p> <p>Location:1313 Portage Ave</p> <p>Hours: Monday – Friday 9:00 am – 4:30 pm</p>	<p>Website:http://adoptionoptions.mb.ca</p> <p>Email: No information available</p> <p>Phone:204-774-0511</p>	<p>Prospective birth parents, and adoptive parents.</p>	<p>Adoption Options is a licensed, not-for-profit agency that facilitates domestic and international adoptions, and provides information, education and counselling to birthparents, adoptive families, adoptees, professionals and the public.</p>
<p>Jewish Child and Family Services</p> <p>Location: 123 Doncaster St</p> <p>Hours: Mon, Wed, Fri 9 am - 5 pm Tue, Thu 9 am - 8 pm Fri 9 am - 3:30 pm</p>	<p>Website: jcfswinnipeg.org</p> <p>Email: jcfs@jcfswinnipeg.org</p> <p>Phone: 204- 477-7430</p>	<p>Counselling services open to anyone, but other programs are offered only to the Jewish population.</p>	<p>JCFS assists and supports individuals and families considering the choice of parenthood through adoption and offers a full range of mandated pre and post adoption services. These include infertility counselling, home studies, child placement , home birth family histories, networking with other adoption resources, and continuing education.</p>
<p>UAS Eastern European Adoptions Inc</p> <p>Location:777 Pritchard Avenue</p>	<p>Website:uaseeadoption.ca</p> <p>Email: No information available</p> <p>Phone:204-947-2953</p>	<p>Single, married, previously divorced parents; in good general health; phone for details.</p> <p>Must be 18+; some</p>	<p>Provides International adoption and facilitation services in accordance with The Adoption Act, the Province of Manitoba and the Inter-Country</p>

<p>Hours: Call for details</p>		<p>countries have minimum and maximum age restrictions</p>	<p>Adoption (Hague Convention) Act. Assists prospective adoptive parents to adopt a child from Bulgaria, Haiti, India, and Ukraine</p>
<p>Winnipeg Child and Family Services</p> <p>Location: 222 Provencher Blvd</p> <p>Hours: No information provided</p>	<p>Website: https://residents.gov.mb.ca/print,reference.html?d=details&program_id=6</p> <p>Email: cfsd@gov.mb.ca</p> <p>Phone:204- 944-4666</p>	<p>Anyone</p>	<p>Provides and strives for the health and wellbeing of all children in Winnipeg</p>

Parenting Classes	Contact Information	Requirement or Clientele	Information
<p>Nor' West Co-Op Community Health Centre</p> <p>Location: 61 Tyndall Ave</p> <p>Hours: Monday: 9 a.m. – 5 p.m. Tuesday to Thursday: 9 a.m. – 7 p.m. Friday: 9 a.m. – 5 p.m.</p>	<p>Website: https://norwestcoop.ca/program_service/healthy-baby/</p> <p>Email: lfarnworth@norwesthealth.ca</p> <p>Phone: 204-615-3117</p>	<p>Pregnant women, and mother with infants under one year</p>	<p>This free program helps pregnant women and new parents connect with other parents, babies and health care professionals.</p>
<p>Parenting Centre - New Directions</p> <p>Location: 717 Portage Ave.</p> <p>Hours: Office: Mon -Fri 9 am - 5 pm *Walk-in Appointments: Thu 10 am- 4 pm</p>	<p>Website: http://newdirections.mb.ca/counselling-assessment-support-prevention/parenting-centre/</p> <p>Email: parentingcentre@newdirections.mb.ca</p> <p>Phone: 204-786-7051</p>	<p>Parents of children 12 years and under</p>	<p>A place where families can access resources and information on parenting issues, and provides programs/services including community outreach, counselling, and family therapy.</p>
<p>Pregnancy and Family Support Services - Thrive</p> <p>Location: 5-505 Sargent Avenue</p> <p>Hours: Mon, Wed-Fri 9 am-4 pm * Tue 1 pm-4 pm</p>	<p>Website: thrivecommunitysupportcircle.com</p> <p>Email: dakotahnadeau@thrivevpg.com</p> <p>Phone: 204-772-9091</p>	<p>Parents and caregivers</p>	<p>Runs Prenatal and Baby & Me Classes and runs programs on parenting (Handle with Care), healthy lifestyles, literacy and capacity building.</p>

Young Parent Resources	Contact Information	Requirement or Clientele	Information
<p>Adolescent Parent Centre - WSD1</p> <p>Location: 136 CECIL ST</p> <p>Hours: Wed 9 am - 1:30 pm</p>	<p>Website: winnipeg.sd.ca/schools/AdolescentParentCentre</p> <p>Email: apc@wsd1.org</p> <p>Phone: 204-775-5440</p>	<p>Any teenager who is pregnant or who already has a child</p>	<p>Provides academic and parenting education plus a full-time social worker, to parenting and pregnant teens and provides academic courses at the junior and senior high school level plus classes specific to being a pregnant or parenting adolescent.</p>
<p>The Resources for Adolescent Parents (RAP) program - Gordon Bell</p> <p>Location: 717 Portage Avenue</p> <p>Hours: Call for details</p>	<p>Website: http://newdirections.mb.ca/training-education-programs/resources-for-adolescent-parents/</p> <p>Email: RAP@newdirections.mb.ca</p> <p>Phone: 204 786-7051 ext. 2200</p>	<p>Pregnant or parenting teens (under 18)</p>	<p>Resources for Adolescent Parents is a program that offers young women who are pregnant or have children the support they need to keep going to school.</p>
<p>Isobel's Place - Ma Mawi Wi Chi Itata Centre</p> <p>Location: 318 Anderson Avenue</p> <p>Hours: No information provided</p>	<p>Website: mamawi.com</p> <p>Email: info@mamawi.com</p> <p>Phone: 204-925-0349</p>	<p>Pregnant and mothers between 13-17 years of age.</p>	<p>Residential learning facility for adolescent pregnant and mothers</p>

<p>New Hope for Teen Moms - Youth for Christ</p> <p>Location: 333 King Street</p> <p>Hours: Tuesdays - 7:00pm - 8:30pm</p>	<p>Website: http://yfcwinnipeg.com/new-hope-a-support-for-teen-parents.html</p> <p>Email: info@yfcwinnipeg.ca</p> <p>Phone: (204) 669-4205 X 219</p>	<p>Teenage mothers ages 12-19 years</p>	<p>Provides the encouragement, guidance and skills young moms need to remain in school and/or secure employment and achieve a lifetime of personal success and seeks to transform the lives of teen moms by empowering them to craft a better future in a supportive, professional environment.</p>
<p>Parenting - Student Support Program - Mount Carmel Clinic</p> <p>Location: 886 Main St</p> <p>Hours: Mon-Fri 8:45 am - 5 pm</p>	<p>Website: https://www.mountcarmel.ca/</p> <p>Email: No information available</p> <p>Phone: 204.589.9422</p>	<p>Male and female parents age 13-23 who are living in Manitoba and are in school/college/university or plan to return to school/college/university</p>	<p>Counselors provide support to:</p> <ul style="list-style-type: none"> Find education/training Create a realistic plan for success in parenting and education Find affordable housing Find affordable daycare Manage money Manage personal issues such as self-esteem, grief, peer pressure and abuse Access traditional Aboriginal teachings/spirituality
<p>Young Parent Program - Marymount</p>	<p>Website: http://www.marymount.com/main/services/living-</p>	<p>young moms/moms-to-be enrolled in Independent Options</p>	<p>Provides young moms/moms-to-be with assistance, support, guidance on</p>

Location: 349 College Ave Hours: Office: Mon-Fri 8:30 am-4:30 pm	arrangements/young-parents-program/ Email: No information available Phone: 204-944-7404	Program; ages 16+	parenting and independent living
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Daycare & Child Care	Contact Information	Requirement or Clientele	Information
Child Care Information Services Location: 210 -114 Garry Street Hours: Contact for details	Website: https://www.gov.mb.ca/fs/childcare/about/index.html Email: cdcinfo@gov.mb.ca Phone:204-945-0776	Families with children 12 weeks to 12 years needing day care	Licenses and monitors standards of care in child care facilities, assists parents to access licensed child care, classifies all child care workers employed in child care centres in Manitoba.
Child Care Subsidy Program/Subsidy Information Services Location:210-114 Garry Street Hours: Monday to Friday 8:30 a.m. - 4:30 p.m.	Website: https://www.gov.mb.ca/fs/childcare/families/childcare_subsidies.html Email: cdcinfo@gov.mb.ca Phone: 204-945-0776	Families with children 12 weeks to 12 years needing day care	The Child Care Subsidy Program provides provincial support to eligible families to help with the cost of care by reducing child care fees for children from the ages of 12 weeks to 12 years.

Children's Benefits & programs	Contact Information	Requirement or Clientele	Information
<p>Child Tax Benefit - Canada Revenue Agency</p> <p>Location: 66 Stapon Rd</p> <p>Hours: No information available</p>	<p>Website: https://www.canada.ca/en/revenue-agency/services/forms-publications/publications/t4114/canada-child-benefit.html</p> <p>Email: No information available</p> <p>Phone: 1-800-387-1193</p>	<p>To qualify you must: live with the child, and the child must be under 18 years of age.</p> <p>And be the person primarily responsible for the care and upbringing of the child.</p>	<p>The Canada child benefit (CCB) is a non-taxable amount paid monthly to help eligible families with the cost of raising children under 18 years of age.</p>
<p>Manitoba Prenatal Benefit</p> <p>Location: 332 Bannatyne Ave</p> <p>Hours: Office: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: https://www.gov.mb.ca/healthychild/healthybaby/mpb.html</p> <p>Email: No information available</p> <p>Phone: 204-945-1301</p>	<p>Women who are pregnant, live in Manitoba and have a net family income of less than \$32,000 a year</p>	<p>Manitoba Prenatal Benefit provides a monthly cheque to help buy the healthy foods needed during pregnancy.</p> <p>To apply you must fill out an application.</p>
<p>Universal Child Care Benefit</p> <p>Location: Phone inquiries only</p> <p>Hours: Monday to Friday from 9:00 a.m. to 5:00 p.m.</p>	<p>Website: https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html#nt</p> <p>Email: No information available</p> <p>Phone: 1-800-387-1193</p>	<p>To receive the UCCB, you must live with the child and be responsible for their care and upbringing. You must be a resident of Canada and your spouse or common-law partner must be a Canadian citizen, permanent resident, protected person or temporary resident.</p>	<p>The Canada child benefit (CCB) is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18 years of age.</p>

Abortion	Contact Information	Requirement or Clientele	Information
<p>HSC Women's Hospital</p> <p>Location: 820 Sherbrook St</p> <p>Hours: 24/7</p>	<p>Website: hsc.mb.ca</p> <p>Email: No information available</p> <p>Phone: (204)787-3661</p>	<p>Anyone</p>	<p>Offers surgical abortions to women who live in Manitoba and surrounding areas who are up to and past 16 weeks pregnant.</p>
<p>Women's Health Clinic</p> <p>Location: 419 Graham Ave</p> <p>Hours: by appointment only</p>	<p>Website: http://womenshealthclinic.org</p> <p>Email: whc@womenshealthclinic.org</p> <p>Phone: 204-477-1887</p>	<p>Pregnant women less than 16 weeks pregnant</p>	<p>Offers surgical abortions to women who live in Manitoba and surrounding areas for women who are up to 16 weeks pregnant</p> <p>Offers referrals to other services for women over 16 weeks pregnant</p>

Universities & Colleges	Contact Information	Requirement or Clientele	Information
<p>CDI College</p> <p>Location: 280 Main St.</p> <p>Hours: No information available</p>	<p>Website: cdicollege.ca</p> <p>Email: No information available</p> <p>Phone: 1 800-889-1712</p>	<p>Anyone with high school diploma</p>	<p>Provides courses in art and design, business, dental, healthcare, legal, and technology.</p>
<p>Herzing College</p> <p>Location: 1700 Portage Ave</p> <p>Hours: No information available</p>	<p>Website:</p> <p>Email: wpg-info@herzing.ca</p> <p>Phone: 204-775-8175</p>	<p>Anyone with high school diploma</p>	<p>Herzing College offers healthcare, business, design and technology courses and career training programs.</p>
<p>Red River Community College</p> <p>Location: 2055 Notre Dame Ave.</p> <p>Hours: No information available</p>	<p>Website: rrc.ca</p> <p>Email: register@rrc.ca</p> <p>Phone: 204-632-2327</p>	<p>Anyone with high school diploma; or a person 19+ who meets mature student requirements.</p>	<p>A technical college with several sites throughout Manitoba.</p>
<p>Robertson College</p> <p>Location: 265 Notre Dame Avenue,</p> <p>Hours: No information available</p>	<p>Website: robertsoncollege.com</p> <p>Email: info@robertsoncollege.com</p> <p>Phone: (204) 943-5661</p>	<p>Anyone who meets course requirements.</p>	<p>Robertson College is a recognized private vocational institution, and offers a number of programs in Health, Business and Technology.</p>
<p>University of Manitoba</p> <p>Location: 66</p>	<p>Website: http://umanitoba.ca/</p> <p>Email: No information</p>	<p>Anyone who meets course requirements.</p>	<p>A post-secondary educational institution offering degree credit courses, non-degree</p>

<p>Chancellors Cir</p> <p>Hours: No information available</p>	<p>available</p> <p>Phone: 204-474-8880</p>		<p>certificate courses, individual programs and community services.</p>
<p>University of Winnipeg</p> <p>Location: 515 Portage Ave</p> <p>Hours: No information available</p>	<p>Website: uwinnipeg.ca</p> <p>Email: No information available</p> <p>Phone: 204-786-6666</p>	<p>Anyone who meets course requirements.</p>	<p>provides high school, post-secondary and continuing education courses with an emphasis on community outreach and partnerships aimed at supporting non-traditional students</p>
<p>Winnipeg Technical College</p> <p>Location: 130 Henlow Bay</p> <p>Hours: No information available</p>	<p>Website: http://mitt.ca/</p> <p>Email: studentservices@mitt.ca</p> <p>Phone: 204-989-6500</p>	<p>Anyone with Manitoba Grade 12 or Mature Student High School Diploma (or equivalent).</p>	<p>A technical college serving high school, post-secondary, and adult students. Domestic and international programs available.</p>

Adult Education	Contact Information	Requirement or Clientele	Information
<p>A Stepping Stone Learning Centre</p> <p>Location: 80 Salter Street</p> <p>Hours: Monday/Thursday: 9:00 a.m. - 4:00 p.m. Tuesday/Wednesday: 9:00 a.m. – 8:00 p.m.</p>	<p>Website: digitalcollection.gov.mb.ca/awweb/pdfopener?smd=1&did=11018&md=1</p> <p>Email: bmgarner@shaw.ca</p> <p>Phone:(204)586-7379</p>	<p>Anyone</p>	<p>The centre offers a variety of high school courses leading towards Mature Student Diploma.</p>
<p>Aboriginal Community Campus</p> <p>Location: 403 - 181 Higgins Avenue</p> <p>Hours: No information available</p>	<p>Website:http://www.abcentre.com/</p> <p>Email:acc@abcentre.org</p> <p>Phone:(204) 989-8860</p>	<p>Aboriginal Adults</p>	<p>The centre offers a full range of academic programming from Literacy to Senior 4 courses. It also offers technical and vocational training as well as various postsecondary programs.</p>
<p>Adult EAL Program (WSD1)</p> <p>Location: 275 Portage Avenue.</p> <p>Hours: Call for details</p>	<p>Website:https://www.winnipeg.ca/schools/WinnipegAdultEdCentre/Programs/WinnipegAdultEdCentreAdultEALProgram/Pages/Default.aspx</p> <p>Email: waec@wsd1.org</p> <p>Phone:204-953-1070.</p>	<p>Adults 18+</p>	<p>Winnipeg School Division provides programs for non-English speaking students to gain sufficient English language skills to enter the educational mainstream.</p>
<p>Adult Education Centre</p>	<p>Website: http://www.adult-education.ca/</p>	<p>Adults 18+</p>	<p>The centre offers instruction in Math and English from S1-</p>

<p>Location: 1240 Main Street</p> <p>Hours: Monday – Friday: 8:30 a.m. – 9:30 p.m.</p>	<p>Email: beth@adult-education.ca</p> <p>Phone: (204) : 953-0818</p>		<p>S4. At the S4 level, Consumer Applied and Precalculus Math courses are offered. In S4 English, both the Comprehensive and the Transactional English are offered. Elective courses include Biology, Physics, Psychology, Law, Career Exploration, Software Applications, Keyboarding and Accounting.</p>
<p>CrossRoads Learning Centre</p> <p>Location: 2211 McPhillips Street</p> <p>Hours: Monday through Thursday 8:00 a.m. to 4:00 p.m. and 6:00 p.m. to 9:00 p.m.</p> <p>Friday 8:00 a.m. to 12:00 p.m.</p>	<p>Website: https://digitalcollection.gov.mb.ca/awweb/pdfopener?smd=1&did=11018&md=1</p> <p>Email: xroadslearning@hotmail.com</p> <p>Phone: (204) 953-2030</p>	<p>students who are at least 19 years of age or older and out of the regular school system for a minimum of 6 months</p>	<p>offers a wide variety of Grade 12 high school credit courses for students needing to upgrade their existing mark or for those requiring courses as prerequisites for college and university studies</p>
<p>Faith Learning Centre</p> <p>Location: 240 Pritchard Avenue</p> <p>Hours: Mon-Fri 8:30am-11:30am, 12:15 pm-3 pm</p>	<p>Website: http://www.gospelmission.ca/</p> <p>Email: adulted@gospelmission.ca</p> <p>Phone: (204) 586-1416</p>	<p>Adults 18+</p>	<p>Faith-based adult education centre (Christian). Instruction provided in English, Science, Math, Computer, History, Art, and Bible.</p>

<p>Elmwood Community resource centre - GOAL Adult literacy and Upgrading program</p> <p>Location: 75 Brazier Street</p> <p>Hours: Monday, Tuesday, Wednesday and Thursday 6:00 - 9:00 p.m.</p>	<p>Website: http://www.elmwoodcrc.com/</p> <p>Email: izacharias@elmwoodcrc.com</p> <p>Phone: 204-982-1720 ext. 302</p>	<p>Adults 19+</p>	<p>Is an adult literacy program, offering morning, afternoon and evening classes, part-time or full-time study</p> <p>Offer assistance in: GED preparation Basic computer skills Math skills Stages curriculum</p>
<p>Horizon Learning Centre</p> <p>Location: 222 Furby Street</p> <p>Hours: Mon-Fri 9:30 am - 3:30 pm</p>	<p>Website: http://www.horizonslearning.com/</p> <p>Email: horizonssix@hotmail.com</p> <p>Phone:(204) 775-8486</p>	<p>Adults 19+ out of school for at least 1 year; proficient in English</p>	<p>The program is designed to assist learners to complete their Grade XII Mature Student Diploma. The program offers a supportive learning environment and has no course or tuition fees. They advocate for the rights of adult learners and encourage each student to access his/her learning to the greatest possible extent</p>
<p>JobWorks Employment Education Programs</p> <p>Location: 1175 Pembina Hwy.</p> <p>Hours: Contact for details</p>	<p>Website: http://www.jobworksschool.com/</p> <p>Email: ahrytsak@jobworksschool.com</p> <p>Phone: 204-453-8351</p>	<p>Adults 19+ out of school for at least 1 year; proficient in English</p>	<p>The centre offers a variety of high school academic and vocational courses leading towards a Mature Student Diploma.</p>

<p>Louis Riel Institute Adult Learning Centre</p> <p>Location: 103 – 150 Henry Ave</p> <p>Hours: Monday – Friday: 8:30 a.m. – 4:30 p.m.</p>	<p>Website: http://www.louisrielinstitute.com/</p> <p>Email: jchartrand@mmf.mb.ca</p> <p>Phone: 204-984-9480</p>	<p>Adults 19+</p>	<p>Helps adult learners obtain a Mature Students Diploma and meet employment or post-secondary requirements. Courses include culturally relevant material.</p>
<p>Neeginan College of Applied Technology</p> <p>Location: 181 Higgins Ave</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: http://cahrd.org/education-training/neeginan-college-of-applied-technology-2/</p> <p>Email: No information available</p> <p>Phone: 204-989-8860</p>	<p>Urban People of Indigenous descent - Status, Non-Status, Métis, Inuit</p>	<p>offers certified or accredited post-secondary training in partnership with labour market industries, including these programs: Carpentry/Construction Computer Numerical Control Operation Gas Tungsten Arc/Tungsten Inert Gas Welding Industrial Welding Machining</p>
<p>Neeginan Learning and Literacy Centre</p> <p>Location: 181 Higgins Ave</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: http://cahrd.org/n</p> <p>Email: No information available</p> <p>Phone: 204-989-8860</p>	<p>Aboriginal adults 18+</p>	<p>delivers small / large group instruction, one-on-one, and computer assisted learning. Offers instruction in reading, spelling, writing, numeracy, science, computers</p>
<p>Red River College Adult Learning Centre</p>	<p>Website: http://www.rrc.mb.ca/</p>	<p>Adults 18+</p>	<p>The Centre offers a variety of Senior 3 and Senior 4 courses</p>

<p>Location: 400 - 123 Main Street</p> <p>Hours: Monday to Friday 8:00 am to 4:00 pm</p>	<p>Email: abonham@rrc.mb.ca pzwolak@rrc.mb.ca</p> <p>Phone:204-945-0345</p>		<p>for the attainment of the Adult Mature Student Diploma and for graduates who are preparing for College or University. In addition, the Centre offers the Introduction to Business program.</p>
<p>St. Norbert Adult Education Centre</p> <p>Location: 35 ave de la Digue</p> <p>Hours: Monday - Wednesday: 9:00 am to 4:00 pm</p> <p>Thursday: 9:00 am to 3:00 pm</p>	<p>Website: snaec.ca</p> <p>Email: info@snaec.ca</p> <p>Phone:(204) 261-3312</p>	<p>Adults 19+</p>	<p>An adult literacy program designed for mature adults, offering twice a week classes, in three-hour time blocks.</p>
<p>St. Vital Learning Centre</p> <p>Location: 533 ST. ANNES ROAD</p> <p>Hours: Mon - Fri 9 am - 3:45 pm</p>	<p>Website: stvitaladulted.com</p> <p>Email: stvitaladulted@mts.net</p> <p>Phone: 204-254-1618</p>	<p>Adults 19+</p>	<p>provides Senior High School programming for adult learners using provincial curricula that leads to a Mature Student High School Diploma, or lets them upgrade their education to gain employment or admittance to post-secondary education, community colleges, universities, or other training programs</p>
<p>Stevenson-Britannia Adult Literacy</p>	<p>Website: sbalc.ca</p>	<p>Adults 19+</p>	<p>offers programs in basic adult literacy,</p>

<p>Program Inc</p> <p>Location: 1 Braintree Crescent</p> <p>Hours: Mon, Wed 8:30 am-3 pm Tue, Thu, Fri 8:30 am-12 noon</p>	<p>Email: sbadultlit@sjsd.net</p> <p>Phone: 204-837-3521</p>		<p>advanced literacy, High School credits and diplomas</p>
<p>United Food & Commercial Workers Training Centre</p> <p>Location: 1412 Portage Avenue</p> <p>Hours: Contact for details</p>	<p>Website: http://www.ufcw832.com/</p> <p>Email: info@ufcw832.com</p> <p>Phone: 204-786-5055</p>	<p>Adults 18+</p>	<p>The UFCW Training Centre is a labour-run adult education and training centre, Provides Career Transition Services for members and Offers one-on-one literacy tutoring.</p>
<p>Winnipeg Adult Education Centre</p> <p>Location: 310 Vaughan Street</p> <p>Hours: Office: Mon-Fri 8 am - 4:30 pm</p>	<p>Website: https://www.winnipeg.sd.ca/Education%20Services/InclusiveEducation/adult-education/Pages/default.aspx</p> <p>Email: wsd@wsd1.org</p> <p>Phone: 204-947-1674</p>	<p>Adults 18+</p>	<p>Offers grade 12 credit courses including college and university entrance Courses. Students may take full, part-time, and/or combined programs depending on their individual needs and circumstances. Classes are offered between 8:45 a.m. and 3:15 p.m. from Monday through Friday.</p>
<p>Yellowquill College</p> <p>Location: 480 Madison Street</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: http://https://www.yellowquill.org/mature-grade-12-diploma</p> <p>Email:administration@yellowquill.org</p>	<p>Adults 19+</p>	<p>Offers a Mature Grade 12 Diploma that is recognized by the Manitoba Department of Education, and offers a flexible program for</p>

	Phone: 204-953-2800		the educational needs of students, who can take up to 8 high school credits over 10 months to achieve their diploma
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Employment Services	Contact Information	Requirement or Clientele	Information
<p>CAHRD</p> <p>Location: 181 Higgins Ave</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: http://cahrd.org</p> <p>Email:</p> <p>Phone:204-989-7110</p>	<p>members of the indigenous community</p>	<p>Provides education and training, employment services, and support programs, such as counselling, daycare, and housing</p>
<p>Employment Income Assistance General</p> <p>Location: 111 Rorie St</p> <p>Hours: Mon-Fri 8:30 am - 4:30 pm</p>	<p>Website:https://www.gov.mb.ca/fs/eia/eia_general.html</p> <p>Email: eia@gov.mb.ca</p> <p>Phone: 204-948-4000</p>	<p>To receive EIA: You live in Manitoba and are 18 and 65 years of age. You do not have a disability and are a: single person without dependents/children couple without dependents/children two parent family</p>	<p>The Employment and Income Assistance Program (EIA) provides financial help to Manitobans who have no other way to support themselves or their families. For people who are able to work, EIA will help them go back to work by providing supports to employment. EIA recipients also get Rent Assist if they need help with their shelter and utility costs.</p>
<p>Employment Manitoba</p> <p>Location: 1005 St. Mary's Rd</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Email: No information provided</p> <p>Phone: (204) 945-0575</p>	<p>Anyone</p>	<p>Provides employment resources through the government programs.</p>
<p>Knox Employment Entry Program</p>	<p>Website: keewinnipeg.com</p>	<p>Clientele</p>	<p>The Knox Employment Entry</p>

<p>Location: 406 Edmonton Street.</p> <p>Hours: Applicant Info Session at 11am every Tuesday, Wednesday or Thursday</p>	<p>Email: lharrison@knoxwinni peg.ca</p> <p>Phone:(204)953- 2453</p>		<p>Program is a non- profit program funded by the Government of Canada and the Manitoba Government. They help Manitobans find entry level work and train them in work related and job attaining skills, so they maintain employment and know how to find a job should they ever find themselves unemployed again.</p>
<p>Knox Security Training</p> <p>Location: 400 Edmonton Street. Winnipeg, MB</p> <p>Hours: Call for information</p>	<p>Website: <a href="http://www.knoxwinni
peg.ca/index.php/co
mmunity-hub/knox-
security-training">http://www.knoxwinni peg.ca/index.php/co mmunity-hub/knox- security-training</p> <p>Email: ria1_singh@hotmail.c om</p> <p>Phone: 204-963-0315</p>	<p>Anyone 18+</p>	<p>Knox Security Training is a new initiative, led by Knox member, Hapreet Dhalla, which provides 40 hours of training and certification as a Security Guard in Manitoba.</p>
<p>Osborne Village Resource Centre Opportunities for Employment</p> <p>Location: Unit 1 – 107 Osborne St.</p> <p>Hours: Call for appointment availability</p>	<p>Website:ovrc.ca</p> <p>Email: No information provided</p> <p>Phone: 204-989- 6503</p>	<p>Anyone</p>	<p>a nonprofit pre- employment centre dedicated to assist individuals prepare for a successful job search and/or career change.</p>
<p>Reaching E-Quality Employment Services</p>	<p>Website: re-es.org</p>	<p>Individuals of all ages with physical</p>	<p>A community-based employment service</p>

<p>Location: 1200 Portage Ave.</p> <p>Hours: Mon - Thu 8:30 am - 4:30 pm * Fri 8:30 am - 4 pm</p>	<p>Email: No information available</p> <p>Phone: 204-832-REES (7337)</p>	<p>disabilities and/or health conditions</p>	<p>assisting people with physical disabilities or health conditions to gain employment</p> <p>Offers personalized service and support via staff and volunteers who bring expertise in disability, employment and business</p>
<p>Taking Charge!</p> <p>Location: 276 Colony St</p> <p>Hours: Call for availability</p>	<p>Website: takingcharge.org</p> <p>Email: No information available</p> <p>Phone: 204-925-1100</p>	<p>Single parents and women</p>	<p>a not-for-profit organization that assists single parents and women to achieve self-sufficiency and take charge of their lives.</p>
<p>The Winnipeg Transition Centre</p> <p>Location: 200-686 Portage Avenue</p> <p>Hours: Office: Mon-Fri 8 am-4 pm</p>	<p>Website: winnipegtransitioncentre.com</p> <p>Email: info@winnipegtransitioncentre.com</p> <p>Phone: (204) 338-3899</p>	<p>Unemployed individuals must be presently in a job search;</p>	<p>Provides job seekers with the tools and support they need to transition to meaningful employment, and helps clients identify their unique skills, experience, attributes, and teaches how to write the résumé that gets the interview.</p>
<p>The Women's Enterprise Centre</p> <p>Location: 207 Donald Street</p> <p>Hours: Mon-Friday 8:30 am - 4:30 pm</p>	<p>Website: wecm.ca</p> <p>Email: wecinfo@wecm.ca</p> <p>Phone: 204-988-1860</p>	<p>Women in Manitoba or partnerships of women and men provided the woman owns at least 50% of the company and is active in its operation and management.</p>	<p>Is a non-profit resource for women looking to start or expand their business. Works on an individual basis with women throughout Manitoba</p>

<p>* Tue 12 noon - 4:30 pm</p>			<p>to answer their questions and help them determine the steps to make their businesses successful.</p>
<p>training Resources for Youth New Directions</p> <p>Location: 500-717 Portage Ave.</p> <p>Hours: Monday – Friday 8:30am – 4:30pm</p>	<p>Website: http://newdirections.mb.ca/training-education-programs/training-resources-for-youth/</p> <p>Email: TERF@newdirections.mb.ca</p> <p>Phone: 204-786-7051</p>	<p>Youth 16-19 years</p>	<p>Participants attend a five-week life skills training session. Work Experience Participants are placed in a series of entry level jobs to expose them to a range of workplace experiences. There are two types of job placement for which participants receive experience and pay:</p> <p>Part-time work experience Three weeks long Individualized</p> <p>Full-time work experience Three weeks long Full time work</p>
<p>Urban Circle Training</p> <p>Location: 519 Selkirk Ave</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: http://urbancircletraining.com</p> <p>Email: No information available</p> <p>Phone: 204-589-4433</p>	<p>Adults of Indigenous descent 18+</p>	<p>Provides Indigenous adults with skill specific training targeted to job market demands Delivers programs with an Indigenous Cultural Awareness and an intensive Life Skills component</p>

<p>Youth Employment Program - Youth Employment Services</p> <p>Location: 614 - 297 Portage Ave</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: youthemploymentservices.com</p> <p>Email: No information available</p> <p>Phone: 204.987.8661</p>	<p>Youth ages 16-29</p>	<p>prepares youth in realizing their potential to become self-sufficient, assists youth to enter the labour market and teaches skills needed to find and maintain employment. Also offers training opportunities</p>
<p>Youth Employment Hub - Spence Neighbourhood Association</p> <p>Location: 641 St. Matthews Ave, Room 104</p> <p>Hours: Mon - Fri 11 am - 5 pm</p>	<p>Website:https://www.spenceneighbourhood.org/yeo</p> <p>Email: firstjobs@spenceneighbourhood.org</p> <p>Phone: 204-783-5000 Ext. 115</p>	<p>varies by specific employment program; Youth 12-29 years</p>	<p>Provides work experience, education resources, identification and employment training for youth and young adults, ages 12-29, who want to get their first job</p> <p>Offers part-time year-round work in our Youth Crew Program, providing occasional odd jobs/training opportunities for local youth (11-16), where they develop skills in yard care, snow and ice removal, cooking, baking, catering, building projects and community relationships.</p> <p>Runs First Jobs 4 Youth (FJ4Y) program, offering part-time employment/training</p>

			opportunities for local youth (ages 16-18) every summer
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Summer/Youth Employment Prospects	Contact Information	Requirement or Clientele	Information
<p>Graffiti Control - Take Pride Winnipeg</p> <p>Location: 177 Lombard Ave</p> <p>Hours: May through August Monday to Friday, 7:30 A.M. to 3:30 P.M.</p>	<p>Website: https://www.takepride.mb.ca/programs/cleanliness/graffiti-removal</p> <p>Email: tanya@takepride.mb.ca</p> <p>Phone: 204-956-7590</p>	<p>Must be:</p> <ul style="list-style-type: none"> - 17-29 years old - Winnipeg resident - Valid, permanent Manitoba driver license - Returning to school in the fall 	<p>The seasonal Graffiti Removal program is a summer employment program run by Take Pride Winnipeg! , with financial assistance from the Urban Green Team program and the City of Winnipeg. The goal of this program is to assist with and augment graffiti removal efforts undertaken by the City of Winnipeg, as well as to provide meaningful employment to Winnipeg youth, teaching them essential job skills such as team work, organizations and time management, while making Winnipeg a more beautiful city. Wage is \$15.00 per hour</p>

<p>Green Wave - Take Pride Winnipeg</p> <p>Location: 177 Lombard Ave</p> <p>Hours: July 3, 2019 to August 17, 2019 Monday to Friday, 9 A.M. to 4 P.M.</p>	<p>Website: https://www.takepride.mb.ca/programs/cleanliness/green-wave</p> <p>Email: tanya@takepride.mb.ca</p> <p>Phone: 204-956-7590</p>	<p>Must be: - 16 to 19 years old - Returning to school in the fall</p>	<p>A seasonal youth employment opportunity focusing on assisting BIZ zones in Winnipeg. Program may include planting, flower planting, maintenance, litter cleanup, assisting with events</p>
<p>LET Youth Program - Rossbrook House</p> <p>Location: 658 Ross Ave</p> <p>Hours: After school program closes at midnight, open 24 hours when school is out</p>	<p>Website: http://rossbrookhouse.ca/programming/let-youth-program/</p> <p>Email: mail@rossbrookhouse.ca</p> <p>Phone:204-949-4090</p>	<p>Inner city youths ages 14-17 years</p>	<p>A leadership and employment development program for inner city youth that hires community youth, ages 14 to 17, to provide after school activities and positive relationships to children coming to Rossbrook House; these youth become accessible role models to the young participants</p>
<p>MB4Youth - Government of Manitoba</p> <p>Location: https://www.gov.mb.ca/cyo/youth/</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: https://www.gov.mb.ca/cyo/youth/</p> <p>Email: MB4Youth@gov.mb.ca</p> <p>Phone:204-945-3556</p>	<p>Youths up to 29 years</p>	<p>MB4Youth works closely with youth, businesses, not-for-profit organizations, community groups, educational institutions, provincial departments, and other levels of government to accomplish two main goals:</p>
<p>Programming and</p>	<p>Website: re-es.org</p>	<p>Individuals of all ages</p>	<p>A community-based</p>

<p>Support - Reaching E-Quality Employment Services</p> <p>Location: 1200 Portage Ave.</p> <p>Hours: Mon - Thu 8:30 am - 4:30 pm * Fri 8:30 am - 4 pm</p>	<p>Email: No information available</p> <p>Phone: 204-832-REES (7337)</p>	<p>with physical disabilities and/or health conditions</p>	<p>employment service assisting people with physical disabilities or health conditions to gain employment</p> <p>Offers personalized service and support via staff and volunteers who bring expertise in disability, employment and business</p>
<p>STEP Services - Government of Manitoba</p> <p>Location: 800 Portage ave.</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: https://www.gov.mb.ca/cyo/studentjobs/</p> <p>Email: mb4youth@gov.mb.ca</p> <p>Phone: 204-945-3556</p>	<p>Youth 16+</p>	<p>Provides students with referrals to part-time, full-time and cooperative education placements with government departments, Crown corporations and Special Operating Agencies</p>
<p>Summer Work Exposure Program - Connect Employment Services</p> <p>Location: 188 Goulet Street</p> <p>Hours: Monday to Friday 8:30am to 4:30pm</p>	<p>Website: connectemployment.ca</p> <p>Email: cdux@connectemployment.ca</p> <p>Phone: (204) 474-1959</p>	<p>High school students</p>	<p>A seven-week program designed to provide meaningful work experiences to high school students, for the purpose of developing job skills. Paid employment may be pursued on an individual basis.</p>
<p>Workforce, Summer Work Force - Youth for Christ</p>	<p>Website: http://yfcwinnipeg.com/work-force.html</p>	<p>Youth ages 12-15 years</p>	<p>Youth work at job placements in the community with residents and</p>

<p>Location: 467 Manitoba Ave.</p> <p>Hours: Contact for times</p>	<p>Email: beth@yfcwinnipeg.ca</p> <p>Phone: (204) 589-4024</p>		<p>businesses a few times a week. They learn such things as how to work, problem solving, how to do a good job etc. Much time is spent with the youth one-on-one when they are not working. The youth are given an honorarium by Work Force and provide a valuable service to the community.</p>
<p>Youth Employment Hub - Spence Neighbourhood Association</p> <p>Location: 641 St. Matthews Ave, Room 104</p> <p>Hours: Mon - Fri 11 am - 5 pm</p>	<p>Website: https://www.spenceneighbourhood.org/yeo</p> <p>Email: firstjobs@spenceneighbourhood.org</p> <p>Phone: 204-783-5000 Ext. 115</p>	<p>varies by specific employment program; Youth 12-29 years</p>	<p>Provides work experience, education resources, identification and employment training for youth and young adults, ages 12-29, who want to get their first job</p> <p>Offers part-time year-round work in our Youth Crew Program, providing occasional odd jobs/training opportunities for local youth (11-16), where they develop skills in yard care, snow and ice removal, cooking, baking, catering, building projects and community relationships.</p> <p>Runs First Jobs 4</p>

			<p>Youth (FJ4Y) program, offering part-time employment/training opportunities for local youth (ages 16-18) every summer</p>
<p>Youth Employment Program - Youth Employment Services</p> <p>Location: 614 - 297 Portage Ave</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website: youthemploymentservices.com</p> <p>Email: No information available</p> <p>Phone: 204.987.8661</p>	<p>Youth ages 16-29</p>	<p>prepares youth in realizing their potential to become self-sufficient, assists youth to enter the labour market and teaches skills needed to find and maintain employment. Also offers training opportunities</p>

Business Resources	Contact Information	Requirement or Clientele	Information
<p>Business Development bank</p> <p>Location: 155 Carlton Street Suite 1100</p> <p>Hours: Mon - Fri 9 am - 5 pm</p>	<p>Website: bdc.ca</p> <p>Email: No information available</p> <p>Phone: 1-888-463-6232</p>	<p>small and medium-sized enterprises</p>	<p>business centre, wholly owned by the Government of Canada, that helps create and develop strong Canadian businesses through financing, consulting services and securitization, with a focus on small and medium-sized enterprises.</p>
<p>Women's Enterprise Centre</p> <p>Location: 207 Donald Street</p> <p>Hours: Mon-Friday 8:30 am - 4:30 pm * Tue 12 noon - 4:30 pm</p>	<p>Website: wecm.ca</p> <p>Email: wecinfo@wecm.ca</p> <p>Phone: 204-988-1860</p>	<p>Women in Manitoba or partnerships of women and men provided the woman owns at least 50% of the company and is active in its operation and management.</p>	<p>Is a non-profit resource for women looking to start or expand their business. Works on an individual basis with women throughout Manitoba to answer their questions and help them determine the steps to make their businesses successful.</p>

Financial Resources	Contact Information	Requirement or Clientele	Information
<p>Bankruptcy Manitoba</p> <p>Location: 702 - 310 Broadway</p> <p>Hours:</p>	<p>Website:</p> <p>Email:</p> <p>Phone:</p>	Clientele	Information
<p>Community Financial Counselling Services</p> <p>Location: 516 – 294 Portage Avenue</p> <p>Hours: Mon - Fri 9 am - 5 pm</p>	<p>Website: debthelpmanitoba.com</p> <p>Email: No information available</p> <p>Phone: (204) 989-1900</p>	Anyone	<p>provides financial and credit counselling and assists with budget planning/management, creditor negotiated repayment plans. They can make referrals to other agencies, government departments as needed, including referring eligible clients to Community Volunteer Income Tax Program clinics.</p>
<p>Credit Counselling Society/No More Debts</p> <p>Location: 428 Portage Ave</p> <p>Hours: Mon - Thu 7:30 am - 10 pm * Fri 7:30 am - 6:30 pm * Sat 9:30 am - 5 pm</p>	<p>Website: nomoredebts.org</p> <p>Email: info@nomoredebts.org</p> <p>Phone: 204-942-8789</p>	Anyone	<p>A not-for-profit organization that provides free, confidential credit counselling; budgeting help; low-cost debt repayment programs; alternatives to bankruptcy; educational workshops and webinars on personal money management and credit related topics</p>

<p>EIA</p> <p>Location: 111 Rorie St</p> <p>Hours: Mon-Fri 8:30 am - 4:30 pm</p>	<p>Website:https://www.gov.mb.ca/fs/eia/eia_general.html</p> <p>Email: eia@gov.mb.ca</p> <p>Phone: 204-948-4000</p>	<p>To receive EIA: You live in Manitoba and are 18 and 65 years of age. You do not have a disability and are a: single person without dependents/children couple without dependents/children two parent family</p>	<p>The Employment and Income Assistance Program (EIA) provides financial help to Manitobans who have no other way to support themselves or their families. For people who are able to work, EIA will help them go back to work by providing supports to employment. EIA recipients also get Rent Assist if they need help with their shelter and utility costs.</p>
<p>SEEDS</p> <p>Location: 80 Salter Street</p> <p>Hours: Mon - Fri 9 am - 4:30 pm</p>	<p>Website:seedwinnipeg.ca</p> <p>Email: info@seedwinnipeg.ca</p> <p>Phone:204-927-9935</p>	<p>Clientele</p>	<p>A non-profit that work to reduce poverty through programs such as saving circles, newcomer programs, and inner-city homebuyer programs.</p>

Financial Aid for Education & Training	Contact Information	Requirement or Clientele	Information
<p>Manitoba Jobs and Skills Development Centre</p> <p>Location: 100 – 111 Lombard Avenue</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website:https://www.gov.mb.ca/wd/ites/contact.html</p> <p>Email:mjsd@gov.mb.ca</p> <p>Phone:204-945-0575</p>	<p>job seekers, employers - varies by program</p>	<p>provides services that include employment/career consulting. Offers information on apprenticeship, skills training, upgrading opportunities, and provides assistance for companies on human resource management issues, and offers workforce training/development services.</p>
<p>Manitoba Student Aid (Financial Assistance)</p> <p>Location: 401-1181 Portage Avenue</p> <p>Hours: Mon-Fri 8:30 am - 4:30 pm</p>	<p>Website:edu.gov.mb.ca/msa/</p> <p>Email: No information available</p> <p>Phone: 204-945-6321</p>	<p>Canadian citizen or landed immigrant or Protected Person pursuing post-secondary education</p>	<p>Provides supplemental financial assistance to post-secondary students with limited finances</p> <p>Offers assistance for federal and provincial loans which are repayable; grants, bursaries and awards which are non-repayable. They issue Manitoba Student loans which are interest-free while the student is attending classes full-time, and for 6 months after the student ceases to be a full-time student.</p>
<p>National Student Loans Services</p>	<p>Website:csnpe-nlsc.cibletdes-</p>	<p>Post-secondary students</p>	<p>Support and information on</p>

<p>Centre</p> <p>Location: Online only</p> <p>Hours: Telephone inquiries Mon-Fri 8 am-8 pm</p>	<p>canlearn.ca</p> <p>Email: No information available</p> <p>Phone:1 888 815-4514</p>		<p>obtaining student loans and other financial assistance</p>
<p>Location: 100 – 111 Lombard Avenue</p> <p>Hours: Mon-Fri 8:30 am-4:30 pm</p>	<p>Website:https://www.gov.mb.ca/wd/ites/tes/pubs/jobs_careers/programs/skills_dev_assist.pdf</p> <p>Email: No information available</p> <p>Phone: 204-945-0575</p>	<p>Eligible if;</p> <p>Have a current or previous Employment Insurance (EI) claim</p> <p>Employed individuals who are low skilled</p> <p>In receipt of Provincial Employment and Income Assistance (EIA) benefits</p> <p>An individual who is unemployed or about to lose your job</p>	<p>Offers support services such as financial support (12 to 52 weeks, eligible training (occupational and/or skills training)</p>
<p>The Opportunities Fund for Persons with Disabilities</p> <p>Location: 111 Rorie St</p> <p>Hours: Mon-Fri 8:30 am - 4:30 pm</p>	<p>Website:https://www.gov.mb.ca/fs/eia/eia_general.html</p> <p>Email: eia@gov.mb.ca</p> <p>Phone: 204-948-4000</p>	<p>To receive EIA:</p> <p>You live in Manitoba and are 18 and 65 years of age.</p> <p>You do not have a disability and are a:</p> <p>single person without dependents/children</p> <p>couple without dependents/children</p> <p>two parent family</p> <p>t</p>	<p>The Opportunities Fund for Persons with Disabilities assists persons with disabilities to prepare for, obtain and maintain employment. It supports persons with disabilities in overcoming barriers to participation in the Canadian labour market, and it supports employers to hire persons with disabilities.</p>

Justice & Legal Services	Contact Information	Requirement or Clientele	Information
<p>Child Victim Support Services - Manitoba Justice - Victim Services</p> <p>Location: 405 Broadway</p> <p>Hours: Mon - Fri 8 am - 4:30 pm</p>	<p>Website: https://www.gov.mb.ca/justice/crown/victims/cvss.html</p> <p>Email: No information available</p> <p>Phone: 204-945-0662</p>	<p>Children and youth under 18 who are involved as witnesses or victims in criminal court proceedings and their parents.</p>	<p>helps victims and witnesses of abuse under 18 years of age, adult survivors of sexual abuse, and other vulnerable victims on a case by case basis, who are involved in the criminal court process. helps victims and witnesses by:</p> <ul style="list-style-type: none"> Explaining the criminal court process, Preparing them for court, Arranging short-term counselling, Providing emotional support, Providing referrals to community resources, And more.
<p>Correctional Facility - Manitoba Justice - Community Safety Division</p> <p>Location: 810 - 405 Broadway</p> <p>Hours: No information available</p>	<p>Website: https://www.gov.mb.ca/justice/commsafe/commsafediv/index.html</p> <p>Email: No information available</p> <p>Phone: 204-945-7804</p>	<p>Peoples involved with the law</p>	<p>administers sentences imposed by the courts, the humane care, control and reintegration of offenders into society, working with community agencies, government departments and other levels of government to</p>

			support crime prevention, intervention and suppression activities and policies, and the encouragement of active community participation in achieving these objectives.
<p>Correctional and Justice Services - Salvation Army Correctional and Justice Services</p> <p>Location: 324 Logan Ave</p> <p>Hours: Monday to Friday - 8:30am to 4:30pm</p>	<p>Website: https://salvationarmy.ca/what-we-do/in-your-community/social-services/prison/</p> <p>Email:</p> <p>Phone: 204-949-2100</p>	Adults over 18	The Salvation Army offers clients practical support, outreach and other types of assistance to re-establish their lives productively and enable positive re-integration into community following incarceration.
<p>Elizabeth Fry Society of Manitoba</p> <p>Location: 544 Selkirk Ave</p> <p>Hours: No information available</p>	<p>Website: efsmanitoba.org/</p> <p>Email: officemanager@efsmnitoba.org</p> <p>Phone:204-589-7335</p>	Women who are in conflict with the law.	<p>Programs and resources offered include:</p> <ul style="list-style-type: none"> Bail Verification and Supervision Program Women for Change Program Stoplifting Program Transitional Housing Reading Stories Project Clothing Depot The Womens' Books for Prisoners Project
<p>Justice Resource Centre</p> <p>Location: 408 York</p>	<p>Website: https://www.gov.mb.ca/justice/crown/family/resource.html</p>	Anyone	The Family Justice Resource Centre is a service provided by Manitoba Justice,

<p>Avenue</p> <p>Hours: Monday to Friday - 8:30 a.m. to 4:30 p.m.</p>	<p>Email: FJRCinquiry@gov.mb.ca</p> <p>Phone: 204-945-2313</p>		<p>with staff can direct you to the services you and your family may need to deal with family law issues; Such as:</p> <p>How do I get child support?</p> <p>How do I get custody or access to my child?</p> <p>How do I find a lawyer?</p> <p>How do I get a legal separation?</p> <p>How do I file for divorce?</p> <p>What can I do if I can't afford a lawyer?</p>
<p>Law Office - Knox Church</p> <p>Location: 400 Edmonton Street</p> <p>Hours: No information available</p>	<p>Website: http://www.knoxwinnipeg.ca/index.php/community-hub/law-office</p> <p>Email: benbassi.legalservices@gmail.com</p> <p>Phone: (204) 942-4579</p>	<p>Anyone but primarily refugees and other newcomers.</p>	<p>Provides legal services in English and en français, with a special focus on the needs of refugees and other newcomers.</p>
<p>Legal Aid Manitoba</p> <p>Location: 287 Broadway</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm</p>	<p>Website: legalaids.mb.ca</p> <p>Email: No information available</p> <p>Phone: 204.985.8500</p>	<p>People with low incomes</p>	<p>Provides legal assistance and representation to people with low incomes who are otherwise unable to afford those services. Financial and merit eligibility criteria apply. Legal aid covers a broad range</p>

			of legal services but does not cover all areas of the law.
<p>Legal Help Centre of Winnipeg</p> <p>Location: 202-393 Portage Ave</p> <p>Hours: Tuesday and Thursday from 1:00 p.m. – 4:30 p.m.</p>	<p>Website: http://legalhelpcentre.ca/</p> <p>Email: No information available</p> <p>Phone: 204-258-3096</p>	<p>Drop-in Clinics available to those with annual household incomes under \$50,000</p>	<p>Assists economically disadvantaged individuals to access and exercise their legal and social rights.</p> <p>Works to increase access to legal and social service systems for lower income Winnipeg residents by providing referrals, legal help, public legal education and information, and provides public legal education through our website, free workshops, Drop-in Clinics.</p>
<p>MOVA</p> <p>Location: 580 Main Street</p> <p>Hours: No office hours; contact through phone or social media</p>	<p>Website: mova.ca/</p> <p>Email: Help@MOVA.ca</p> <p>Phone: 204-831-8950</p>	<p>Anyone who has had a homicide affect their life.</p>	<p>The organization consists of people who have experienced the loss of a loved one to murder and empathic people who have witnessed the effects on family and have a desire to help.</p>
<p>Programing and Support Services - Onashowewin</p> <p>Location: 720 Broadway</p>	<p>Website: onashowewin.com</p> <p>Email: reception@onashowewin.com</p>	<p>Youth, adults that may have been charged with an offence and accept responsibility for their involvement; open door policy for those</p>	<p>Works with youth and adults at various points in the justice system facing various offences, provides advice, support to those who need it.</p>

Hours: Mon - Fri 8:30 am - 4:30 pm	Phone: 204-336-3600	who wish to take workshops	Hosts various workshops.
<p>TERF Mentor Program - New Directions</p> <p>Location: 500-717 Portage Ave.</p> <p>Hours: Monday – Friday 8:30am – 4:30pm</p>	<p>Website: http://www.newdirections.mb.ca/</p> <p>Email:TERF@newdirections.mb.ca</p> <p>Phone: 204-786-7051</p>	Aboriginal children ages 8-17 years	<p>Works to eliminate the sexual exploitation of children and youth</p> <p>Provides positive opportunities and individualized support for urban Aboriginal children (ages 8-17) who have been sexually exploited or who are at high risk or being exploited in the sex trade</p>
<p>TERF Youth Program - New Directions</p> <p>Location: 500-717 Portage Ave.</p> <p>Hours: Monday – Friday 8:30am – 4:30pm</p>	<p>Website: https://newdirections.mb.ca</p> <p>Email: TERF@newdirections.mb.ca</p> <p>Phone: 204-786-7051</p>	Female and transgender youth ages 13-18 years	Helps female and transgender youth (ages 13-18) who have been exploited through the sex trade, move in a new direction through a harm reduction model
<p>Victim Services - Winnipeg Police</p> <p>Location: 245 Smith St</p> <p>Hours: Mon - Thu 8:30 am - 8:30 pm Fri 8:30 am - 4 pm</p>	<p>Website: https://www.winnipeg.ca/police/Units_and_Divisions/vss/vss_default.aspx</p> <p>Email: No information available</p> <p>Phone: 204-986-6350</p>	Victims of crime	<p>Provides verbal (phone) support to Victims of Crime, follows up with victims, and provide emotional support, provides referrals to appropriate agencies, provides case updates, arrest information and release conditions to victims</p>

Newly Released	Contact Information	Requirement or Clientele	Information
<p>Native Clan Organization</p> <p>Location: 94 McGregor St</p> <p>Hours: Mon-Fri 8 am - 4 pm</p>	<p>Website: https://www.nativeclan.org/</p> <p>Email: No information available</p> <p>Phone: 204-943-7357</p>	<p>Aboriginal offenders being released or on parole</p>	<p>Offers counselling services and parole supervision to people on parole. Offers counselling programs geared towards preparing inmates for return and readjustment to society; this service is also available to non-native inmates. Provides parole supervision; community investigations/liaison between institutional staff and inmates; provides assistance with planning parole and temporary absences</p>
<p>Reintegration Services & Classes - John Howard Society</p> <p>Location: 583 Ellice Avenue</p> <p>Hours: Mon - Fri 8:30 am - 4:30 pm * closed 12 noon-1 pm</p>	<p>Website: http://www.johnhoward.mb.ca/wp/programs-services/reintegration/</p> <p>Email: office@johnhoward.mb.ca</p> <p>Phone: (204) 775-1514</p>	<p>Men involved in the justice system in Manitoba</p>	<p>John Howard Society runs some of their own programming, including parenting courses and anger management courses. Clients can also receive help finding safe and affordable housing, getting ID such as a social insurance number or MPI photo ID card, employment resources, plans for education and help getting into an addiction's treatment program.</p>

Recreation Opportunities	Contact Information	Requirement or Clientele	Information
<p>Building Belonging - Spence Neighbourhood Association</p> <p>Location: 430 Langside St</p> <p>Hours: Mon-Fri 3:30 pm-6 pm Jul, Aug: Mon-Fri 12 noon-4:30 pm</p>	<p>Website: https://www.spenceneighbourhood.org/building-belonging-</p> <p>Email: buildingbelonging@spenceneighbourhood.org</p> <p>Phone: 204-783-5000 Ext. 112</p>	<p>Youth 6-12 in the spence neighbourhood</p>	<p>Offers a healthy meal, a safe place to have fun, providing recreation and learning opportunities to participants. Also offers a safe pick-up from Sister MacNamara School and John M. King School, plus a safe walk/drive home</p>
<p>Library Services - Millennium Library</p> <p>Location: 251 Donald St.</p> <p>Hours: Mon - Thu 10 am - 9 pm * Fri - Sat 10 am - 6 pm * Sun 1 pm - 5 pm</p>	<p>Website: https://wpl.winnipeg.ca/library/branchpages/branch.aspx?mill</p> <p>Email: No information available</p> <p>Phone: 204-986-6450</p>	<p>Anyone</p>	<p>Offers items to borrow for all ages including books, magazines, graphic novels, large print books, movies, music, audiobooks, English as an Additional Language (EAL), adult learning collections, aboriginal resources, and more; has books in over 30 languages with small multilingual collections at all branch libraries</p>
<p>Neighbourhood Multipurpose Centre - Burton Cummings Community Centre</p> <p>Location: 960 Arlington St</p> <p>Hours: See website for details</p>	<p>Website: http://www.gcwcc.mb.ca/site/assets/files/3132/burton_cummings.pdf</p> <p>Email: No information available</p> <p>Phone: 204-783-5330</p>	<p>Youth aged 12-18 years</p>	<p>Offers youth baseball, soccer, basketball, hockey, tennis, table tennis Maintains a computer lab with 5 computers with internet access.</p>

<p>Programing - Boys and Girls Club of Winnipeg</p> <p>Location: 61 Juno St</p> <p>Hours: Varies per club; see website for details</p>	<p>Website: http://www.bgcwinnipeg.ca/programs</p> <p>Email: No information available</p> <p>Phone: (204) 982-4940</p>	<p>Different eligibility for different clubs; see website for details</p>	<p>Focuses on the well-being of children and youth by teaching them the importance of healthy living, personal growth and social development. Offers a variety of activities and programs at each Club</p>
<p>Youth Drop-In - Magnus Recreation Centre - Spence Neighbourhood Association</p> <p>Location: 430 Langside Street</p> <p>Hours: Monday to Friday 6:30PM-9PM</p>	<p>Website: https://www.spenceneighbourhood.org/youth</p> <p>Email: jasmine@spenceneighbourhood.org</p> <p>Phone: 204-783-5000 Ext. 113</p>	<p>Youth aged 12-18 years</p>	<p>A full healthy meal is served every evening and a safe ride home or bus tickets are provided at the end of every night. Outings or activities are planned every evening and youth have the option of coming and just hanging out with staff, going on the computers, or using the gym. All activities are free to registered Youth.</p>
<p>Youth in Elmwood Arts and Recreation - Elmwood Community Centre</p> <p>Location: 545 Watt Ave</p> <p>Hours: Tuesday to Thursday - 4pm to 7:30pm</p>	<p>Website: http://elmwoodcrc.ca/youth-programs/</p> <p>Email: No information available</p> <p>Phone: 204-982-1720 ext. 309</p>	<p>Youth aged 12-17 years</p>	<p>The YEAR program is an after school drop-in program providing youth with a supportive, safe place to learn and grow, featuring multicultural teaching as well as arts and crafts, nutrition, recreational activities and life skills training.</p>

Infant and Children Recreation	Contact Information	Requirement or Clientele	Information
<p>Children's Free Play - East Elmwood Community Centre</p> <p>Location: 490 Keenleyside Street</p> <p>Hours: Monday to Friday 3:30PM - 5:30PM</p>	<p>Website: http://eastelmwoodcc.ca/tie-tykes-september/</p> <p>Email: office@eastelmwoodcc.ca</p> <p>Phone: 204-667-2777</p>	<p>Children ages 6 - 12 years old.</p>	<p>This is a free City of Winnipeg DROP-IN program, parents must attend the first session with their child to fill out an information sheet.</p>
<p>Parent & Tot Drop-In - East Elmwood Community Centre</p> <p>Location: 490 Keenleyside Street</p> <p>Hours: Monday and Friday 9:30AM – 11:30AM</p>	<p>Website: http://eastelmwoodcc.ca/tie-tykes-september/</p> <p>Email: office@eastelmwoodcc.ca</p> <p>Phone: 204-667-2777</p>	<p>Parents with children ages 0 to 5 years old.</p>	<p>They provide a safe place for parents and their children (0-5 years) to socialize and be active. This is a free program.</p>
<p>Recreational Opportunities for Children - YMCA</p> <p>Location: 3550 Portage Avenue</p> <p>Hours: Program runs at different times.</p>	<p>Website: http://www.ywinnipeg.ca/programs/community-initiatives/recreational-opportunities-for-children/</p> <p>Phone: 204-947-3044</p>	<p>The ROC program is specifically designed for families currently accessing Employment and Income Assistance (EIA).</p>	<p>Provides financially assisted recreation for youth whose family is accessing EIA.</p>
<p>Youth Action Centre - East Elmwood Community Centre</p>	<p>Website: http://eastelmwoodcc.ca/programs/youth-action-centre/</p>	<p>Youth 13 - 18 years old.</p>	<p>Youth Action Centre, a free City of Winnipeg program for youth 13-18-year-old</p>

<p>Location: 490 Keenleyside Street</p> <p>Hours: Wednesday 6PM - 9PM</p>	<p>Email: office@eastelmwood cc.ca</p> <p>Phone: 204-667-2777</p>		<p>will start on Wednesday, September 12th. It is every Wednesday evening from 6:00 – 9:00 pm. Come join in the fun, shoot a few hoops, participate in games and crafts, and make new friends.</p>
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Older Adult Recreation	Contact Information	Requirement or Clientele	Information
<p>Good Neighbours Active Living Centre</p> <p>Location: 720 Henderson Hwy</p> <p>Hours: Programs run at various times throughout the week. See website for details.</p>	<p>Website: http://www.gnalc.ca/</p> <p>Email: admin@gnalc.ca</p> <p>Phone: 204-669-1710</p>	<p>Older adults.</p>	<p>Is a multi-purpose senior centre that offers fitness, arts, music, and other activities.</p> <p>Membership is \$35</p>
<p>St. James Assiniboina 55+ Centre</p> <p>Location: 3-203 Duffield Street</p> <p>Hours: Monday - Friday 8:30AM - 4PM</p>	<p>Website: https://www.stjamescentre.com/</p> <p>Email: info@stjamescentre.com</p> <p>Phone: 204-987-8850</p>	<p>Older Adults</p>	<p>Provides a number of services from drop-in, health, and nutrition information.</p>

Resource Centres	Contact Information	Requirement or Clientele	Information
<p>Andrews Street Family Centre</p> <p>Location: 220 Andrews St</p> <p>Hours: No information provided.</p>	<p>Email: asfc@shawbiz.ca</p> <p>Phone: 204-589-1721</p>	<p>Anyone. Aimed at those in the areas.</p>	<p>Provides a number of services and programs.</p>
<p>Elmwood Community Resource Centre</p> <p>Location: 545 Watt St.</p> <p>Hours: Drop-In 9AM - 8PM</p>	<p>Website: http://elmwoodcrc.ca/</p> <p>Phone: 204-982-1720</p>	<p>Anyone. Aimed at the Elmwood community members.</p>	<p>Provides a large number of services and programs for a large range of individuals.</p>
<p>Fort Garry Women's Resource Centre</p> <p>Location: 104-3100 Pembina Hwy</p> <p>Hours: Monday - Friday 9AM - 12PM & 1PM - 4PM</p>	<p>Website: https://fgwrc.ca/</p> <p>Phone: 204-477-1123</p>	<p>Women and children.</p>	<p>Offers free support and services to women and children from all over Winnipeg and surrounding areas.</p>
<p>Mcgregor - Ma Mawi Wi Chi Itata Centre</p> <p>Location: 363 McGregor Street</p> <p>Hours: No information provided.</p>	<p>Website: http://www.mamawi.com</p> <p>Email: info@mamawi.com</p> <p>Phone: 204-925-6816</p>	<p>Indigenous community members.</p>	<p>Provides a wide range of services aimed at Indigenous families and community members.</p>
<p>Spence - Ma Mawi Wi Chi Itata Centre</p>	<p>Website: http://www.mamawi.com</p>	<p>Indigenous community members</p>	<p>Provides a wide range of services aimed at Indigenous</p>

<p>Location: 443 Spence Avenue</p> <p>Hours: No information provided.</p>	<p>Email: info@mamawi.com</p> <p>Phone: 204-925-0348</p>		<p>families and community members.</p>
<p>Anderson - Ma Mawi Wi Chi Itata Centre</p> <p>Location: 318 Anderson Avenue</p> <p>Hours: No information provided.</p>	<p>Website: http://www.mamawi.com</p> <p>Email: info@mamawi.com</p> <p>Phone: 204-925-0349</p>	<p>Indigenous community members</p>	<p>Provides a wide range of services aimed at Indigenous families and community members.</p>
<p>Wolseley Family Place</p> <p>Location: 691 Wolseley Avenue</p> <p>Hours: programs run at various times.</p> <p>Drop-in Monday - Friday</p> <p>9AM - 4PM</p>	<p>Website: http://www.wolseleyfamilyplace.com</p> <p>Email: admin@wfpwpg.ca</p> <p>Phone: 204-788-8052</p>	<p>Anyone. Targeted towards the community.</p>	<p>Offers a large range of services and programming to the neighbourhood. See website for more detailed information.</p>