

FOOD

& BABY CARE

ASSISTANCE

EMERGENCY ASSISTANCE

Winnipeg Harvest

1085 Winnipeg Ave.

Winnipeg, Mb.

204-982-3660->Food Appointment line

Tel: 204-982-3663 Fax: 204-775-4180

What to do to get food from Winnipeg Harvest:

- Phone Harvest to make an appointment to pick up food from one of Harvest's food banks. If you live outside Winnipeg, you will be directed to an outlet in your community.
- You'll talk with a Harvest volunteer. They will ask you for information such as the number of children in your household and your source of income (not the amount).
- Harvest will ask for your Manitoba Medical Card number to use your personal ID number
- You can access a food bank once every two weeks

Pregnancy Crisis Centre

650 Broadway

Winnipeg, Mb.

R3C 0X3

24 hour Crisis Line: 204-772-2828 Toll free: 1-800-665-0570

Office: 204-772-1923 Fax: 204-772-2094

Services:

- Provides free baby formula and diapers for emergency situations every two weeks
- Offer tests, counseling, education, clothing referrals, parenting classes, etc.

Pregnancy and Family Support Services Inc.

555 Spence St.

Winnipeg, Mb.

R3B 2R9

Tel: 204-772-9091 Fax: 204-774-2161

Family Community Centre (Licensed Childcare)

475 Sargent Ave. (at Balmoral)

Main Floor

Phone: 204-779-5093

Services:

- Provides emergency food, baby formula, diapers to clients-once a month, free layettes
- Programming Mondays and Wednesdays

You Can't Spoil A Baby

<http://youcantspoilababy.org/>

Services:

- You Can't Spoil A Baby is a volunteer-operated project that delivers custom baby gifts of community donated once loved/new clothing and items to financially vulnerable Manitoba families. Families are matched with donor who has the resources to give. **The donor, either a donor family, donor group, or one of our Donation Coordinators, experiences the joy of creating a custom gift based on the parent's needs, as well as the pleasure of meeting the family they are delivering it to. The family in need receives a gift to help with the first year of life, and also gets to meet the family who cares about them and their child/ren.**
- **Applicants must visit website and apply online**

Children's Benefits/Programs

Canada Child Tax Benefit

Resource: Monthly, non-taxable payment to help families with the cost of raising children. Amount of payment is based on your family's income.

How to Access it: If you are the parent of a newborn, complete the Birth Registration package given to you when you deliver your baby, or by using the Automated Benefits Application (ABA) Service, found on their website.

Website: http://www.cra-arc.gc.ca/bnfts/cctb/fq_qlfyng-eng.html#q1

Phone Number: 1-800-387-1193

Canada Child Benefit

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. The CCB might include the child disability benefit and any related provincial and territorial programs.

You can apply for the Canada child benefit (CCB) using **one** of the following ways:

- Automated Benefits Application, when you register the birth of your newborn
- My Account
- Form RC66, Canada Child Benefits Application

Website: Canada.ca/child-family-benefits

Phone number: 1-800-387-1193

Employment and Income Assistance

Resource: 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.

How to Access It: To make an appointment, or to find the EIA office that you should go to, visit the locations website <http://www.gov.mb.ca/fs/misc/loc/winnipeg.html#do> , or call the number below.

Website: <http://www.gov.mb.ca/fs/assistance/eia.html>

Phone Number: In Winnipeg, 204-948-4000, outside of Winnipeg, 1-877-812-0014

Manitoba Child Benefit Program

Resource: Annual, non-taxable payment to help families transition from Welfare assistance, in addition to providing financial assistance for children's prescription eyeglasses.

How to access it: If you are in receipt of the Canada Child Tax benefit, not on Employment Income Assistance, your working family may be eligible for up to \$420 tax free each year, for each child under the age of 18 who is in your care. You can print the application on their website, then fill it out and mail it in.

Website: <http://www.gov.mb.ca/jec/eia/mcb/index.html?print>

Phone Number: 1-800-563-9793

Mailing Address:

PO Box 2000

Compiled by Randeau Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

203 South Railway Street E,
Killarney, MB R0K 1G0

Manitoba Prenatal Benefit

Resource: If you are pregnant, live in Manitoba and have a net (after taxes) family income of less than \$32,000 a year you will receive a monthly cheque that they hope you will buy healthy foods that you need during pregnancy.

How to Access it: Download a form from their website or pick one up at a medical office where you are getting prenatal care, or government offices or community agencies. You must provide a medical note from your health care provider, saying you are pregnant and when you are due.

Website: <http://www.gov.mb.ca/healthychild/healthybaby/mpb.html> or
(<http://www.gov.mb.ca/healthychild/healthybaby/babyappln.pdf>)

Phone Number: Call 204-945-1301 (in Winnipeg) or 1-888-848-0140 (outside of Winnipeg)

Mothering Project

886 Main Street
Winnipeg, Manitoba
Phone: 204-582-2311
Email: info@mountcarmel.ca

Services:

Offers vulnerable mothers obstetric support, nutrition and food preparation classes, parenting and child development support, addiction support, and trauma informed programming.

Families Connecting Program

Winnipeg, Manitoba
Phone: 204-947-2422
Email: mothersprogram@womenshealthclinic.org

Services:

A community support program that aims to connect expectant parents and families of children under one years of age to other parents and families and health professionals for support, information and resources.

Aboriginal Health and Wellness Centre of Winnipeg Inc.

181 Higgins Avenue
Tel: 204-925-3700
www.ahwc.ca

Services:

Provides programs in primary care, community development, outreach, and education. They also offer access to traditional healers. Programs include:

- Abinotci Mino-Ayawin (Children's Healing)- Offers family and one-on-one support in providing a healthy environment for Indigenous families with children 6 years of age and under through such services as sharing circles, Native parenting programs, nutrition classes, and access to Elders and Traditional healers.
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- Head Start Program-A pre-school program for Indigenous children ages 3-5 years old which promotes nutritional and educational needs to prepare children for entry into school, promote self-esteem, and a love of learning.

Coping with Change Program

603 St. Mary's Road

Winnipeg, Manitoba

Phone: 204-947-2422

Email: mothersprogram@womenshealthclinic.org

Services:

Offers: A support group offered for parents who may be struggling with anger, depression, loneliness and more following the birth/ adoption of their babies

Winnipeg Dad's Group

Winnipeg, Manitoba

Email: info@winnipegdads.com <https://www.facebook.com/winnipegdads>

www.winnipegdads.com

Services:

Winnipeg Dad's group is a way for fathers to connect and find support and resources in their communities. They hold meet-ups and get together where the only rule is you must be a father to join

Cloth Diapering Group (Facebook)

Manitoba

<https://www.facebook.com/groups/ClothDiaperingManitoba/>

Services:

This Facebook group is for parents new and old/ expectant parents who are looking to use cloth diapers for their newborns. Join to be able to ask questions, receive tips and buy + sell their cloth diapers.

The Compassionate Friends of Canada

Winnipeg, Manitoba

685 William Avenue phone:

204-787-4896 |

Email: winnipeg@TCFCanada.net www.tcwinnipeg.org

Services:

The Compassionate Friends of Canada is an international organization offering friendship, support, understanding, grief education and hope to those parents, siblings and families who have endured the loss of a child at any age, from any cause.

Winnipeg Pregnancy and Infant loss program

Winnipeg, Manitoba

603 St. Mary's Road

Compiled by Randeane Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

Phone: 204-947-2422

Email: mothersprogram@womenshealthclinic.org

<https://www.facebook.com/withloveaydrah>

Services:

A support group for those who have experienced a loss of a pregnancy or infant. A safe space for families to connect with each other to grieve, and share their stories.

Baby Clothing and Items:

Centre Flavie-Laurent Centre. (St. Boniface)

Resource: Free clothing, furniture, appliances, and household items to people receiving Income Assistance.

How to Access it: To request an item(s), you must come into the Centre at 450 Provencher Boulevard, and complete a registration form. You will need your medical number, and if applicable, all employment income assistance information with you. They will do their best to help you acquire the items you need. If you are approved to receive items and you find things that you require, you must take these items with you the same day that you are at the centre. They can also deliver the items you have selected to your home for a \$25 delivery charge.

Website: <http://www.cflc.info/home-3/>

Address: 450 Provencher Boulevard, Winnipeg, Manitoba

Phone Number: 204-231-9513

Classified Ad Websites: Kijiji or Used Winnipeg (Online)

Resource: Online advertisements offering free or low-cost items.

How to Access It: Search the websites for the item you are looking for, contact the seller/donor and arrange delivery/pick-up.

Website: <http://winnipeg.kijiji.ca/f-buy-and-sell-baby-items-W0QQCatIdZ253> or <http://www.usedwinnipeg.com/classifieds/baby>

Families Helping Families (Online)

Resource: Hand-me-down baby and kids clothing and gear.

How to Access It: Join their Facebook page and post your request or browse donations. Most offers of items require you to pick the item up from the person offering them.

Website: <https://www.facebook.com/groups/FamiliesHelp/>

Fort Garry Women's Resource Centre (South)

Resource: Free clothing for women and children.

How to access it: Clothing room is by appointment only. Phone to book an appointment. Up to 3 clothing items per person. Childcare is available upon request.

Website: <http://www.fgwrc.ca/home/news/read,377/78/clothing-room-appointments>

Phone number: 204-477-1123

Address: 104-3100 Pembina Highway, Winnipeg, Manitoba

Hands of Hope (South)

Resource: Free furniture and household goods, and delivery, to people in financial need.

How to access it: To request furniture, call (204) 261-8607, or email handsofh@mymts.net

Website: www.handsofhope.ca

Phone number: 204-261-8607

Address: 50 Barnes Street, Winnipeg, Manitoba R3T 4Z7

Nine Circles Community Health Centre (online)

Resource: A list of free/low cost clothing in Winnipeg

How to Access it: Refer to their website for locations and details.

Website: <http://wcwrc.ca/wp-content/uploads/2013/07/Clothing.pdf>

North End Women's Up Shoppe (North End)

Resource: The Up Shoppe (a second hand store) offers items such as clothing, accessories, toys and household items for extremely low prices. Monthly \$5 bag sales.

How to Access it: Visit the website, or visit the resource centre. The Up Shoppe hours are Monday – Friday 9:00am to 4:30pm.

Website: <http://www.newcentre.org/programs/up-shoppe/>

Phone number: 204-589-7347

Address: The Up Shoppe, 384 Selkirk Avenue, Winnipeg, MB

North End Women's Up Shoppe (North End)-Emergency Wages Programs

Address: The Up Shoppe, 384 Selkirk Avenue, Winnipeg, MB

Phone number: 204-589-7347

Resource: The Emergency Wages Program assists women who are in temporary economic distress to earn income to pay off debts owed, gain employment skills, and build their self-confidence.

Program Information:

- Women will participate in an intake process to ensure they meet the requirements of the program.
- If accepted into the program, emergency wages participants will work at the North End Women's Centre's social enterprise the **Up Shoppe** located at 384 Selkirk Avenue (or other approved EWages work place). For every hour of work, NEWC will pay the current provincial minimum wage directly to the organization that the participant is indebted to.
- The participant must identify the organization that they are indebted to at their intake and provide all information for money transfer to the Up Shoppe Distribution Coordinator within 30 days of intake for an outstanding bill, and within 90 days for a damage deposit.
- Due to tremendous need and waiting lists for acceptance into this program, if they do not receive the above information within the time frames specified the funding will be reabsorbed and the funds will no longer be available to the participant, and the time spent at the Up Shoppe will be considering volunteering.
- Emergency wage participants may complete 35 hours for each intake and are restricted to one intake per calendar year.
- Preference will be given to first time participants and women actively involved in NEWS Programs.
- Participants are required to report earnings to Employment and Income Assistance (EIA) but amounts earned will be confined to the EIA work incentive guidelines. EIA recipients are allowed to earn \$200 per month without any deduction from their benefits.

Program Admission Criteria

Women 18 years or older who have experienced violence in their lives will be accepted into the program if they need assistance with one of the following.

- To cover a damage deposit
- To pay off an outstanding debt: Manitoba Housing, Hydro bill, water bill, rent;
- To pay for ID document (s)
- To pay for criminal record or child abuse checks
- Any other emergency situation (pre-approved by the Executive Director or CED Manager)

Potential Skills Gained

Participants of the program will be provided with basic training in the following retail operations:

- Customer service
- Merchandising and pricing
- Receiving merchandise
- Using store equipment
- Maintaining an orderly work environment
- Making and keeping schedules
- An increased work ethic

The Clothes Closet

Resource: The Clothes Closet provides high quality clothing, free of charge, to women who are currently enrolled in job training programs, or those who have financial restrictions. Access to The Clothes Closet is through referrals from an agency and by referral only

Address: South Winnipeg Family Information Centre, 800 Point Road, in the lower level of the Fort Garry United Church

Phone Number: For appointments, call South Winnipeg Family Information Centre at 204-284-9311

Program Information:

- This is a one time only service to make the closet as accessible to as many people possible.
- Clients are able to select approximately 10-12 items to create an interview outfit. Please be aware that our inventory varies and is entirely dependent on donations. If the client requires specialized clothing (petite, maternity, plus sized), please let us know when making the appointment
- It is important to be on time. This is a volunteer run program, and when a client is late, they will not be able to stay late, so they may run out of time to get the best possible experience. Any client who arrives after 10:00 am will have to reschedule
- Please bring your own tote or bag if possible. There is a limited number of bags available for the public

The Swapping Network (location changes with each swap)

Resource: Maternity, baby, toddler, pre-school and kids clothing. Toys, and baby supplies.

How to Access it: Donate your gently used and freshly laundered kid's clothing from newborn to size/age 12, as well as any toys, baby items and maternity wear. Then, attend one of their swap events, and trade your items for whatever you or your children need.

Website: <https://www.facebook.com/groups/206469622699216/>

Winnipeg Babywearers (West Broadway)

Resource: Various baby carriers are available to rent for a small fee with knowledgeable

Compiled by Randeane Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

volunteers to teach you how to use them.

How to Access it: Two group meetings per month, generally the first Saturday and third Friday of each month. Request to join their Facebook group.

Website: <https://www.facebook.com/winnipegbabywearers>

Address: Wolseley Family Place, 691 Wolseley Avenue, Winnipeg, MB

Wolseley Family Place (West Broadway)

Resource: Low-cost clothing items including for adults, infants and children. \$1 shopping bag. Trade a bag for a bag. Community store with low cost items like toiletries and baby items.

How to Access It: Visit their website, or visit in person.

Website: www.wolseleyfamilyplace.com

Address: Lower Level, 691 Wolseley Avenue, Winnipeg, MB

Phone Number: 204-788-8052

The Kildonan Mennonite Thrift Shop Clearance Centre

Resource: Offers a chance to buy used clothing and other items such as: dishes, pots and pans and books by the pound. All items are sold at 99 cents per pound.

How to Access It: Visit in person

Address: 396 Edison Avenue

Hours: Tuesday-Saturday 10:00 am to 4:00 pm

Note: Cash only accepted for payment

Zenni Discount Eyeglasses

Resource: A website that allows you to order new prescription glasses and sunglasses for men, women and children at a discount price.

How to Access It: You must go online to order your glasses. Visit

[http://www.zennioptical.com/?utm_source=bing&utm_medium=cpc&utm_campaign=*WP%20-%20Search%20-%20BRANDED%20\(CAN\)&utm_term=zenni&utm_content=Zenni%20-%20Exact](http://www.zennioptical.com/?utm_source=bing&utm_medium=cpc&utm_campaign=*WP%20-%20Search%20-%20BRANDED%20(CAN)&utm_term=zenni&utm_content=Zenni%20-%20Exact)

Note: Cash is not accepted, you can pay by: debit card, credit card, Amazon and PayPal. Delivery usually takes 2-3 weeks.

Superstore "Kids See Free" Program Discount Eyeglasses

Resource: Superstore also offers a free pair of glasses with lenses (there is a price restriction on the frames but you just pay the difference) for children aged 4-10. Children need a recent prescription (within 3 months) and they are only eligible once every 365 days.

How to Access It: Visit any Superstore location and inquire in person at Customer Service

Christmas Cheer Board of Greater Winnipeg

Complex-1395 Ellice Ave Hamper Pickup Entrance- 550 Milt Stegall Drive
Winnipeg, Mb.

R3G 3N1

204-989-5680 Main Switchboard (Nov 1-Jan 7)

204-989-5683 Hamper Applications-persons not on EIA Assistance

204-948-2022 Hamper Applications-persons currently on EIA Assistance
Hamper Lines open from Nov 12-Dec 24 yearly
204-989-5698 Fax (Nov 1-Jan 7)
204-989-5699 Fax (Same)
Website: www.christmascheerboard.ca

Services:

- Provide a hamper of food and toys at Christmas time for children of families on low income

Drop-In Programs, Meal Programs, Soup Kitchens

Agape Table

175 Colony St.
Winnipeg, Mb.
R3C 1W2
General Tel: 204-783-6369
Website: www.agapetable.ca

Services:

- Operates Soup kitchen providing hot meals for low income residents for a low cost
- \$ 1 per plate Low cost Breakfast ->8am-10:30 am Mon-Fri
- Emergency Meal->8am-10:30 am Mon-Fri
- \$2 Bagged lunch->8am-10:30 am Mon-Fri
- Low Cost Grocery->Tues, Wed, and Thurs: Noon - 2PM
- Emergency Food Bank->Tuesdays: Noon - 2PM
To register contact Winnipeg Harvest at 982-3663.
- Agape Table for Kids-> Weekly, Inquire to general@agapetable.ca or call 783-6369
- Creative Circles->Wednesday: 9AM - 11AM

Ma Mawi Wi Chi Itata Centre Inc.

Community Care Site
443 Spence Ave.
Winnipeg, Mb.
R3G 0B5
Tel: 204-925-0348 Fax: 204-925-0308
Website: <http://www.mamawi.com>

Services:

- Drop-In open 9 am Mon-Thurs
- Free meals Tues at 11 am Fridays open at 12pm
- Phone/Drop-In for details

Manitoba Housing Authority

444 Kennedy St. at Sargent Ave.
Winnipeg, Mb.
Tel: 204-942-6748

Services:

- Offers Low cost meal programs for Seniors-Served 7:30 am-2:30 pm Mon-Fri
- Phone for details

Siloam Mission

300 Princess St.
Winnipeg, Mb.

R3B 1M3

Tel: 204-956-4344 Fax: 204-956-0956

Services:

- Offers free meal program every day->Breakfast 9-10am;Lunch 12:30-1:30pm;Supper 6:30-7:30pm

St Matthews-Maryland Community Ministry

364 McGee St.

Winnipeg, Mb.

R3G 0G6

Tel: 204-774-3957 Fax: 204-774-1847

Services:

- Provides emergency food supplement program for area residents every Tues. and Thurs. afternoon, starting at 1:30 pm (sign up for every second week only)
- Offers food bank appointments every Mon and Fri, please register with Wpg. Harvest
- Offers nutrition and health education
- Phone for details

Union Gospel Rescue Mission

320 Princess St.

Winnipeg, Mb.

R3B 3C7

Tel: 204-943-9904 Fax: 204-944-0530

Services:

- Provides free meal program daily, please phone for details

Living Bible Explorers

600 Burnell St.

Winnipeg, Mb.

Tel: 204-786-8667 Fax: 204-775-7525

Services:

- Offers free lunch drop-in for youth that attend General Wolfe School or Daniel McIntyre Collegiate in the area-Tues. and Thurs. at 12 noon
- Offers activities on Saturdays for children that reside in Weston, North End or the West End. Children will be picked up by bus and later dropped off at home with a bag lunch
- Family Program (must be registered) which includes a bagged lunch-Saturdays
- Offers Christmas Day Dinner→1-4 pm for those who have nowhere else to go (generally single adults)

Waves Harvest Church

364 Furby St.

Winnipeg, Mb.

Tel: 204-772-1785 Fax: 204-772-1639

Website: www.wavesofglory.org

Services:

- Food bank on Thursday at 6 pm (must have registered previously at Winnipeg Harvest)

Missionaries of Charity

167 Aikens Street
Winnipeg, Mb.
Tel: 204-582-2773

Services:

- Soup Kitchen-Monday to Saturday (closed Thursdays) 9:30 am to 11:30 am

Holy Trinity Anglican Church

256 Smith Street, Winnipeg, MB
204-942-7465

Free lunch (cup of soup and sandwich to go) Monday to Friday 11 am-12 pm, except holidays. **Closed** (for holiday season) December 12-January 17 and (for the summer) mid-June to mid-September

Related Food Resources

Indoor Food Market

Indigenous Family Centre
470 Selkirk Avenue
Tel: 204-927-2342

Services:

Once a month (around the 21st of the month) for only \$10 you can fill a bag with fresh produce. Food is sold from 12:30-2:00 pm (you should come early)

Manitoba Food Charter Project

Unit 4 640 Broadway
Winnipeg, Mb.
Tel: 204-943-0822 Fax: 204-943-0823
Executive Director: Kreesta Doucette
Website: www.foodmattersmanitoba.ca
Email: info@foodmattersmanitoba.ca

Services:

- Non-profit organization dedicated to achieving good food for all Manitobans, and " A just and sustainable food system"
- Info/directory on meal programs and assistance in the city

North End Food Security Network

North End Community Renewal Corporation- 509 Selkirk Avenue
Winnipeg, Manitoba
Phone: 204-927-2342
Fax: 204-582-2801
E-mail: jasmine@necrc.org

Services :

The North End Food Security Network establishes a network in the North End of Winnipeg that is able to provide education and resources to all residents, with the ultimate goal of creating a stronger, more

sustainable and equitable food system. Offers programming in a number of different locations in the North End of Winnipeg such as: Turtle Island, Ralph Brown Community Centre, North Centennial Recreation Leisure Facility etc.

Offers: a variety of free programming including: youth cooking, parent skills cooking class and a free grocery shuttle on Thursdays

The Good Food Club

545 Broadway

Winnipeg, Manitoba

Phone: 204-774-7201 ext. 6

The Good Food Club is a community building program that provides opportunities for people in West Broadway and the inner-city to get healthy, nutritious and affordable food.

The Good Food Club has:

- community dinners
- cooking classes (from October to May-participants plan a menu, cook and share a meal together), kids cooking classes are held from September to June
- Good Food Boxes (boxes contain fresh vegetables and fruit purchased from local producers or from local wholesale companies)
- a farmers' market every Wednesday from July through September
- trips to a farm (15 minutes outside the city) where people volunteer to earn Sweat Points (that can be redeemed for up to 80% of a Good Food Box or vegetables from the outdoor market or discounted entry to a community dinner)

The NorWest Co-op Community Food Centre

103-61 Tyndall Avenue

Winnipeg, MB R2X 2T4

Phone: (204) 795-5921

The NorWest Co-Op Community Food Centre is a one-stop-shop for everything related to food in Inkster. The centre increases access to healthy food by providing people with opportunities to: attend cooking classes, learn about healthy eating, grow a garden and get active on issues in the community.

Services:

- Seniors drop-in group
- Community lunch
- Gilbert Park Kids in the Kitchen
- Yoga and Healthy Breakfast
- After School Smoothie Drop in
- Living Well with Diabetes Cooking Group
- Gardening Drop-In
- Seniors Men/Women in the Kitchen
- Make and Take
- Community Lunch

City Bread

421 King Street

Winnipeg, Manitoba R2W 2X6

(204) 586-8409

Services: City Bread sells day old bread to the public every Monday to Saturday at 421 King Street for only **\$8** for a large bag (same size as a garbage bag). It is important that people come before 10:30 am as they will not open the truck if no one is waiting. People must bag their own bread and they will **only accept cash** as a form of payment.

Eat Free Everyday in Winnipeg (list of soup kitchens)

MONDAY:

Breakfast:

8-10:30am- Agape: 175 Colony (emergency meal)

9-10am- Siloam Mission: 300 Princess (meal)

9:30-10:45am- Missionaries of Charity: 167 Aikins (soup & sand)

10-11am- Main Street Project: 75 Martha (soup)

11am- Union Gospel Mission: 320 Princess (meal, must attend service)

Lunch:

12pm- MaMawi: 318 Anderson (meal)

12pm- MaMawi: 363 McGregor (meal)

12:30- 1:30pm-Siloam Mission: 300 Princess (meal)

1:00pm- Main Street Project 75 Martha (soup)

1pm- RAY: 125 Sherbrook (meal must be under 30yrs)

2-4pm- Union Gospel Mission: 320 Princess (bread)

2-4pm- Light House Mission: 669 Main (soup)

Supper:

5pm- Main Street Project: 75 Martha (soup)

7-8pm- Siloam Mission: 300 Princess (meal)

7pm- Union Gospel Mission: 320 Princess (meal, must attend service)

TUESDAY:

Breakfast:

8-10:30am- Agape: 176 Colony (emergency meal)

9-10am- Siloam Mission: 300 Princess (meal)

9:30-10:45am- Missionaries of Charity: 167 Aikins Ave (soup)

10-11am- Main Street Project: 75 Martha (soup)

11am- Union Gospel Mission: 320 Princess (meal, must attend service)

Lunch:

12pm- MaMawi: 443 Spence (meal)

12pm- MaMawi: 363 McGregor (meal)

12:30- 1:30pm-Siloam Mission: 300 Princess (meal)

1pm- RAY: 125 Sherbrook (meal, must be under 30yrs)

1pm- Main Street Project: 75 Martha (soup)

1-5pm- Sage House: 886 Main Street (must be a street involved woman, cereal & toast)

2-4pm- Union Gospel Mission: 320 Princess (bread)

2-4pm- Light House Mission: 669 Main (soup)

Supper:

5pm- Main Street Project: 75 Martha (soup)
5-6:30 pm- Sage House: 886 Main Street (must be a street involved woman, meal)
7-8pm- Siloam Mission: 300 Princess (meal)
7pm- Union Gospel Mission: 320 Princess (meal, must attend service)

WEDNESDAY:

Breakfast:

8-10:30am- Agape: 176 Colony (emergency meal)
9-10am- Siloam Mission: 300 Princess (meal)
9:30-10:45am- Missionaries of Charity: 167 Aikins (soup)
10-11am- Main Street Project: 75 Martha (soup)
11am- Union Gospel Mission: 320 Princess (meal, must attend service)

Lunch:

12pm- MaMawi: 318 Anderson (meal)
12pm- MaMawi: 363 McGregor (meal)
12pm- Andrews Street Family: 220 Andrews (soup)
12:30-1:30pm- Siloam Mission: 300 Princess (meal)
1pm- RAY: 125 Sherbrook (meal. Must be under 30yrs)
1pm- Main Street Project: 75 Martha (soup)
2-4pm- Union Gospel Mission: 320 Princess (bread)
2-4pm- Light House Mission: 669 Main (soup)

Supper:

5pm- Main Street Project: 75 Martha (soup)
7-8pm- Siloam Mission: 300 Princess (meal)
7pm- Union Gospel Mission: 320 Princess (meal, must attend service)

THURSDAY:

Breakfast:

8-10:30am- Agape: 176 Colony (emergency meal)
9-10am- Siloam Mission: 300 Princess (meal)
10-11am- Main Street Project: 75 Martha (soup)
11am- Union Gospel Mission: 320 Princess (meal, must attend service)

Lunch:

12pm- MaMawi: 363 McGregor (meal)

12:30-1:30pm- Siloam Mission: 300 Princess (meal)
1pm- Main Street Project: 75 Martha (soup)
1pm- RAY: 125 Sherbrook (meal must be under 30yrs)
2-4pm- Union Gospel Mission: 320 Princess (bread)
2-4pm- Light House Mission: 669 Main (soup)

Supper:

5pm- Main Street Project: 75 Martha (soup)
7-8pm- Siloam Mission: 300 Princess (meal)
7pm- Union Gospel Mission: 320 Princess (meal, must attend service)

FRIDAY:

Breakfast:

8-10:30am- Agape: 176 Colony (emergency meal)
9-10am- Siloam Mission: 300 Princess (meal)

9:30-10:45am- Missionaries of Charity: 167 Aikins (soup)

10-11am- Main Street Project: 75 Martha (soup)

11am- Union Gospel Mission: 320 Princess (meal, must attend service)

Lunch:

12pm- MaMawi: 363 McGregor (meal)

12:30-1:30pm- Siloam Mission: 300 Princess (meal)

1pm- RAY: 125 Sherbrook (Meal. Must be under 30yrs)

1pm- Main Street Project: 75 Martha (soup)

2-4pm- Sage House: 886 Main Street (must be a street involved woman, sandwiches)

2-4pm- Union Gospel Mission: 320 Princess (bread)

2-4pm- Light House Mission: 669 Main (soup)

Supper:

5pm- Main Street Project: 75 Martha (soup)

7-8pm- Siloam Mission: 300 Princess (meal)

7pm- Union Gospel Mission: 320 Princess (meal, must attend service)

SATURDAY:

Breakfast:

9-10am- Siloam Mission: 300 Princess (meal)

9:30-10:45am- Missionaries of Charity: 167 Aikins (soup)

10-11am- Main Street Project: 75 Martha (soup)

11am- Union Gospel Mission: 320 Princess (meal, must attend service)

Lunch:

12:30-1:30pm- Siloam Mission: 300 Princess (meal)

1pm- Main Street Project: 75 Martha (soup)

2-4pm- Union Gospel Mission: 320 Princess (bread)

Supper:

5pm- Main Street Project: 75 Martha (soup)

6:30pm- Salvation Army: 180 Henry (soup van)

7-8pm- Siloam Mission: 300 Princess (meal)

7pm- Union Gospel Mission: 320 Princess (meal, must attend service)

SUNDAY:

Breakfast:

9-10am- Siloam Mission: 300 Princess (meal)

10-11am- Main Street Project: 75 Martha (soup)

11am- Union Gospel Mission: 320 Princess (meal, must attend service)

Newcomer Food and Nutrition Programs in Winnipeg

Centennial Community Improvement Association Gardening, Cooking Classes

545 Alexander Avenue

(204) 586-8061

centennial.winnipeg@gmail.com

Translation available

Elmwood Neighbourhood Settlement Program Gardening, Cooking Classes

545 Watt Street

Main Contact: (204) 982-1720 ext. 205 and 206

nisw@elmwoodcrc.ca

Translation available

Family Dynamics

Cooking Classes

40-393 Portage Avenue

Contact: Edie Martinez (204) 947-1401 ext. 281 emartinez@familydynamics.ca

Translation available

Food Matters Manitoba

Gardening, Nutrition/Cooking Classes, Food Handler Certification

Main Contact: Amy Henderson (204) 943-0822 ext. 5 amy@foodmattersmanitoba.ca

Programs are run at different locations.

Translation available

Immigrant and Refugee Community Organization of Manitoba (IRCOM)

95 Ellen Street

Gardening Main Contact: Jim Beckta (204) 943-8765 jbeckta@mymts.net

Translation available

Immigrant Centre Nutrition

Cooking Classes

100 Adelaide Street

Main Contact: Val Gonzalez (204) 943-9969 ext. 252 vgonzalez@icmanitoba.ca

Translation available.

Manitoba Interfaith Immigration Council Inc. (Welcome Place)

Cooking Classes

521 Bannatyne Avenue

Main Contact: Karen Montgomery-Gibbes (204) 977-1000 karenm@miic.ca

Translation available.

Mary Jane's Cooking School

Nutrition/Cooking Classes

252 Arlington Street

(204) 775-2522 mjcookin@mymts.net

Norwest Co-Op

Gardening, Nutrition/Cooking Classes

785 Keewatin Street

Main Contact: Abigail Legaspi (204) 806-3972 alegaspi@norwestcoop.ca

Translation available

Rainbow Community Gardens

Gardening, Social Support

Various Locations

Main Contact: Raymond Ngarboui (204) 509-6259 iifcc.coop@gmail.com <http://iifcc.ca>

Translation available

Mosaic Newcomer Family Resource Network

Nutrition/Cooking Classes

397 Carlton Street

(204) 774-7311 mosaicinfo@mosaicnet.ca

Translation available

Where to Buy Food in Winnipeg

ADM Milling

Sells 20 Kg bags of flour and oatmeal for low prices (\$20-25 per bag)

7 Higgins Avenue

204-925-2100

Open Monday to Friday from 8:00 am to 4:00 pm

African

African Foods General Wholesale

245 Notre Dame Avenue

(204) 414-9226

African Foodways Market

1A-282 St. Anne's Road

(204) 253-4455

Akin's International Food

550 Sargent Avenue

(204) 779-8666

Selam Grocery

714 Ellice Avenue

(204) 772-2662

Asian

88 Mart

101-1855 Pembina Highway

(204) 414-9188

Arirang Oriental Food Mart

1799 Portage Avenue
(204) 831-1212

Bharat Grocery
3-280 St. Anne's Road
(204) 253-5988

Bueno Brothers
84 Isabel Street
(204) 786-2800

Daily Food Oriental Supermarket
17-2077 Pembina Highway
(204) 891-6619

Dino's Grocery Mart
460 Notre Dame Avenue
(204) 942-1526

Dong Thai Ltd.
459 Notre Dame Avenue
(204) 943-9868

Gill's Supermarket
22-2855 Pembina Highway
(204) 615-3800

Gill's Supermarket
7-1030 Keewatin Street
(204) 697-3800

Guru Nanak East Indian Grocery Store
1-933 McLeod Avenue
(204) 615-4878

Handy Food Store
G-230 Dalhousie Street
(204) 275-1395

Hyundai Mart
1543 Grant Avenue
(204) 489-5023

India Spice House and Video
66 Mandalay Drive
(204) 261-4600

India Spice House and Video

3-1875 Pembina Highway
(204) 261-3636

ING Supermarket

1873 Pembina Highway
(204) 269-4444

J & F Supermarket

730 Sargent Avenue
(204) 505-4872

Japanese Groceries from Japanese Community Association of Manitoba (JCAM)

180 McPhillips Street
(204) 774-5909 (must be a member of JCAM to access groceries)

Lucky Supermarket

1051 Winnipeg Avenue
(204) 272-8011

Lucky Supermarket

1303 Jefferson Avenue
(204) 285-8011

Meghna's Grocery

1741 Pembina Highway
(204) 261-4222

Oriental Market

268 King Street
(204) 943-4103

Sahib Foods

104-1100 Concordia Avenue
(204) 414-9162

Sun Wah Supermarket

303 King Street
(204) 944-9162

Tindahan Food Mart

906 Sargent Avenue
(204) 783-3946

Water Plant

305 McPhillips Street
(204) 775-6328

Wenkai Garden Fresh

2247 Pembina Highway
(204) 269-9182

Young's Supermarket

1000 McPhillips Street
(204) 957-1088

Young's Trading

397 William Avenue
(204) 957-0230

European

Baltona Meat and Deli

600 Selkirk Avenue
(204) 586-8621

De Luca's Speciality Food

950 Portage Avenue
(204) 774-7617

Greek Market

1440 Corydon Avenue
(204) 488-6161

Karpaty Meats and Deli

536 Bannerman Avenue
(204) 586-1395

La Grotta Mediterrean Avenue

1360 Taylor Avenue
(204) 982-9461

Lvov Euro Food Corner

5B-140 Meadowood Drive
(204) 783-8777

Ninho De Portugal

920 Sherbrook Street
(204) 772-9378

Portage Meat and Sausage Deli

1032 Portage Avenue
(204) 775-5023

Portuguese Fish and Food Market

460 William Avenue

(204) 943-8793

Russian Deli Market

643 Portage Avenue

(204) 774-1041

Sausage Makers Delicatessen Meat Market

630 Nairn Avenue

(204) 667-2981

Tasse's Balkan Foods

185 Stadacona Street

(204) 663-1445

Taste of Europe

1052 Main Street

(204) 582-6999

Middle Eastern

Alsham Food Market

1574 St. Mary's Road

(204) 416-2901

Everyday Grocery

501-2945 Pembina Highway

(204) 415-5979

Grocery Bazar

1052 St. Mary's Road

(204) 219-4711

Gunn's Bakery

247 Selkirk Avenue

(204) 582-2364

Halal Meat and Speciality Food

206 Maryland Street

(204) 774-8095

Makka Halal Meat and Grocery

861 Portage Avenue

(204) 783-2990

Millad's Supermarket

396 Notre Dame

(204) 947-9558

Furniture Assistance

Furniture

Helping Hands

1027 McPhillips Street
And 1825 Main Street
Winnipeg, Mb.
Tel: 204-582-4334

Services:

- Open Tuesday through Saturday, must call for further information (no answering machine).
Majority of clients are women who are receiving services through Willow Place Shelter

Centre Flavie-Laurent

450 Provencher Blvd
Winnipeg, Mb.
Tel: 204-233-4936

Services:

- Provides furniture, household items and clothing free of charge
- Open 9am to 1pm Monday to Friday
- Limit one visit per month depending on current situation.
- Must have Mb. Health card, must go in person to fill out forms, must take items that day (bring car or truck for big items)
- Delivery available for \$25 (Up-front cost)

Hands of Hope

50 Barnes Street (Office location only)
Winnipeg, Mb.
Tel: 204-261-8607

Services:

- For furniture request please call or email handsofh@mymts.net (current wait list is 3 weeks-to 3 months)
- All furniture will be delivered by staff
- For donations call 204-589-2265 (currently 3 weeks to 3 month waiting list)

Oyate Tipi Cumini Yape

606 Selkirk Ave.
Winnipeg, Mb.
Tel: 204-589-2218 FAX: 204-589-2347
Website: www.oyatetipi.com

Services:

- A non-profit organization located in Winnipeg which accepts donations of gently used household goods and furniture. All items are then distributed to women and children who are trying to better themselves by escaping poverty and/or abusive situations. **Majority of clients are women who have lived in shelters or are homeless**
- In order to qualify, individuals must be referred by one of the partner agencies; please phone for details and eligibility requirements
- This furniture warehouse entity is a partnership initiative of: Alpha House, Elizabeth Fry Society, Ikwe-Widjitiwin, L'Entre-Temps des Franco-Manitobaines, Ma Mawi Wi Chi Itata Centre, Native Women's Transition Centre, North End Women's Centre, Osborne House, W.I.S.H. (Women in Second Stage Housing), and Wahbung Abinoonjiiag.

The Salvation Army

324 Logan Ave.

Winnipeg Mb.

Tel: 204-946-9490 Fax: 204-946-9115

Website: <http://web.salvationarmy.org/can>

Email: www.weetamah@mts.net

Services:

- Emergency assistance, such as clothing, furniture, etc. for fire victims

Clothing

Assistance

Clothing Assistance

Centre Flavie-Laurent

450 Provencher Blvd

Winnipeg, Mb.

Tel: 204-233-4936

Services:

- Provides furniture, household items and clothing free of charge
- Open 9am to 1pm Monday to Friday
- Limit one visit per month depending on current situation.
- Must have Mb. Health card, must go in person to fill out forms, must take items that day (bring car or truck for big items)
- Delivery available for \$25 (Up-front cost)

Clothes Closet

800 Point Road

Winnipeg, Mb.

Tel: 204-284-9311 Fax: 204-284-9315

Website: www.swfic.org

Services:

- Provides good quality clothing to woman at no-charge who has been in abusive relationships, are on EIA assistance and are currently enrolled in job training programs.
- Must be referred and seen on an appointment only basis.
- Twice a year they hold a sale that is open to the public.

Fort Garry's Woman's Resource Centre

1150A Waverly Street

Winnipeg, Mb.

Tel: 204-477-1123 Fax: 204-475-9127

Website: www.fgwrc.ca

Services:

- Free clothing program/clothing exchange for woman, once a month. Phone for details.
- Monday to Friday 9am to 12 pm and 1pm to 4pm *Wednesday 9am to 12pm and 2:30 to 4pm

Koats for Kids-United Way of Winnipeg

3172 Portage Ave. (Koats for Kids)

580 Main Street (United Way)

Tel: 204-586-5628(Koats for Kids)

Website: www.unitedwaywinnipeg.mb.ca/

Services:

- Agency must act as a representative for client who is receiving coat
- The Program runs from October to January each year, provides clean, used winter wear for Winnipeg kids (adults also, when available)
- Staff/advocate must place order on behalf of client. Order form found on website or email: koats@unitedwaywinnipeg.mb.ca; Must be picked up, no delivery service available.

The Up Shoppe

382 Selkirk Ave.

Winnipeg, Mb.

Tel: 204-582-3494

Services:

- Open Monday to Friday 9:30 am to 4:30pm
- Free 2nd hand Woman's, children and some men's clothing with a referral letter
- Offers high end clothing to women entering or re-entering work force for low cost
- Plus some baby items- call to order

Pregnancy and Family Support services Inc.

555 Spence St.

Winnipeg, Mb.

R3B 2R9

Tel: 783-9281

Services:

- Community Thrift Store, free layettes are available
- **Store Hours:** 10:00 am to 4:00 pm (Monday to Saturday)

Siloam Mission

300 Princess Street

Winnipeg, Mb.

Tel: 204-956-4344 Fax: 204-772-6035

Website: www.siloam.ca

Services:

- Free Clothing Bank/Room-Monday 4 to 7pm; Tuesday to Thursday 10am to 1:30pm; Saturday 10am to 1:30pm

Sunshine House

646 Logan Avenue at Sherbrook

Winnipeg, MB

Tel: 204-783-8565

Website: www.sunshinehousewpg.org/services/

Services:

- Community based resource centre, works to increase the health and well-being of marginalized, homeless, poly drug user* community of Winnipeg
 - *(refers to the use of two or more psychoactive drugs in combination to achieve a particular effect)
- Provides programs, services and educational resources focused on prevention of chronic and infectious diseases which includes:
 - Drop-In, Harm Reduction Supplies; Clothing Bank; Washroom; Limited laundry facilities
- Accepts clothing donations and Volunteers
- Please phone for details

Union Gospel Mission

Woman's & Children's Family Life Centre

240 Pritchard Ave.

Tel: 204-586-7790

Services:

- Wednesdays after meal and chapel
- Call before going please to find out times

Men's Clothing

320 Princess Street

Tel: 204-943-9904

Services:

- Drop-In Monday, Wednesday, Friday-2pm to 4pm

Wolseley Family Place

691 Wolseley Ave.-Lower level

Winnipeg, Mb.

Tel: 204-788-8052

Website: www.wolseleyfamilyplace.com

Services:

- Clothing Depot-call for details
- Monday to Friday 9am to 12pm and 1pm to 4pm *except Wednesday 1pm to 4pm
- \$1 small bag; \$2 garbage bag; free to those in need

Zenni Discount Eyeglasses

Resource: A website that allows you to order new prescription glasses and sunglasses for men, women and children at a discount price.

How to Access It: You must go online to order your glasses. Visit

[http://www.zennioptical.com/?utm_source=bing&utm_medium=cpc&utm_campaign=*WP%20-%20Search%20-%20BRANDED%20\(CAN\)&utm_term=zenni&utm_content=Zenni%20-%20Exact](http://www.zennioptical.com/?utm_source=bing&utm_medium=cpc&utm_campaign=*WP%20-%20Search%20-%20BRANDED%20(CAN)&utm_term=zenni&utm_content=Zenni%20-%20Exact)

Note: Cash is not accepted, you can pay by: debit card, credit card, Amazon and PayPal. Delivery usually takes 2-3 weeks.

Superstore "Kids See Free" Program Discount Eyeglasses

Resource: Superstore also offers a free pair of glasses with lenses (there is a price restriction on the frames but you just pay the difference) for children aged 4-10. Children need a recent prescription (within 3 months) and they are only eligible once every 365 days.

How to Access It: Visit any Superstore location and inquire in person at Customer Service

Second Hand Stores

Please note: all of the stores listed below sell used clothing to the public.

Salvation Army Thrift Stores

1424 McPhillips Street 204-586-2556
Monday to Friday 9:30 am-9:00 pm, Saturday 9:00 am to 6:00 pm

3511 Roblin Boulevard 204-889-1018
Monday to Friday 10:00 am-8:00 pm, Saturday 10:00-6:00 pm

1080 Nairn Avenue 204-661-8194
Monday to Friday 9:30 am-9:00 pm, Saturday 9:00 am-6:00 pm

145 Goulet Street 204-233-7897
Monday to Friday 9:30 am-7:00 pm, Saturday 9:00 am-6:00 pm

1030 Empress Avenue 204-772-2050
Monday to Friday 9:00 am-9:00 pm, Saturday 9:00 am-6:00 pm

97 Sherbrook Street 204-772-9003
Monday to Friday 10:00 am to 6:00 pm, Saturday 10:00 am to 6:00 pm

2-2195 Pembina Highway 204-261-6221
Monday to Friday 9:00 am to 9:00 pm, Saturday 9:00 am to 6:00 pm

14-3421 Portage Avenue 204-219-4191
Monday to Friday 9:00 am to 9:00 pm, Saturday 9:00 am to 6:00 pm

The Goodwill Store

70 Princess Street 204-943-6435
Monday to Saturday 10:00 am to 5:00 pm

317 St. Anne's Road 204-257-3644
Monday to Friday 10:00 am to 8:00 pm, Saturday 10:00 am to 5:00 pm, Sunday 10:00 am to 5:00 pm

1540 Pembina Highway 204-261-6221
Monday to Friday 9:00 am to 8:00 pm, Saturday 10:00 am to 5:00 pm

136-701 Regent Avenue 204-475-6438
Monday to Friday 10:00 am to 8:00 pm, Saturday 10:00 am to 5:00 pm, Sunday 12:00 pm to 5:00 pm

Mennonite Central Committee Thrift Stores

MCC Furniture Thrift Store 204-694-3669
18 Keewatin Street
Monday-Saturday 10:00 am to 5:00 pm

Kildonan Community MCC Thrift Store 204-668-0967
445 Chalmers Avenue
Tuesday-Saturday 10:00 am to 4:00 pm

Sargent MCC Thrift Shop 204-783-8185
644 Burnell Street
Tuesday-Saturday 10:00 am to 4:00 pm

Selkirk MCC Thrift Shop 204-586-2527
511 Selkirk Avenue
Tuesday-Saturday 10:00 am to 4:00 pm

The Kildonan Mennonite Thrift Shop Clearance Centre
396 Edison Avenue
Tuesday-Saturday 10:00 am to 4:00 pm
Note: Cash only accepted for payment

Services:

- Clothing is sold by the pound for .99 cents, shoes and purses for \$1.00 and various household items, dishes etc. are .49 cents per pound.

Value Village Stores

1695 Ellice Avenue 204-774-1315
Monday to Saturday 9:00 am to 9:00 pm, Sunday 10:00 am to 6:00 pm

1560 Regent Avenue 204-661-9045
Monday to Saturday 9:00 am to 9:00 pm, Sunday 10:00 am to 6:00 pm

942 Jefferson Avenue 204-694-6844
Monday to Saturday 9:00 am to 9:00 pm, Sunday 10:00 am to 6:00 pm

1729 Pembina Highway 204-261-8719
Monday to Saturday 9:00 am to 9:00 pm, Sunday 10:00 am to 6:00 pm

3629 Portage Avenue 204-831-7561
Monday to Saturday 9:00 am to 9:00 pm, Sunday 10:00 am to 6:00 pm

Bibles for Missions

144-701 Regent Avenue

Monday to Friday 10:00 am to 5:00 pm, Saturday 10:00 am to 4:00 pm

Darcy's Arc Thrift Store

1076 Main St 204-942-4457

Monday, Tuesday, Wednesday and Saturday 10:00 am to 5:00 pm, Thursday and Friday 10:00 am to 6:00 pm

Never Too Late

476 St. Mary's Road 204-231-9527

Monday to Friday 10:00 am to 6:00 pm, Saturday 10:00 am to 6:00 pm

Wholesale and Surplus Stores

G and L Sales

1010 Logan Avenue 204-783-7109

Monday to Friday 8:00 am to 5:00 pm, Saturday 8:00 am to 4:00 pm and Sunday 10:00 am to 4:00 pm

Surplus Direct

1244 Main Street 204-589-6018

Tuesday to Friday 10:00 am to 6:00 pm, Saturday 9:00 am to 5:00 pm

Bianca Amor's Liquidation Supercentre

1300 Ellice Avenue 204-414-5010

Monday to Friday 9 :00 am to 9 :00 pm, Saturday 8 :00 am to 9 :00 pm, Sunday 9 :00 am to 6 :00 pm

Free Online Classified Services

Listed below are websites where people buy and sell items. When buying or selling you should meet in-person to see the product and exchange money. Remember, do not share personal information or bank information with anyone online, and consider meeting the seller or buyer in a public place (instead of at their home).

Never send or wire money to sellers or buyers. This includes mailing a cheque or using payment services such as PayPal, Western Union or Money Gram to pay for items found on online classifieds.

www.winnipeg.kijiji.ca

www.usedwinnipeg.com

Housing Assistance

Private Rentals

Low-Income and Subsidized Housing

Housing Websites:

www.rentboard.ca/rentals

www.kijiji.ca/b-apartments-condos/winnipeg

<http://www.rentcanada.com/winnipeg>

www.winnipegrentnet.ca

www.rayinc.ca

www.places4rent.com

www.rentcanadacom/winnipeg

www.apartmentcorner.com

<http://renthello.com>

<http://rentseeker.ca>

Housing Websites offering printable listings:

<http://winnipegrentnet.ca>

<http://www.garamarkpropertymanagement.ca/property-for-rent>

www.wdproperties.ca

Dial-a-Life Housing

Tel: 204-694-9170

Email: dialhsg@mts.net

Services:

A service that provides accommodation for people coming into Winnipeg for dialysis.

Manitoba Housing Authority

100-185 Smith Street

Winnipeg, Manitoba

Tel: 204-945-HOME Fax: 204-948-2013

Toll-Free: 204-1-800-661-4663

Website www.gov.mb.ca/fs/housing/index.html

Services:

- Provides adequate and affordable accommodations to individuals and families of low to moderate income
- Program allows for rent reductions if the client's income is similarly reduced

Rent-Aid (Formerly SAFER)

102-114 Garry St.

Winnipeg, Mb.

Tel: 204-945-2197 Fax: 204-945-3930

Toll-Free: 204-1-877-587-6224

Website: <http://gov.mb.ca/tce/eia/assistance/shelterbenefit.html>

Services:

- Provides direct cash assistance for rental payments to low income families with dependent children
- Provides benefits to families spending a large portion of income on rent
- Provides direct cash assistance for rental payments to low income renters age 55 and over

Winnipeg Habitat for Humanity

60 Archibald Street

Winnipeg, Mb.

Tel: 204-233-5160 Fax: 204-233-5271

Website: www.habitat.mb.ca

Services:

- Non-profit organization which uses volunteer labour and donated building materials to build affordable housing for families who would otherwise be unable to purchase their own homes

Eligibility: (Please check website for availability and when they are accepting applications)

Home Ownership: Criteria

The following information pertains only to families applying for home ownership in the City of Winnipeg. Criteria will vary from community to community. Please contact your local Habitat representative for details.

Family selection is based on 3 principles: need, ability to pay, and willingness to partner.

Habitat for Humanity Manitoba reserves the right to make the final decision for acceptance on all applications. The following criteria are applied to determine eligibility:

The applicant must be employed for a minimum of the past two years in the community in which the house will be built.

Must be a Canadian Citizen or Permanent Resident of Canada.

Must not be receiving income from Employment & Income Assistance (social assistance).

Must be ready to live where Habitat is building in the community.

Must be willing to complete sweat equity hours prior to house possession (500 hours for two parent family; 350 hours for one parent family).

Preference will be given to families with young children.

Present housing must be at least one of the following: too expensive, too small, unsafe, or substandard; applicants cannot currently own a house.

Prepared to purchase a home at market value and able to commit to a mortgage. Monthly mortgage payments (which include property taxes) are 25% of total family income as defined on line 150 of the Canada Revenue Agency (CRA) Notice of Assessment.

Total family income as defined on line 150 of the CRA Notice of Assessment must be within the range as set out in the following table:

Family Size including applicant(s) and children 17 and under	Income Range
Family of 2 to 3	\$26,000 to \$40,000
Family of 4	\$26,000 to \$50,000
Family of 5 to 6	\$26,000 to \$60,000
Family of 7+	\$26,000 to \$64,606

Must be willing to provide the most recent CRA Notice of Assessment, as well as consent for Habitat to contact references from employer, landlord, and 2 other people who know the family well.

Must consent to a credit check.

Must be at least 3 years since a bankruptcy has been discharged.

Selected families enter into a partnership agreement with HFHW by signing a contract. Once the sweat equity requirement is completed and the house is built, the family signs an offer to purchase the home.

For more information on becoming a Habitat Homeowner, please contact: info@habitat.mb.ca

204- 233-5160 ext. 203.

Sam Management

425 Elgin Ave.

Winnipeg Mb.

Tel: 204-942-0991 Fax: 204-957-5829

Website: www.sam.mb.ca

Services:

- S.A.M. (Management) Inc. is a non-profit corporation established to provide management of housing for single persons, families and senior citizens. The corporation responds to unique and new housing needs, as identified by the community. Housing is available on a rental basis
- Provides subsidized housing for Aboriginal seniors aged 55 and over
- Phone for rental units in the area
- Owns many different housing properties within Winnipeg

Indigenous-Specific Housing Programs

Kanata Housing

2055 McPhillips Street

Tel: 204-338-6261

Services:

Provides housing to Indigenous families.

Kekinan Centre Inc.

100 Robinson Street

Tel: 204-582-0439

Services:

Provides affordable apartment housing to First Nations Elders over the age of 55, and disable/infirm who are able to live independently. The centre also raises community awareness of health and social needs and delivery of resources to the aged.

Kinew Housing Corporation

394 McGregor Street

Winnipeg, Mb.

Tel: 204-956-5093 Fax: 204-943-0226

Services:

- Provides low-cost housing for Aboriginal families, with rent based on income. Rent is 26 per cent of a working family's income, less deductions for dependents, heat, and water. Priority is given to large families, as most of their houses are 3-4 bedrooms.

Ikwe-Widdjiitiwin Inc.

204-987-2780

1-800-362-3344 (toll-free crisis line)

Services:

Shelter for abused Indigenous women and their children

Winnipeg Housing Rehabilitation Corporation

60 Frances Street

Winnipeg, Mb.

Tel: 204-949-2880 Fax: 204-947-9183

Services:

- Provides subsidized rental housing and rehabilitation
- Operates GLOW pilot project which provides low income tenants with referrals and resources
- Referral through Winnipeg Regional Health Authority (WRHA)

Housing Opportunity Partnership Inc. (HOP)

1240 Portage Ave.

Winnipeg, Mb.

Tel: 204-772-2100 (answering service)

Website: www.hopwinnipeg.com

Services:

- Promoting and strengthening home ownership opportunities for low to moderate income buyers
- Phone/check website for details
- May also check out zappiagroup.com and click on affordable housing tab
- **Currently looking for funding to continue program**

Co-Op Housing

Co-operative or co-op housing provides housing for their members. To get housing with co-ops, people must apply to become members. Once application is approved, people need to pay anywhere between \$500-\$2000 for a one-time membership fee before moving in. The fee will be returned to members when they move out as long as there are no problems.

Greenheart not for Profit Housing Co-operative Ltd.

279 Sherbrook

Winnipeg, MB R3C 0X3

Artemis Housing Co-op (11 units)

410-222 Furby Street

Winnipeg, MB R3C 2A7

425 Elgin Avenue, Winnipeg, MB R3a 1P2

Tel: 204-942-0991

Artemis housing Coop opened its door in Sept.1993.

Artemis is an 11 unit housing cooperative run by and for its members, most of who have AIDS or are HIV+. It is designed for independent living.

Artemis Housing Coop. and its partners have a number of programs for subsidizing the cost of housing charges that can be made available to its members. All of the units in Artemis are currently covered by some type of subsidy programs.

Astra Non- Profit Housing Coop

757 Henderson HWY

Winnipeg, MB R2k 2K7.

Tel.: 204 669 450

Fax: 204 669 4509

Specialized in not-for-profit housing. Strive to provide creative development consulting through ACORN and successful ongoing property management through MURDOCH.

The building was developed in 1975 and houses 127 suites of 1 and 2 bedroom layouts.

A large multipurpose room with kitchen, large TV lounges, game, room located in the Osborne Village within walking distance of all amenities.
Rent-g geared to income for eligible households.

Ascot Park Housing Co-op Ltd (10 units)

181 John Forsyth Road
Winnipeg, MB R2N 1R3

Beaumont Meadows

A townhouse complex located off McGillivray Boulevard. There are two and three houses available. Rent includes water, fridge and stove. Tenants are responsible for the cost of their own utilities. These properties are well-maintained and have an on-site caretaker and outdoor play area for children. Parking is available. There are a limited number of subsidies available. Shelter Allowance for Family Renters (SAFFR) also offers direct subsidies to renters.

Betelstadir Housing Co-operative

1061 Sargent Avenue
Winnipeg, MB R3H 0x4
Mailing address: c/o S>A>M. Management INC.,
425 Elgin Avenue
Winnipeg, MB R3A 1P2
Tel: 204-772-7164

Bluestem Housing Co-operative (6 units)

708 Jessie Avenue
Winnipeg, MB R3M 1A5

A group of friends who wanted to live in the same building but wanted to have a structure that was more than they are owner of the cooperative. Kerniel Aasland is the image of the group.

Carpathia Housing Co-operative (215 Units)

7-394 Carpathia Road
Winnipeg, MB R3N 1Y4
Tel.: 489-1069
Fax: (204)488 9308
88 Swindon

Email: carpathiaco-op@mts.net

It was established in 1973. Carpathia offers 2, 3, 4 bedroom town homes on Carpathia Road location. As well as 1,2,3 bedroom floor plans in a secure high rise building at Swindon Way location just a few minutes away.

A direct bus route to shopping at Kenaston Village and Polo Park operates along Swindon way past the coop.

Central Park Housing Co-operative (44 units)

100-401 Kennedy Street
Winnipeg, MB R3B 2N2
Mailing Address c/o Stevenson Management Services
276-A Colony Street
Winnipeg, MB R3C 1W3
Tel: 204-943-5022

Charles Cathedral Housing Co-operative (20 Units)

307-250 Cathedral Avenue
Winnipeg, MB R2W 0X5
Mailing Address: 757 Henderson Highway
Winnipeg, MB R2K 2K7
Tel.: (204)982 2000
Fax: (204) 669 4509

Application for membership and occupancy is on line and is free of charge. It can be filled at anytime necessary. Incomplete applications will not be processed.
Acceptance of the application is subjected to eligibility, approval of the board of Directors and the availability of accommodation.
A renovation and rehabilitation of a neighborhood landmark to provide 1 & 2 bedroom suites to co-op. members; 20 suites are offered in the north-end neighborhood of Winnipeg. Managed by Murdoch management.

Columbus Centennial Seniors Co-operative Housing Ltd. (70 units)

404 Desalberry Avenue
Winnipeg, MB R2L 2G3
Tel: 204-667-4348

A cooperative of seniors providing some 70 suites of accommodation on the banks of the Red River in Winnipeg. The cooperative is physically linked to a seniors day centre, restaurant and banquet facilities operated by the Knights of Columbus.

Common Ground Housing Co-operative (MB) (7 units)

56 Balmoral Street
Winnipeg, MB
R3C 1X4
Accept membership application

D.A .L .A .C .P.T HOUSING CO-OPERATIVE (27 units)

16-200 Watson Street
Winnipeg, MB R2P 1Z6
Mailing address: 757 Henderson Highway
Winnipeg, MB R2k2k7
Tel. (204)982-2000
Fax: (204)669-4509

Provides independent living for individuals and families with mobility challenges.
Applications on line and is free. Acceptance of the application is subjected to eligibility, approval of the Board of Directors and the availability of accommodation.

There is a form on permission to release personal information.

Dufferin Location

617, 621, 627 and 631 Dufferin Avenue

Is an affordable building complex located in the core area of Winnipeg. There are two, three and four bedroom units available in these buildings and some units are wheelchair accessible. Rent is geared to income and includes heat, water, fridge and stove. There is an on-site caretaker for this property and an indoor play area for children. Parking is available.

Filcasa Housing Cooperative Ltd (29 units)

104-442 William Avenue

Winnipeg, MB R3A 0J6

Contact: Michelle Ritchot at 204-947-5817

Fax: 669 4509

Contact information: Murdoch Management

Tel.: 982-2004

A mixed family and seniors housing co-operative sponsored by the Filipino community in Winnipeg. A seniors and family based community housing Coop. in an award winning renovated historic building. Apartment style living with much indoor amenity space.

1 bed/2bed is RGI: all inclusive rents are geared to income.

2 large multipurpose rooms and a coop. meeting room, chapel and office.

Gateway Apartments(MB) (11 units)

185 Euclid Avenue, Winnipeg, MB R2W 2X3

Mailing Address: 607 Selkirk Avenue

Winnipeg, MB R2W 2N2

Good Street Project

200 Good Street, Winnipeg, MB R3C 1W7

An apartment building located in the West Broadway area. There are some spacious two and three bedroom units in this building and some wheelchair accessible apartments are available on the main floor. Rent is based on income and includes heat, hydro, water, fridge and stove as well as balconies in some units. There are on-site laundry facilities with re-loadable laundry card and an outdoor play area for children. This is a security access building. Parking is available. All units are subsidized based on income.

Glen Meadows

60, 62, 64 Glen Meadow Streets

Glen Meadow is an affordable housing complex. Fifty per cent of the units are subsidized. There are 3 buildings in the complex. Each building is a walk-up and contains one, two and three-bedroom units. Rent includes heat, hydro, water, fridge and stove. There are on-site laundry facilities and an outdoor play area for children. Subsidies are dependent on eligibility and availability. Parking is available.

Good Street Project

200 Good Street

Winnipeg, MB R3C 1W7

An apartment building located in the West Broadway area. There are spacious two and three bedroom units in this building and some wheelchair accessible apartments are available on the main floor. Rent is based on income and includes heat, hydro, water, fridge and stove as well as balconies in some units.

There are on-site laundry facilities with re-loadable laundry card and on outdoor play area for children. This is a security access building. Parking is available. All units are subsidized based on income.

Harambee Housing Co-operative (54 units)

45 Gaylene Place
Winnipeg, MB R3T 5V1
Key contact: Cheryl Cone (President)
Tel. (204)269-6240
Category: cooperative family Housing
Contact: Jocelyn Peifer
Mgmt: Self Managed
Tel.: 989-5933
2 bed coach/2bed coach (mobility): \$575
2 bed townhouse \$650
2 bed townhouse: \$650
4 bed townhouse: \$ 725
4 bed townhouse: \$ 725

Kingsfordhaus Housing Co-operative (75 units)

426 Kingsford Avenue
Winnipeg, MB R2G 0J8

M.A.P.S. Housing Co-operative (43 units)

59 Dufferin Avenue, Winnipeg, MB R2W 2Z16
Mailing address: 757 Henderson Highway
Winnipeg, MB R2K
Tel: 204-589-1589
43 Units comprised of 1,2,3,4 bedroom layouts. Ground oriented architecturally designed side by sides with front and back doors, basements and four appliances.
Rent geared to income-current price 30% of clients gross income.

Oikos Housing Co-operative Inc. (10 units)

696 Wellington Crescent
Winnipeg, MB R3M

Payuk Inter-Tribal Housing Co-operative(42 units)

500 Balmoral street, #100
Winnipeg, MB R3B 2P8M
Mailing Address: c/o S.A.M. (Management) Inc. 425 Elgin Avenue
Winnipeg, MB R3A 1P2
Tel.: 942 0991

Pembina Woods Housing Co-operative (159 units)

100-81 University Crescent
Winnipeg, MB R3T 4W9
Phone: 204-269 2354

Prairie Housing Co-operative (53 units)

113 Market Avenue, Winnipeg, MB R3B 0P5

Mailing address: 757 Henderson Highway

Winnipeg, MB R2K 2K7

A cooperative originally created to allow for special needs members with physical and intellectual challenges.

Rosh Pina Housing Co-Operative (62 units)

133 Matheson Avenue East

Winnipeg, MB R2W 5M7

Mailing address: c/o Astroid Management Ltd.

209-222 McPhillips St.

Winnipeg, MB R2V 3M5

Tel: 204-586-6683

Seven Oaks Gardens Housing Co-operative (136 units)

22-15 Jack Donner Drive

Winnipeg, MB R2V 3N1

Tel: 204-697-4990

Seven Oaks Village Housing Co-operative (73 units)

100-474 Mandalay Drive

Winnipeg, MB R2P 2C8

Mailing address: c/o Murdoch Management

757 Henderson Highway

Winnipeg, MB R2K 2K7

Shalom Gardens Housing Co-operative Ltd.(49 units)

360 Wilson Street

Winnipeg, MB R3M 3X6

Tel: 204-452-2300

Solidarity Place Housing Co-operative (42 units)

1401 Ever Avenue

Winnipeg MB R3G 3N7

South Osborne Housing Co-operative (71 units)

360 Osborne Street #100

Winnipeg, MB R3L 2V6

Tranquility Place Housing Co-operative (25 units)

151 Watson Street
Winnipeg, MB R2W 2Z1
Mailing address: 757 Henderson Highway
Winnipeg, MB R2K 2K7
Tel: 204-982-2000

United Housing Co-operative (Man.) Ltd.(60 units)

B01-2 Old Commonwealth Path
Winnipeg, MB R2R 2E9
Tel: 204-694-4024

Village Canadien Co-op Ltee. (223 units)

1-730 River Roads
Winnipeg, MB R2M 5A4
Tel. (204) 257-2501

Being member-owned, operating policies are decided through a democratic process. There is no landlord, thus no profit-motive. The housing charge is based on operating costs only. Residents buy a membership in the coop. It is located at 2 different sites. The original site consists of 150:2,3,4 bedroom townhouses while the new site is made up of 1,2,3,bedrooms apartments and 3and 4 bedroom townhouses.

Westboine Park Housing Co-operative (188 units)

32 Shelmerdine Drive
Winnipeg, MB R2R 2Y2.
Tel: 204- 885-5125
Fax: (204)896-4845
Email:westboine.coop@shawcable.com

Westminster Housing Co-operative (MB) (35 units)

145 Maryland Street
Winnipeg, MB R3G 1K9
Mailing address: c/o 757 Henderson Highway
Winnipeg, MB R2K 2K7
Tel: 204-772-7338

Weston Residence Housing Co-operative (14 units)

1528 Roy Avenue
Winnipeg, MB R2E 1E8
Mailing address: c/o 757 Henderson Highway, Winnipeg, MB R2K 2K7
Tel: 204-783-5517

Willow Park Housing Co-operative (MB) 200 units

#3-71 Dorset Avenue

Winnipeg, MB R2X 2R8
Tel: 204-632-0746

Willow Park East Housing Co-operative Ltd. (174 units)

101-61 Tyndall Avenue
Winnipeg, MB R2X 2T4
Tel: 204-633-5951

Housing Support Program

North End Women's Resource Centre
204-927-2426
info@newcentre.org
www.newcentre.org

Services:

- Help women find safe and secure housing
- Assist women with moving into their new housing
- Assist women with searching for a job or returning to school
- Will provide job training opportunities
- Help with budgeting, grocery shopping and meal planning
- Will assist women with speaking with CFS, EIA, justice, housing and/or health care providers
- Will connect women with other resources in the community

Eligibility:

- 1) Must be 18 years of age
- 2) And are willing to participate in weekly workshops and 1-on-1 sessions per week

Mental Health Housing Programs and Services

Friends Housing Inc.

100-890 Sturgeon Rd.
Winnipeg, Mb.
Tel: 204-953-1160 Fax: 204-953-1162

Services:

- Provides affordable housing to people with mental illness and low income families
- Staff includes a: coordinator, mental health worker and an activity worker

Eligibility: 1.) Diagnosis of permanent mental illness and must have a family physician, psychiatrist and be able to take their medication)

2.) Low income families who financially qualify must earn less than \$45,000 per year otherwise cost of rent will be 27% of client's total income

Fountain Springs

Scheduled to open in May 2016-will be located on the corner of Sarah and Sherbrook

Services:

Provides affordable housing to: people with mental illness, low income families and seniors (35 suites-18 will be individuals with mental illness)

Staff includes a: coordinator, mental health worker and an activity worker

Sara Riel Incorporated

66 Moore Avenue

Compiled by Randeau Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

Winnipeg, MB

Services:

Safe, stable and affordable housing with the goal of living independently and autonomously for individuals with mental health concerns

Seneca House

204-231-0217

Services:

Provides: 24 hour, 7 days a week, safe house for adults with mental health problems. Provides respite care and peer support. Phone ahead to ensure space and appropriateness of service. References are required for first time guests.

WRHA-Residential Care Facilities

204-299-3805

Services:

Care provided, on a voluntary basis, in licensed and approved group homes for adults with a psychiatric diagnosis who have not been able to manage independently. Offers 24 hours supervision.

LANDLORD AND TENANT RELATIONS

Residential Tenancies Branch-Central & Eastern

302-254 Edmonton St.

Winnipeg, Mb.

Tel: 204-945-2476 Toll Free 1-800-782-8403

Fax: 204-945-6273

www.mb.ca/rtb

Services

- Mediates or adjudicates disputes between landlords and tenants
- Investigates any complaint(s) alleging contravention of the Residential Tenancies Act and regulates residential rent increases

MAINTENANCE/REPAIR AND COMMUNITY PROGRAMS

Daniel McIntyre / St. Matthews Community Association (DMSMCA)

823 Ellice Avenue

Winnipeg, MB

Tel: 204.774.7005 fax: 204.772.1380

Services:

- Thinking of improving your home? Making energy-efficient upgrades? See if you qualify for one of these programs.
- <http://www.dmsmca.ca/index.php/housing/programs-and-resources>

Spence Neighbourhood Association

615 Ellice and 430 Langside

Winnipeg, Mb.

Tel: 204-783-5000 Fax: 204-986-7092

www.spenceneighbourhood.org

Services:

- Provide housing support and information for people who live between Portage and Balmoral and Notre Dame and Angus Street

Homeowner Repair Programs

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

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

Services :

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

Neighbours Helping Neighbours

324 Logan Avenue

Tel: 204-949-2106

The program provides emergency funding to assist with the payment of electricity and natural gas bills. This energy assistance program is a partnership with between Manitoba Hydro and the Salvation Army.

Services:

Information and referrals

Helping recipients of the program access essential social services

Important Referral Information:

Applicants must not be receiving social assistance, is experiencing financial problems beyond their control, assistance from this program if used in the past in a one-time service; must be willing to provide proof of income and complete the application for the program with the Salvation Army. Call for an appointment.

Manitoba Residents Portal

A search guide for Manitoba programs and services

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

Portable Housing Benefit

Tel: 204-945-6852

Services:

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

Age and Opportunity: Safe Suite Initiative

Tel: 204-956-6440

Services:

For 55+ men and women who need a safe place to stay due to abuse or neglect

Sage Transition House

886 Main Street

Tel: 204-943-6379

Services:

This is a transition house for battered or abused women. They provide support, legal information, and referrals to appropriate community resources. They operate the 24-hour Women's Support Phone Line for support related to issues of violence and other concerns. They are partially wheelchair accessible and pets may be allowed with restrictions.

Individuals Who Are Homeless Or Are At Risk of Becoming Homeless

Doorways

103-181 Higgins Avenue

Tel: 204-925-3830

Services:

A supportive tenancy program that provides participants with access to permanent housing and flexible services to help them find and keep a home.

Important Referral Information:

Assists individuals: who have been homeless (living on the streets) 3 or more times in the last year, have been homeless for 6 months or more or are aging out of CFS care and are not sure where they will live. Individuals will be asked to talk do an initial assessment with a worker, and the worker may recommend programs and services that could be beneficial to the client.

Doorways can assist with: connecting clients to independent housing in the community with long term supports through a program called Housing First

Connecting clients with independent housing with some support through a program called Stepping Forward. Connecting you to transitional housing (dependent on housing)

Connecting clients with advocacy services such as EIA Advocate, CFS Advocate, Special Needs Advocate

Doorways can provide short-term advocacy for EIA, CFS etc. until the client is linked to a more long term program that can continue to help them (case by case basis)

Connecting clients with counselling and addictions services and connect clients with an Elder and other traditional wellness services in Winnipeg

Assist clients with completing and submitting applications for Manitoba Housing, Kinew Housing, Status Cards, etc.

Referrals to Citizen's Bridge for birth certificate, bank account, drivers ed program and provide clients with available resources within the city on where to access free meals, free laundry and showers, food bank, clothing bank, free or cheap furniture

Provide clients with some resources to current housing listings within the city, including +55 units, and organizations that work specifically with senior citizens and folks with FASD to find stable housing

Futures Forward

Tel: 1-888-395-2135

www.futuresforward.ca

Services:

Offers a range of services for current and former youth in care aged 15-29 and designed to help youth reach their goals and fulfill their highest potential. Provides free: counselling, assistance with how to negotiate challenging situations, budgeting, referrals for addiction supports, resume building and interview preparation, tuition waiver application assistance, income tax preparation, assistance with obtaining identification, training opportunities, job search assistance, housing supports, career and education planning and support and service navigation within the mental health system

Important Referral Information:

Assisting current and former youth (15-29) in CFS care in Manitoba to navigate the transition to successful independence.

Housing Supports for New Immigrants

New Journey Housing

200-305 Broadway

Winnipeg, MB

Tel: 204-942-2238

info@newjourneyhousing.com

www.newjourneyhousing.com

Services:

- Resource centre for newcomer housing
- Gives information about renting a home
- Assists clients with: housing problems, applying for subsidized housing and Rent Assist
- Helps newcomers with preparing to buy a home

Offers free workshops on:

- **Rental** (what you need to know about renting a home in Manitoba)
- **Home purchasing**: information about how to find a home, mortgages, lawyers etc.
- **Managing your money**: how to make the best use of the money you have

Naomi House

700 Ellice Avenue

Winnipeg, MB

Tel: 204-415-1752

Fax: 204-415-6237

Services:

- Naomi House, a ministry of City Church, is a 6-month transitional house for newly arriving refugees who arrived in Canada less than 2 months ago.
- Naomi House is fully furnished including all furniture and household items needed.
- Rent includes shared kitchen and recreation spaces, as well as free use of computers and a coffee bar.
- Some shared meals will be provided, as well as some personal items and use of coin-operated laundry machines.

- Rent also includes heat, water, lighting, and wi-fi. There are no parking spaces available.
- Rent is charged at current EIA rates
- All residents must contribute toward the cleaning of Naomi House through weekly assigned chores

Immigrant & Refugee Community Organization of Manitoba (IRCOM)

95 Ellen Street
Winnipeg, MB
Tel: 204-943-8765
info@ircom.ca

Services:

This organization operates a transitional housing complex for newcomer families for up to three years after their arrival, as well as a Community Resource program connecting community members with employment, education and health resources. IRCOM also operates an asset building program and a newcomer literacy initiative.

Marie Rose Place Apartments Inc.

207 Edmonton Street
Winnipeg, MB
Tel: 204-504-9444

Services:

- A 40 suite apartment block for single mothers and single women; refugee and immigrant women are the priority however women from Canada may be eligible depending on individual circumstances and demonstrated need
- One and two bedroom apartments are available. Suites each have one bathroom, an open living room/kitchen with dishwasher and counter dining area and in suite laundry.
- Applicants must fill out application form, complete brief interview with Executive Director and complete a reference check
- Women may be employed or going to school but they must meet all of the following criteria: Single women with children (maximum two children per suite); or single woman without children, refugee or immigrant; and have demonstrated need for affordable housing

Holy Names House of Peace

211 Edmonton Street
Winnipeg, MB R3C 1R4
Tel: (204) 942-5535

Services:

- Holy Names House of Peace provides a safe home for adult single women without children.
- Women can stay up to 2 years.
- Twenty furnished units are available and all suites share a common dining room, bathroom, television room, Laundromats and movie room.
- Free tutors are available to assist the women with academics and 150 volunteers assist with the upkeep of the building.

Independent Living

Ten Ten Sinclair Housing Inc.

1010 Sinclair Street

Winnipeg, MB R2V 3H7

Tel: 204-339-9268

www.tenten.mb.ca

Services:

- Provides transitional housing for people with physical disabilities to develop the skills they need to live independently in the community
- Open to individuals between 18-65 years of age
- Assist tenants with: education, job search, budgeting, grocery shopping, medication management etc.
- Rent terms range from 6 months up to 3 years (short term suites are furnished, 1 year leases are not furnished)
- Attendant support is available 24 hours a day, 7 days a week, however supports do not leave the premises

Qu'Appelle Housing Project

311A-393 Portage Avenue

Winnipeg, MB R3B 3H6

Tel: 204-947-0194

www.ilrc.mb.ca

Services:

- Provides eight individual adapted suites located in central Winnipeg and is overseen by the Independent Living Resource Centre

Housing for Youth

Isobel's Place

Blake Gardens "H" Block

330 Blake Street

Winnipeg, MB R3E 2Z4

Tel: 204-925-0320 Fax: 294-925-0361

Services:

- Isobel's Place is a comprehensive two stage approach which provides a nurturing and safe environment for pregnant and adolescent parents, between 14-17 years of age and an opportunity to learn effective parenting skills in preparation for independent living.
- This 24 hour supervised non-smoking secured facility will accommodate pregnant and adolescent parents in twelve (12) self-contained furnished suites. The facility includes a child development centre, common kitchen and dining area, group rooms, multi-purpose room, laundry and storage space and administration office.
- Adolescents must be: at least three months pregnant and between 14-17 years of age; a ward of Child and Family Services and committed to develop personal and professional goals.
- Residents that have graduated from Stage 1 and do not qualify for Stage 2-Independent Living due to their young age will relocate to one of ten Parent Mentor Homes in the community.

Ndinawemaaganag Endaawad

372-370 Flora Avenue

Tel: 204-586-2588

www.ndinawe.ca

Services:

Short-term shelter for youth 11-17. Provides meals, clothing, and access to medical assistance.

Ndinawemaaganag Endaawad

Second Stage

Tel: 204-582-7783

Services:

Transitional house for youth who are wards of Family Services; they encourage 16 and 17 year olds in independent living, as well as providing them life skills.

MacDonald Youth Services

175 Mayfair Avenue

Tel: 204-477-1722

Services:

Youth Resource Centre. They provide short-term counselling for youth 12-17, drop-in counselling, clothing and food. Operates 24-7.

Resource Assistance for Youth (Housing)

Tel: 204-783-5617

www.rayinc.ca

Services:

Does not provide housing but can assist with accessing emergency and long-term affordable housing for youth up to age 29. They also provide a food bank for ages 17 and under, every two weeks. They also provide clothing, access to medical assistance, employment/resume assistance, one-on-one legal advocacy and support, and workshops including anger management and suicide prevention.

Get Tenant Insurance

Tenant Insurance protects your furniture and belongings if there is an accidental fire or other problems. Insurance is not expensive to buy. It can cover most of the cost of replacing your things.

Find out more:

Insurance Brokers Association of Manitoba

1-800-204-5649

www.ibam.mb.ca

Moving Out

Check your lease for rules about moving out. You have to end your lease before you can move.

How Can I End My Lease?

If your lease is month to month, or for a year and you want to move out in the last month, you must:

- inform your landlord at least one full month before you want to move out
- pay your rent until the end of your lease
- move out on the date you have given the landlord

If your lease is for a year and you want to move out more than a month before it ends, ask your landlord if you can:

- assign or give your lease to someone who will live in your place, pay the rent and follow the rules of the lease until it ends or is renewed with the new tenant
- sublet your place to someone who will live there for an agreed time, pay the rent and follow the rules of the lease until you return

If you assign your lease or sublet your place, the new tenant must apply to the landlord before they move in. It is the landlord's decision who lives in the unit and you may be charged a fee.

What Should I Do Before I Move Out

Before you leave:

- clean the apartment/home and repair any damage
- make an appointment with the landlord to return your keys
- go over the move in condition report with your landlord, do a moving out report and keep a copy
- inform the services on your moving in list of your change of address
- ask the landlord to return your security deposit

Changing Your Address When You Move

Whenever you move it is important to update your address. If you do not make these updates your mail will continue to go to your old addresses. Some of the main agencies that need your new address are:

Manitoba Health-for all of your health care needs

1-800-392-1207

www.gov.mb.ca/health

Manitoba Hydro-for electricity and heat

204-480-5900

www.hydro.mb.ca

City of Winnipeg Water and Waste-for water, garbage and recycling

204-986-2455, or call: 311

www.winnipeg.ca

Aboriginal Affairs and Northern Development Canada (AANDC)-for changes to

Certificate of Indian Status

1-800-567-9604 (Winnipeg Regional Office)

www.aandc.gc.ca

Canada Post-to forward your mail for free

1-800-267-1177

www.canadapost.ca

Canada Revenue Agency-for Income Tax and Child Tax Benefits

1-800-959-5525

www.cra.gc.ca

Citizenship and Immigration Canada (CIC)-for newcomers

1-888-242-2100

www.cic.gc.ca

***Remember to also inform telephone, internet and cable services, schools and doctors

Emergency Shelters & Transition Housing

Shelters

Ikwe-Widdjiitiwin

P.O Box 1056

Winnipeg, Mb.

Tel: 204-987-2780

Toll free 24 hour Crisis Line: 1-800-362-3344

Fax: 204-987-2822

Provincial Abuse Crisis Line 1-877-977-0007

Services:

- Offers shelter, support and counseling to women who are suffering from emotional, physical, or sexual abuse from their intimate partner
- Have beds available for a limited amount of women and their children
- Call for details

Native Women's Transition Centre Inc.

105 Aikins Street

Winnipeg, MB R2W 4E6

Tel: 204-989-9240

Fax: 204-586-1101

Intake: 204-998-8244 or 204-989-8251

Services:

A safe home for Aboriginal women (and their children) who are in the process of changing their current life situation. The centre is a place where there is support and access to resources to enable growth and develop skills in becoming more self-determining persons. The centre offers a first and second stage program, which is a one year residency.

Sage Transition House

886 Main Street

Tel: 204-943-6379

Services:

A transition house for battered or abused women. They provide support, legal information, and referrals to appropriate community resources. They operate the 24-hour Women's Support Phone Line for support related to issues of violence and other concerns. They are partially wheelchair accessible and pets may be allowed with restrictions.

Macdonald Youth Services

175 Mayfair Ave.

Winnipeg

Tel: 204-477-1722

Fax: 204-284-4431

Website: www.mys.mb.ca

Services:

- Emergency Overnight shelter for youth-24 hours a day/7 days a week
- Youth Resource Centre/Shelter at 161 Mayfair Ave. 204-477-1804

Main Street Project

75 Martha St.

Winnipeg

Tel: 204-982-8245

Fax: 204-943-9474

Website: www.mainstreetproject.ca

Services:

Compiled by Randeane Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

- Offers emergency overnight shelter open 7pm-7am
- Crisis Support: Provides 24 emergency service to individuals who are in a state of crisis due to intoxication, abuse, injury, lost or homeless
- Mainstay: 71 Martha St. Tel: 204-982-8221 Provides safe, secure accommodations for individuals working towards independence in the community

Ndinawemaaganag Endaawaad ('Our Relatives Home')

370 Flora Ave

Winnipeg

Safe Home: 204-586-2588

Youth Resource Centre (OutReach) 204-781-4823

Fax: 204-956-1412

Services:

- Provides safe shelter, food, clothing, and nurturing environment to youth and children, who are runaways or living on the street

Willow Place (formerly Osborne Place)

Crisis Lines: 204-615-0311

Administration: 204-615-0313

www.willowplaceshelter.ca

Services:

- Offers short term emergency shelter for women who have been involved in a physically, mentally or emotionally abusive relationship

The Salvation Army

180 Henry Ave

Winnipeg

Tel: 204-946-9402 Fax: 204-943-8898

Services:

- Assists people in obtaining immediate shelter
- Temporary housing for transients, and those on parole or probation
- Beds for Men's and Women's shelter combined-Call for details

Family Shelter:

72 Martha St.

Winnipeg

Tel: 204-946-9471

Services:

- Provides emergency housing and meals to families with dependent children
- Also accepts Single dads with kids and Pregnant ladies at least 6 months along

Men's Resource Centre

115 Pulford St.

Winnipeg

Tel: 204-415-6797 After Hours-please call Provincial Abuse Line at 1-877-977-0007

Services:

- Temporary emergency shelter and crisis counseling for men experiencing abuse in a relationship

Alpha House Project

Mail to: P.O Box 37015

RPO St. Vital

Winnipeg, Mb.

R2M 5R3

Tel: 204-982-2011 Fax: 204-254-2602

Website: www.alphahouseproject.ca

Services:

- Work closely with women to build self-reliance and self-confidence to live independently and flourish as examples to themselves, their children and other women being abused
- Not a crisis shelter
- Provides second stage housing to women and their children who have left abusive relationships

L'entre-temps des Franco-Manitobaines

P.O Box 183

Winnipeg, Mb.

R2H 3B4

Tel: 204-925-2550 Fax: 204-925-2551

Toll Free: 1-800-668-3836

Website: www.cwhn.ca/en or <http://www.entretempsfm.com>

Services:

- Language in which the service is provided: **French but can be provided in English also.**
- **Housing Services:**
 - - Safe and affordable long-term housing (12 months)
 - - Individual, furnished, two-bedroom apartments
 - - A family-friendly environment for women and children sharing the same experiences
- **Support group:**
 - Offers information and skills to live an independent life without violence, and allows the women to act as a support to one another.
- **Individual Counselling:**
 - Gives the women the opportunity to discuss their personal challenges and to acknowledge and deal with their emotions.
- **Counselling for Children:**
 - Helps the children to understand the effects of being exposed to and/or being a victim of different kinds of domestic violence. Teaches them healthy ways of dealing with their emotions.
- **Healthy Coping Program:**
 - Offers individual and group therapy focused on unhealthy behaviors associated with domestic violence. Offers healthier alternatives to help manage life's circumstances.
- **Literacy Program:**
 - An individualized and very flexible approach to upgrade academic levels and work-related skills. The program also helps the resident's access education and training and live independent lives.
- **Support Services:**
 - - Practical support services
 - - Information and referral services to different resources within the community
 - - Follow-up services for the women who have completed our program
 - - Support and counselling services for non-resident families
 - -Specialized services tailored for the specific needs of newcomers
 - -Support for transition towards affordable housing

Bravestone Centre

St. Norbert P.O. 202

Winnipeg, MB R3V 1L6

Phone: 204- 275-2600

Fax 204- 275-5416

Email: info@bravestonecentre.ca

Website: bravestonecentre.ca

Services:

- Provides women and their children affected by domestic violence with secure and safe on-site housing, individual and group therapeutic counselling, support programs, advocacy, and connection with community resources
- Bravestone is not a 24/7 emergency shelter, but rather a safe, confidential and secure place for women to live independently in program suites for a period of 12 months while attending ongoing therapeutic counselling and support programs. Bravestone offices are open Monday to Friday 9am to 5pm. Bravestone services acknowledge that women are the experts about their own needs:
 - Individual and group therapeutic counselling for women
 - Developmentally appropriate individual and group counselling for children
 - Parenting Support Groups
 - Learning Program
 - Healthy Coping Behaviour Program
 - On-site Food Bank
 - Advocacy and Community Referrals
 - Six-month Follow-up Program
- Bravestone accepts referrals of women who have been abused in their adult intimate partner relationship(s) and who require ongoing support while they are making the transition away from an abusive relationship while integrating into the community. Women may self-referral or be referred by an agency currently assisting her. Bravestone accepts referrals from women who may or may not have children; however, given limited spots available, those with children are given priority. The admission guidelines are based on assessment of individual and family needs. Rarely has a waiting list.

Son Rise Village

2nd floor-72 Martha Street

Winnipeg, Manitoba

Phone: 204-946-9471

Services:

- a family shelter provided through the Salvation Army
- open to families with children under 18 years of age
- building has 13 suites (most have 2-3 bedrooms and some are connected together)
- length of stay ranges from 6 weeks to 3 months

Please note: This is not a free shelter. Shelter charges \$35 a day per adult and \$10.25 per day for children.

Forward House Ministries

407 Chalmers Avenue

Winnipeg, Manitoba

Phone: 204-661-8605

Services:

- Forward House Ministries is a Christian Men's Residence for men and their children in need and was started in 1992.
- Forward House has 5 houses next to each other in the Elmwood area. Two of the houses are duplexes and three houses are single family dwelling size.
- Forward House provides a residence and support to men struggling with a variety of issues including: addictions, legal issues, life skills or mental health issues.
- Forward House is a minimum 6 MONTH Christian residential treatment program for men and sometimes their children in a safe home environment. Please call for additional information regarding house rules and behaviour expectations.

Flatlanders Inn

782 Main Street (living quarters are on the 2nd and 3rd floor)

Winnipeg, Manitoba

Phone: 204-338-3528

Flatlanders Inn is an intentional community that is part of the Vineyard Centre Vineyard Church. All living quarters are located on the 2nd and 3rd floor and are furnished. Rental fees include: private room, private or shared bathroom, food/meals, phone (including voice mail), security system, parking, internet, laundry, utilities, exercise equipment, shared entertainment system. Space is available for approximately 25 people to reside at Flatlanders Inn.

Services

1. Dorms – up to three people of the same gender. There are three individual rooms in the dorms, each equipped with furnishings and a single bed. Shared bathroom.
 2. Double units – ideal for married couples or single parents with one to two young children/babies. Each room is equipped with furnishings and either two twin beds or a double bed. Private bathroom.
 3. Family units – two or three bedrooms with private living and kitchen area. As these units necessitate families finding the right balance between 'family time' and community participation, availability will be discussed as part of the application/discernment process.
- Single: \$480 / month for room and board
 - Couple: \$682 / month for room and board
 - Family: \$783 / month for room and board

Counselling Resources

Counselling

Domestic Abuse Community Resource Map

Website: www.gov.mb.ca/justice/victims/pdf/resource_map.pdf

- includes resources and telephone numbers

Deaf Access Counselling (24/7)

TTY 204-784-4097

EYAA-KEEN Centre Inc.

547 Notre Dame Avenue

Tel :204-783-2976

Services:

Outpatient treatment: Mental Health (adults). Trauma and losses including survivors of the Residential School Legacy. Trauma treatment programs for Indigenous adults to address the needs of victims of historical trauma, abuse, domestic violence and survivors of a loved one's suicide, sudden accidental death, or other trauma and losses.

The Indian Residential Schools (IRS) Health Support Program

3rd Floor-391 York Avenue

Tel: 1-866-925-4419

Services:

Provides eligible former students and their families with access to emotional health and wellness support services. The IRS Resolution Health Support Program provides: professional counselling, emotional supports by support workers, cultural support by Elders and assistance with cost of transportation. There is also a crisis line available to provide immediate emotional assistance and can be reached 24 hours a day, 7 days a week.

Aurora Family Therapy Centre

Website: www.aurorafamilytherapy.com

5th floor-491 Portage Avenue

Winnipeg, Manitoba

Tel: 204-786-9251

Services:

Provides a range of services includes: family therapy, relationship counseling, individual therapy, a newcomer program, crisis resources, weekend retreats and therapy groups. Services are available on a sliding scale.

Aulneau Renewal Centre Incorporated

Website: www.aulneau.com

228 Hamel Avenue

Winnipeg, Manitoba

Tel: 204-987-7095

Services:

A counseling and training centre that specializes in providing attachment-based, trauma-informed therapeutic interventions. Offers assessment, treatment and consultation services to children, families, and adults struggling with relationships and overall functioning.

Age and Opportunity Inc.

200-280 Smith Street

Compiled by Randeane Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

Winnipeg, Mb.
Tel: 204-956-6440 Fax: 204-946-5667
Website: www.ageopportunity.mb.ca

Services:

- Offers counselling to individuals, groups and family of the elderly on variety of issues, including elder abuse and bereavement counselling

Laurel Centre

104 Roslyn Rd.
Winnipeg, Mb.
Tel: 204-783-5460
Email: info@thelaurelcentre.com

Services:

- Individual /Group counselling for woman that have been sexually abused as children and may struggle with chemical addiction and compulsive coping behaviors
- Mandate: Must have history of childhood or adolescent sexual victimization or abuse
- Up to 3 year waiting period

Cornerstone Counselling Service

302-1200 Portage Ave.
Winnipeg, Mb.
Tel: 204-663-0050 Fax: 204-663-7754
Website: www.cornerstonecounselling.ca

Services:

- Counsels individuals, couples, and families by applying counselling skills and spiritual insight
- Offers anger management groups
- **Fee:** Sliding scale based on family income

Emotions Anonymous

c/o 98 Sonning Bay
Winnipeg, Mb.
Tel: 204-269-6248
Website: www.emotionsanonymous.org

Services:

- Provides Twelve Step self-help group to assist people deal with stress due to emotional problems
- Meets weekly in different areas of Winnipeg
- **Fee:** None, Voluntary contributions towards supplies, etc.
 - Meeting locations:
 - Wednesdays 8 pm-St Stephens Church-220 Helmsdale @ Henderson Highway
Contact: ALLAN-204-663-4550 email: agbird@mts.net
 - Reaching out Chapter -Tuesdays 8 pm-Deer Lodge Centre-2nd FLR 2109 Portage
Contact: RAY-204-775-3614 email: ergarnett@shaw.ca

Family Dynamics

Unit 401-393 Portage Ave
(4th Floor Portage Place Mall)
Winnipeg, Mb.
Tel: 204-947-1401 Fax: (204)948-2142

Website: www.familydynamics.mb.ca

Services:

- Individuals, couples, families, and groups; family-centered approach towards couple and family relationships
- Variety of programs/groups offered including anger management
- Fee: Based on ability to pay/Sliding scale

Family Conciliation

2nd floor-379 Broadway

Winnipeg, Mb.

Tel: 204-945-7236 Fax: 204-948-2142

Services:

- Helps families dealing with divorce and separation to make decisions in the best interest of the children, mediation only for the parents (can self-refer for mediation)
- Holds peer therapy groups for children aged 8 to 12 years old and teen information and education groups for children between 13-17
- Fee: None

Fort Garry's Women's Resource Centre

1150-A Waverly St.

Winnipeg, Mb.

Tel: 204-477-1123 Fax: 204-475-9127

Website: www.fgwrc.ca

Services:

- Information and referral, counseling, support groups for women 18+
- Fee: none
- Phone for details

Health Sciences Centre-General Hospital

820 Sherbrook St.

Winnipeg, Mb.

Tel: 204-774-6511 for General Inquiry Fax: 204-787-7316

Website: www.hsc.mb.ca

Services:

- Offers a wide variety of mental health support and treatment as well as social work counseling services
- Fee: most covered by MHSC
- Phone for details please

Klinik Community Health Centre

870 Portage Ave

Admin [Tel:204-784-4090](tel:204-784-4090)

545 Broadway Ave.

Drop-In open Mon-Wed 12-7pm and Tue, Fri, Sat 12-4pm

No appointments, 1st come, 1st served

845 Regent Ave.

Telephone Numbers:

Community Drop-In Counseling Information: 204-784-4067

24 hour Crisis Line: 204-786-8686

Toll Free 24 hour Crisis Line: 1-888-322-3019
Administrative Fax: 204-772-7998
Teen Talk and Drop-in Counseling Fax: 204-784-4204
Website: www.klinic.mb.ca

Services:

Wide variety of counseling services available including:

- **Community Drop-In Counselling Program** (see above)
- **Crisis Counselling Program/24 hr. Crisis line** (see above)
- **Evolve Program (Family Violence Prevention): Tel: 204-784-4070**
 - Offers group counseling for women who have been abused by their partners; group counseling for men who have been violent in their relationship or in past relationships; also services are available for children
- **Manitoba Suicide Prevention Line: 1-877-435-7170 Toll Free**
- **Post Trauma Counselling Program: Tel: 204-784-4059**
 - Offers in-person and group counselling for crisis , post trauma intervention, suicide bereavement, violence and abuse (both male and female)
- **Sexual Assault Crisis Line: Tel: 204-7868631 Toll Free: 1-888-292-7565**
- **Teen Talk: 545 Broadway Tel: 204-784-4010 Fax: 784-4204**
 - Provides information on reproductive health and anti-violence education for youth 14-19; Peer support program
- **Fees:** None

New Directions for Children, Youth, Adults & Families

400-491 Portage Ave.
Winnipeg, Manitoba
R3B 2E4
Tel: 204-786-7051 Fax: 204-774-6488
Website: www.newdirections.mb.ca

Services:

Variety of counselling services and programs offered; Training and Education programs

- **Family Therapy Program**
 - Group and individual family counselling **Fee:** None
- **Transition, Education, and resources for Females (TERF)**
 - Offers youth, adult and mentor programs for women and transgender individuals who have been involved or exploited through the sex trade
- **Fees:** None

Resource Assistance for Youth (RAY)

Drop-in/Resource Centre
125 Sherbrook Street
Winnipeg, MB
Tel: 204.783.5617 Fax: 204.775.4988
Free Store/Satellite Location
195 Young Street
Winnipeg, MB
Outreach Tel: 204.391.2209
Website: www.rayinc.ca

Services:

- Works with youth up to age 29
- Operates a 24 hour toll-free for runaways, providing information, counselling, advocacy and assistance

- Clothing/Food bank for under 18
- Clothing for under 29
- Shower/Hygiene
- Phone for Details Please
- **Fees:** None

Willow Place

P.O. Box 397

Winnipeg, Mb.

Administration Tel: 204-942-7373 TTY: 204-942-5209

24 hr. Crisis line: 204-942-3052

Toll Free: 1-877-977-0007

Services:

- Offers one to one counselling; women's groups; individual and group Children's counselling; advocacy and referral to other community services and follow-up services
- **Fee:** None

Women's Health Clinic

Unit A-419 Graham Ave

Winnipeg, Mb.

Tel: 204- 947-1517

TTY: 204-956-0385

Fax: 204-943-3844

Website: www.womenshealthclinic.org

Services:

- Offers a variety of counselling and programs related to women's health and well-being; including reproductive health and smoking cessation
- Teen Drop-In Clinic offering a variety of services-please call for details
- **Fee:** phone for details

Nine Circles Community Health Centre

705 Broadway Ave.

Winnipeg, Mb.

Tel: 204-940-6000 Fax: 204-940-6003

Info Line: 204-945-2437 Clinic: 204-940-6001

Toll free Clinic: 1-888-305-8647

Website: www.ninecircles.ca

Services:

- Provides advocacy, counselling, care treatment, and support for people living with, affected by and at risk for HIV/AIDS
- Operates food bank for people living with HIV/AIDS
- Operates Street Connections (Mobile Needle Exchange/Harm Reduction Unit)
- Please phone for details
- Fee: none

Bridging the Gap Ministry Inc.

211 Edmonton St.

Winnipeg, Mb.

Tel: 204-783-8684 Fax: 204-772-3603

Website: www.bridgingthegapwinnipeg.com

Services:

- Offers men and women; who have been incarcerated, about to be released or recently reintegrating into society; support and counselling (individual, couple and family).
- Offers a weekly peer support group (Forward Step)
- Please phone for details
- Fee: none

Holy Names House of Peace

211 Edmonton St.

Winnipeg, Mb.

Tel: 204-942-5535 Fax: 204-944-0289

Services:

- Offers counselling
- Cocaine Anonymous
- Meeting info:
 - Alcoholics Anonymous: 204-942-0126
 - Cocaine Anonymous: 204-936-0000
- Fee: none

A Women's Place: Domestic Violence Support & Legal Services

200-323 Portage Ave

Winnipeg, Mb.

Tel: 204-940-6624 Fax: 204-940-1971

Website: www.norwesthealth.ca

Services:

- Provides legal and support services, including group and individual counselling, to women exiting abusive relationships
- Fee: none

Insight Mentor Program-Substance Abuse Support via NorWest Co-Op Community Health Centre

Access NorWest

785 Keewatin Street

Winnipeg, Manitoba

R2X 3B9

Tel: 204-938-5998

<http://www.norwestcoop.ca/mind-spirit/mentor-program/>

Immigrant Women's Counseling Services

785 Keewatin Street (Access NorWest)

Winnipeg, MB

Tel: 204-938-5900

Services:

- Provides legal and support services to women who: are Newcomers, long-term residents of Canada, have a history of trauma in their country of origin and/or are needing support adapting to Canadian culture

- Provide interpreter services, support, advocacy and referrals, public education and individual and group counselling in the areas of domestic violence, parenting, health, law, immigration, EIA, housing and education.

Counselling Program-North End Women's Centre

349 Selkirk Avenue
 Winnipeg, MB
 Tel: 204-589-7347
info@newcentre.org
www.newcentre.org

Services:

- Long term and life skills counselling
- Eight week closed groups on topics like healthy anger, grief and loss, self-esteem, domestic violence and healthy relationships

The Men's Resource Centre

115 Pulford Avenue
 Winnipeg, MB
 Tel: 204-415-6797 ext. 250
 Toll Free: 1-855-672-6727
www.mens-resource-centre.ca

Services:

- Individual counselling-short term. Men participating in therapy will have the opportunity to receive consistent support from the same therapist on a weekly or bi-weekly basis for up to 8 weeks
- Group counselling-topics of discussion stem from personal, interpersonal and social issues
- Male childhood sexual abuse counselling program-is a trauma specific program for men who identify having been sexually abused as children and want to resolve the long-term impacts it has had on their life
- Domestic violence emergency shelter program-is available for men (and their children) who are fleeing from their intimate partner because of abuse and family violence and are imminent threat of harm or fear for their safety

Winnipeg Police Service- Victim Service Unit

3rd floor-211 Bannatyne Ave.
 Winnipeg, Mb.
 Tel: 204-986-6350 Fax: 204-957-2450
 Website: www.winnipeg.ca/police

Services:

Compiled by Randeon Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

- Provides assistance to individuals affected by crime, by offering emotional support, police and court related information
- Also provide referrals to community agencies
- Please phone for details
- Fee: none

Victim Services-Domestic Violence Unit

1410-405 Broadway Ave.

Winnipeg, Mb.

Tel: 204-945-6851 Fax: 204-948-2229

Toll free Domestic Abuse Line: 1-866-484-2846

Website <http://www.gov.mb.ca/justice/victims/services>

Services:

- Provides assistance, short-term counselling and information to individuals whose partners have been charged with domestic violence offence
- Help victims with the court process, safety planning and resources
- Fee: none

John Howard Society of Manitoba

103-583 Ellice Ave.

Winnipeg, Mb,

Tel: 204-775-1514 Fax: 204-775-1670

Outside Winnipeg: 1-855-755-1514

Website: www.johnhoward.mb.ca

Services:

- Offers a variety of community counselling and community group services to individuals and families of individuals involved in/with the criminal justice system
- Fee: Call for details Anger Management course: \$50

Rainbow Resource Centre (RRC)

170 Scott St. at Wardlaw

Winnipeg, Mb.

Tel: 204-474-0212 Fax: 204-478-1160

Website: www.rainbowresourcecentre.org

Email: www.counselling@rainbowresourcecentre.org

Services:

- Offers support, information, counselling, referrals, library and public awareness on issues related to sexual orientation, gender diversity and anti-homophobia education
- The Rainbow Resource room offers counseling services to the following groups: members of the LGBTT (Lesbian Gay, Bisexual, Transgender, Two-Spirit, Intersex and Queer) community; people who are questioning their sexual orientation and gender identity; parents, family, and friends of LGBTT community members who need information, education, and support in order to foster supportive relationships with their LGBTT loved ones
- Fee: none memberships available- phone for details

Elmwood Community Resource Centre (ECRC)

545 Watt Street

Winnipeg, MB

Phone: 204-982-1720 ext. 304 to register

Services:

Awakening-a women's empowerment project that offers counselling and therapeutic sessions which include: domestic violence awareness, coping with anxiety, conflict resolution and parenting.

Program is being offered from May 2, 2019 to March 26, 2020 from 1:00-3:00 pm.

Moms and Moms-to-Be In Recovery

Tel: 204-956-6650

Services:

- A recovery program that assists mothers and expectant mothers who are recovering from substance abuse issues.
- Group and individual counselling in a non-judgmental, supportive environment
- Whole-health recovery support to reduce stress and encourage healthy connections and bonding
- Advocacy with CFS, Probation Services, E.I.A., housing, return to work etc.

Bed

Bug

Info

Bed Bug Info

<http://bedbugregistry.com/location/MB/>

This site lists all the current housing locations that are having problems with bed bugs

Bug n Scrub

Main Office

Bed Bug Information, Housing and Community Development

Winnipeg, Manitoba

Tel: 204-786-7183 or 1-855-362-2847 or 1-855-3MB-BUGS (in Manitoba)

Fax: 204-948-3093

Healthy Housing

Tel: 311 (if within Winnipeg)

For tenants living with housing problems that might affect their health and well-being (such as bed bugs, rodents, or lack of heat) contact Bylaw Enforcement Services. Outside of Winnipeg contact the local Public Health Inspector listed on

www.gov.mb.ca/health/publichealth/environmentalhealth/protection/contact.html

Central Intake

5 - 408 Booth Dr.

Winnipeg, Manitoba R3J 3R7

E-mail: bedbugs@gov.mb.ca

Website: <http://www.gov.mb.ca/bedbugs/program.html>

Application: http://www.gov.mb.ca/asset_library/en/bedbugs/bug_n_scrub_program.pdf

Tel: 204-945-4204 Winnipeg Intake

Services:

- A free program, for eligible vulnerable persons who need help in preparing their home, for bed bug treatment. Bug n scrub provides a variety of preparation services such as moving furniture, general cleaning, laundry service and reducing and removing clutter.

Daniel Macintyre St Matthews Community Association

Winnipeg, MB

R3G 0C3

Tel: 204-774-7005, Ext 102

Email: bedbug.prevention@dmsmca.ca

Website: <http://www.dmsmca.ca/bed-bugs/bed-bug-resources-and-information>

Services:

- Suspect you have a bed bug problem? Need information about bed bug prevention and treatment? Call number above.

Income
And
Training
Resources
For
Adults

Employment and Income Assistance (EIA)

102-114 Garry St.

Winnipeg, Mb.

Info line: 204-945-2177 Intake tel: 204-948-4000(if applying for EIA)

E.I.A. @640 Main St. Tel: 204-940-8441

E.I.A. @775 Portage Ave. Tel: 204-940-8600

Website: www.gov.mb.ca/fs/assistance/eia

Services:

- Offers income assistance to those in financial need
- Provides employability assessments, personal job planning, work incentives and other supports to help participants enter or re-enter the labour market
- Income Assistance program for **Persons with Disabilities**
- Serve as information and referrals for agency looking

Work Readiness and Placement (WKR)

Tel: 204-946-9141

Services:

- WKR is a 13-week program designed to improve the employability of social services recipients

EIA Advocates Network

The Network is made up of community members who are on EIA, and community agency staff and volunteers who support individuals living on EIA. The regular meetings create an opportunity to discuss policy changes, training opportunities, share resources and create joint materials.

For more information contact <https://eianetwork.wordpress.com>

Community Unemployed Help Centre

501-275 Broadway Ave.

Winnipeg, Mb.

Tel: 204-942-6556 Fax: 204-947-9557

Toll free: 1-866-942-6556

Services:

- Provides information and advocacy service on Employment Insurance claims, persons needing Employment and Income Assistance and referrals to other agencies
- **Eligibility/Application Procedure:** unemployed- phone, drop in; bring in letter from E.I. or E.I.A

Opportunities for Employment

300-294 Portage Ave.

Tel: 204-925-3490 Fax: 204-925-3499

Website: www.ofe.ca

Services:

- Provides faith-based non-profit organization that provides (free) employment assistance services which includes:
 - Employment Assistance Services; Job Search Preparation; Employ-Ability Skills; Computer Literacy Modules; Employment Development Certificates; Mature Worker Program; Community Home Services Program; Maximum Opportunities; Stages of Change - Persons

Compiled by Randeon Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

with a Disability Program; The Canadian Workplace Culture Workshop Series; Information Sessions; Job Resource Area; CPR/First Aid Courses; Serving It Safe; Non-Violent Crisis Intervention Course; WHMIS Training; Lift truck Theory training;

- Must register at Front Desk, make an appointment and attend an information session
- Can be referred by employer, EIA or E.I. worker
- Please phone for details

First Steps to Employment Project

Antony Smith

204-947-1609 ext. 223

Services:

This is a program for adults between the ages of 30-50 who live alone and are willing to volunteer for one of our centres. You must be willing to participate in counselling for personal growth. You receive a furnished apartment but must be referred by a worker or agency (Ma Mawi, AFM, Pritchard House, Native Women's Transition Centre, etc)

Winnipeg Transition Centre

200-686 Portage Avenue

Tel: 204-338-3899

Website: www.winnipegtransitioncentre.com

Services:

- Workshops run each month on all aspects of job search, individual resume and interview assistance for workshop attendees
- Can self-refer, phone for more details

Taking Charge

276 Colony Street

Winnipeg, Manitoba

Phone: 925-1100

Website: www.takingcharge.org

Services: **Program aimed at single parents and women.**

- Taking Jobs program offers one-on-one job search assistance for women. Assists clients with: cover letters, resumes and job search.
- Taking Charge program provides academic upgrading for grades Grade 10 and 11 to prepare clients to enroll at the Winnipeg Adult Education where they can complete their Mature Grade 12 Diploma.

Reaching E-Quality Employment Services (REES)

305-1200 Portage Avenue

Tel: 204-832-7337

Website: <http://www.re-es.org/>

Services:

- Reaching E-Quality Employment Services (REES) is a community-based employment service that assists people with physical disabilities or health conditions in gaining employment. Programs include the Youth Employment Project, which is a 12-week employability skills program for youth between 17-29 years of age.

Osborne Village Resource Centre

Unit 1-107 Osborne Street

Tel: 204-989-6503

Website: <http://www.ovrc.ca/>

Services:

- OVRC offers a number of courses on basic computer literacy, as well as career counseling, access to resources, assistance with resumes, cover letters and interview skills

Clubhouse of Winnipeg

172 Sherbrooke Street

Tel: 204-783-9400

Services:

- A centre that assists individuals with mental health issues and supports their integration into the community.
Members work side-by-side with Staff to perform progressively challenging jobs and participate in all decision-making necessary for the daily operation of the Clubhouse.
- Members gain skills and confidence by participating in Work Units while socializing with their Clubhouse colleagues. Members can choose to volunteer in our Kitchen / Maintenance area, Thrift Shop, Library / Resource area, Reception, and the computer-focused Business Clerical and Member Services areas. Additional programming includes daily exercise in our Fitness Centre, a Friday afternoon Art Program and social/recreation activities in our main dining room.

Workers Organizing Resource Centre

Mezzanine-280 Smith St. (office)

Mailing: P.O. box 1, STN MAIN, R3C 2G1

Winnipeg, Mb.

Tel: 204-947-2220 Fax: 204-947-2212

Services:

- Offers free, confidential assistance and advocacy to non-unionized workers regarding workplace related rights and issues
- Supports persons on Disability and EIA also
- Makes referrals to agencies that deal with Employment Insurance, Worker's Compensation, health and safety issues and Employment Standards
- Please phone for details

Supporting Employment & Economic Development Winnipeg Inc.

(SEED)

80 Salter St.

Winnipeg, Mb.

Tel: 204-927-9935 Fax: 204-927-9930

Website: www.seedwinnipeg.ca

Services:

- Offers a variety of programs aimed at assisting low income individuals towards self-employment, business development and Saving Circles (money management) which promote empowerment through gaining knowledge on how to save income
- Provides programs on:
 - Asset Building (building blocks for children's education, individual development account for home or education savings)

- o Business development Services (Business Management Training, Community and Worker Ownership Program and Recognition counts!-for immigrants with professional training)

Life and Employability Enhancement Program (LEEP Program)

51 Morrow Avenue (operated by the Salvation Army)

Winnipeg, Manitoba

Tel: 204-946-9137

Services:

A twenty week employment skills training program for war-affected youth aged 15-30 years of age. In the first phase of the program, participants spend ten weeks in a classroom environment learning about workplace expectations, Canadian culture, communication, conflict resolution and computer skills. Participants spend the final ten weeks in a work placement that matches their skills level, experience and employment goals.

Criteria:

Participants must be between 15-30 years of age

Participants must be from a war-affected country

Individuals must be legally entitled to work in Canada

Individuals must NOT be receiving Employment Insurance

Individuals must be unemployed/underemployed

Indigenous Specific Employment Supports

Centre for Aboriginal Human Resources Development Inc. (CAHRD)

304-181 Higgins Avenue

Tel: 204-989-7110

Services:

Employment services are for all Indigenous people of any age. Staffing Solutions delivers job placement services for Indigenous graduates of high school, college, university or specialized training.

Education services include kindergarten and nursery program with Neeginan Early Education Centre, high school diploma, upgrading, and literacy programming with the Aboriginal Community Campus.

Training services include in-house training through the Neeginan Institute of Applied Technology, as well as referrals to community programs. CAHRD training programs are done in partnership with industry, business, and training and education institutions.

Urban Circle Training Program

519 Selkirk Avenue

Tel: 204-589-4433

Services:

Offers a culturally relevant, intensive life skills program coupled with training in the following areas: Adult Employment and Education, Family Support Worker Program, Educational Assistant and Health Care Aide, Health Unit Clerk.

Ka Ni Kanichihk

455 McDermot Avenue

Tel: 204-953-5820

Services :

Ka Ni Kanichihk provides Indigenous programs and services that build on the strengths and resilience of Indigenous people. Training programs include: Community Development Program and Honoring Gifts. Honoring Gifts is open to mothers between 18-30 years of age who would like some support to complete high school and obtain job skills.

Manitoba Metis Federation (MMF)

150 Henry Avenue

Tel: 204-586-8474

www.mmf.mb.ca

Services:

Department of Human Resources Development and Training has job postings and offers training programs and funding for approved training and education.

P.E.P.-Personalized Employment Preparation

30-61 Juno Street

Tel: 204-982-4948

Services:

This program through the Winnipeg Boys and Girls Club assists youth 16-29 to prepare for and find employment. The program runs for 6 weeks and assists clients with a variety of skills including: cover letter and resume writing, interview preparation, stress management etc.

P.A.T.H. Employability Centre-Planning Alternative Tomorrows with Hope

627 Selkirk Avenue

Tel: 204-927-2300

Email: path@necrc.org

Services:

Provides career counselling, resume writing, and personal development.

Employment Supports for French Speakers

Premier Choix

200 – 614 Des Meurons Street

Winnipeg, Manitoba R2H 2P9

Telephone : 204 237-9788

Fax : 204 237-4618

www.premierchoix.org

Services:

- Premier Choix is a non-profit agency that helps **French speaking clients (18 - 30 years old)** develop employment skills in order to find and maintain a job.
- Two programs are available Destination Emploi and Adapted Services. Destination Emploi is a 9-week course, offered Monday to Friday. Participants are paid minimum wage for the duration of the program which includes 4 weeks of classroom training as well as on-the-job work experience. Individuals will learn how to write a resume, prepare a cover letter, and acquire the skills they need to succeed at job interviews and find employment opportunities. To qualify, you must speak French, be out of school and not receive employment insurance benefits.
- Adapted services offer training and support for people with disabilities to help them integrate into the workforce and maintain meaningful employment.

Staffing and Recruiting Agencies

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

Online Resources

Job Bank-Government of Canada

Website: www.jobbank.gc.ca

Services:

- Offers information in regards to job market trends, a career navigator, job postings throughout Canada, resume builder, job alerts and links to other job sites

Opportunities Manitoba

Website: <http://www.gov.mb.ca/opportunities>

Services:

- Connects you to over 200 services and programs offered by the Government of Manitoba.

Career Exploration Websites

www.brainhunter.com

www.careerbuilder.ca

www.canadajobs.com

www.flipdog.com

www.indeed.ca

www.candogs.com

www.skillnet.ca

www.winnipegjobshop.ca

www.eluta.ca

www.monster.ca

www.workopolis.com

www.jobboom.com

www.amik.ca (an extensive list of jobs throughout Manitoba and Canada specific for Indigenous job seekers)

Income
And
Training
Resources
For
Youth

Places to Go:

Youth Employment Services (Y.E.S.)

614-294 Portage Avenue

Winnipeg, Manitoba

Tel: 204-987-8661

Website: <http://youthemploymentservices.com/contact-us/>

Services: provides services to people ages 16-29 by offering:

- one-on-one meetings with an Employment Facilitator for cover letters and resume help
- access to job search workshops
- information on training and education and tips on how to ace an interview

Reaching E-Quality Employment Services (REES)

305-1200 Portage Avenue

Winnipeg, Manitoba

Tel: 204-832-7337

Website: www.re-es.org

Services:

Provides employment services to people with physical disabilities or health conditions: career exploration, resume development and cover letter writing as well as interviews, job search, and employment maintenance skills. Programs include the Youth Employment Project, which is a 12-week employability skills program for youth between 17-29 years of age.

Life and Employability Enhancement Program (LEEP Program)

51 Morrow Avenue (operated by the Salvation Army)

Winnipeg, Manitoba

Tel: 204-946-9137

Services:

A twenty week employment skills training program for war-affected youth aged 15-30 years of age. In the first phase of the program, participants spend ten weeks in a classroom environment learning about workplace expectations, Canadian culture, communication, conflict resolution and computer skills.

Participants spend the final ten weeks in a work placement that matches their skills level, experience and employment goals.

Criteria:

- Participants must be between 15-30 years of age
- Participants must be from a war-affected country
- Individuals must be legally entitled to work in Canada
- Individuals must NOT be receiving Employment Insurance
- Individuals must be unemployed/underemployed

Summer Employment:

Youth for Christ-Summer Work Force

294 Burrows Avenue

Winnipeg, Manitoba

Tel: 204-589-4024

<http://yfcwinnipeg.com/work-force.html>

Services:

Compiled by Randeon Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

- Youth work at odd jobs in the community with residents and businesses a few times a week. They learn such things as how to work with an employer, problem solving, how to do a good job etc. The youth are paid minimum wage by Work Force.
- Operates from June to August.

Boys and Girls Club of Winnipeg Inc.

300-61 Juno Street
Winnipeg, Manitoba
Tel: 982-4940

<http://www.bgcwinnipeg.ca/>

Services:

- The Clean Machine-Streets program provides youth ages 12-16 with a structured first-time employment experience

Federal Student Work Experience Program (FSWEP)

<http://jobs-emplois.gc.ca/fswep-pfete/index-eng.php>

This program allows students to apply for summer employment with the Federal Government.

Employment Resources and Financial Supports

Canlearn Interactive

<http://www.canlearn.ca/eng/index.shtml>

- This is a one stop resource for the information and interactive planning tools you need to explore learning and educational opportunities in Canada. They can research occupations, develop learning strategies and create the financial plans to achieve their goals on this site.

Apprenticeship Programs

<http://www.gov.mb.ca/wdis/apprenticeship/>

- Provides information about training and funding opportunities to work in the trades.

Scholarships Canada. Com

<http://www.scholarshipscanada.com/>

- This website lists scholarships that youth can apply for

Online Resources

Student Jobs & Opportunities

http://www.gov.mb.ca/cyo/youth_jobs.html

Government of Manitoba website that connects youth to services and programs including:

- **STEP Services**

STEP Services is the official student employment placement service for the Government of Manitoba. Eligible students can find full and part-time jobs with government departments, agencies, and Crown corporations throughout the year in various locations across the province.

- **Urban/Hometown Green Team**

- Green Team creates summer employment opportunities for youth aged 15 to 29 years. Participating employers provide a variety of community development projects that improve neighbourhoods, promote community involvement and help develop young leaders. The employment period is between May 1 and August 31.

- **Manitoba Youth Job Centres**

- Manitoba Youth Job Centres provide community-based summer employment referral services throughout rural and northern Manitoba. Local employers, as well as students and youth from 12 to 29, receive FREE assistance matching qualified job seekers with summer employment.
- **Career Focus**
- Career Focus partners with Manitoba employers and educators to create career-related work experience opportunities for high school and post-secondary students. Career Focus provides participating employers with wage subsidies that support student employment positions.
- **Young Entrepreneurs**
- The program encourages Manitoba's young people to start their own full-time businesses and pursue self-employment as a career choice. Applications are accepted on a year-round basis from youth aged 18 to 29 years.

Youth Volunteer Opportunities

http://www.volunteermanitoba.ca/youth_resources.php

- Youth can learn about different career paths that may interest them and can also develop useful skills. This organization matches youth with potential volunteer opportunities.

Websites for More Information

www.opportunitiesmb.ca

Government of Manitoba youth information

www.youth.gc.ca

Government of Canada youth information

www.manitoba.ca

Government of Manitoba

www.canada.gc.ca

Government of Canada

www.pwd-online.gc.ca/pwdh.4m.2@jsp?lang=eng

Information for persons with disabilities

www.workingincanada.gc.ca

Information on employment prospects

www.mb.jobfutures.org

Manitoba occupational profiles

www.aymb.ca

Aboriginal Youth Mean Business is an online directory of all the services that exist to help you get started or grow your business. The best online list of existing Indigenous businesses in Manitoba as well as an opportunity to meet the young Indigenous entrepreneur of the month.

Legal
Information
And
Assistance

Community Legal Education Association

205 – 414 Graham Avenue
Winnipeg, Manitoba
R3C 0L8

Phone: (204) 943-2305 or 1-800-262-8800

Fax: (204) 943-3600

Website: www.communitylegal.mb.ca/contact

Services:

Offers a Law Phone-In & Lawyer Referral Program that provides **general legal information** and advice **for free** over the phone in response to callers' inquiries. If a client needs legal advice and would like to be referred to a lawyer, a referral can be made from a list of over 130 lawyers who have chosen to register with CLEA.

Lawyers and callers can be matched on the basis of

- geographical area
- language
- whether or not the lawyer offers "shut in" services
- whether or not the lawyer has agreed to accept clients who qualify for Legal Aid
- whether or not the lawyer takes contingency cases.

Legal Information Publications- CLEA publishes and distributes printed material-most of it free or low cost-that is written in plain language. Publications include: family law for children, legal tips for single parents, criminal law and procedures, immigration fact sheets, planning your funeral and an uncontested divorce guide for Manitobans.

Family Justice Resource Centre

100-A Law Courts Building
408 York Avenue
Winnipeg, Manitoba

Phone: 204-945-2313 or toll free 1-844-808-2313

Services:

Staff can help clients learn more about common legal matters such as hiring a lawyer, filing for separation, enforcing child support payments etc., for free.

Hours: Monday to Friday, 8:30 am -4:30 pm
Messages returned within 24 hours

Legal Help Centre

202-393 Portage Avenue on the Second floor of Portage Place at the west end of the mall, above Staples
Winnipeg, MB
R3B 3H6

Phone: 204 258 3096

Services:

Legal Help Centre offers drop in clinics for the public on Tuesday and Fridays from 1:00-4:30 pm. Clients meet with law students that are under the supervision of lawyers. Clients are provided with information and referrals to different organizations.

Compiled by Randean Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

Note: Clients must have a household income less than \$50,000 and are not currently represented by a lawyer.

Hours: Tuesdays and Fridays 1:00 pm - 4:30pm

Agassiz Law Centre

520-136 Market Avenue
Winnipeg, R3B 0P4
Phone: 204-985-5230

Services:

The Agassiz Law Centre is a Community Law Centre of the Legal Aid Services of Manitoba. Our mission is to provide legal aid services in a manner that is consistent with the values and traditions of Indigenous people. In furtherance of our mission we endeavor, whenever appropriate, to assist people in resolving their legal uses using non-adversarial, consensus building approaches, alternative dispute resolution mechanisms, restorative justice and healing models from the Aboriginal community.

Legal Aid Manitoba

4th Floor - 287 Broadway
Winnipeg MB R3C 0R9
Phone: 204.985.8500 Fax: 204.944.8582
Toll Free: 1.800.261.2960
Services:

Provides legal advice and representation to eligible low-income individuals and groups. Legal Aid Manitoba provides legal help to people who are financially eligible on cases with merit. This can include people who are working.

Provides legal advice and assistance to people with family issues such as divorce, child custody, maintenance enforcement and child protection matters; adults and youth who are facing criminal charges; people with disputes involving social assistance, workers compensation or disability benefits and groups and individuals with test cases in the areas of consumer, poverty, environmental, Aboriginal and Charter of Rights challenges.

Legal Aid does not handle real estate transactions, property divisions, wills and estates, corporate and commercial matters, or civil litigation matters such as people suing each other. **Please note: people with income over a certain amount might be expected to pay for their lawyer or administrative fees.**

Aboriginal Court Worker Program

311-408 York Avenue
Tel: 204-945-0024

Services:

Services for Indigenous peoples involved in the criminal court process requiring guidance on the best course of action. Workers act as liaisons with police, advise and assist in obtaining legal counsel, and a variety of other assistance as may be required.

**MENTAL
HEALTH
SERVICES**

Crisis Services

WINNIPEG REGIONAL HEALTH AUTHORITY (WRHA), MOBILE CRISIS SERVICE

817 Bannatyne Avenue
Tel: 204-940-1781

Both the WRHA Mobile Crisis Service and the walk-in crisis response services at the CRC provide assessment of adults experiencing mental health or psycho-social crisis. Assistance to stabilize the situation is provided in the least restrictive manner possible. The intended outcome of the service is to resolve the crisis and provide continuity of service as required.

Services:

Mental health assessment
Crisis intervention
Information, referral and advocacy

Important Referral Information:

Name, address, description or presenting problem, identification of risk factors (i.e. if the person is suicidal/homicidal, substance use, aggression etc).

CRISIS STABILIZATION UNIT (WRHA)

3-755 Portage Avenue
Tel: 204-940-3633

Short-term 16-bed residential facility for adults experiencing a mental health crisis

Services:

Stabilization for voluntary clients who are experiencing a mental health or psycho-social crisis
Crisis assessment and intervention
Connects clients to resources

Important Referral Information:

Will accept referrals only if clients have been assessed by the Mobile Crisis Service or mental health professional. Clients may self-refer if they have had a recent stay at the Crisis Stabilization Unit. A reason for admission will need to be identified.

YOUTH EMERGENCY CRISIS STABILIZATION SYSTEM

204-949-4777 or 1-888-383-2776

WILLOW PLACE

Tel: 204-615-0311 or 1-877-977-0007 Ext. 1

Short term emergency shelter for women who have been involved in a physically, mentally, or emotionally abusive relationship.

Services:

Provides residents with one on one counselling
Women's support groups, individual and group children's counselling
Advocacy and referral to other community services
Outreach and follow-up services (Monday to Friday)

Important Referral Information:

Shelter and crisis lines are open 24 hours a day every day.

MAIN STREET PROJECT

75 Martha Street
Winnipeg, Manitoba
Tel: 204-982-8245

Provides crisis services in the core area of Winnipeg.

Services:

Drop-in centre and emergency overnight shelter
Counselling, information and referrals
Distribution of donated food and clothing
Two ten-day non-medical detoxification programs (25 beds and 22 beds)
Limited short, medium and long term housing (Mainstay Residence, 34 beds)
Homeless Outreach Mentors (H.O.M.)
Project Breakaway
Intoxicated Persons Detention Area
Transitional services-intensive case manager, housing first, harm reduction

Important Referral Information:

Name, birth date, services which are being requested

WINNIPEG EMERGENCY SERVICES OPERATOR

Tel: 911

Services:

Will connect your call to the appropriate Emergency Department who will then take details of your crisis situation and call the police/fire department to help you.

KLINIC

870 Portage Avenue
Tel: 204-784-4090
Web: www.klinic.mc.ca

24 Hour Telephone Services

Manitoba Suicide Line-1-877-435-7170
Crisis Line-1-888-322-3019/204-786-8686
Sexual Assault Crisis Line-1-888-292-7565/204-786-8631
Senior's Abuse Support Line-1-888-896-7183
TTY Dear Access Counselling-204-784-4097

Services:

Community Drop-In Counselling Program (no cost, no appointment required): Call 204-784-4067 for hours and locations
Post-Trauma Counselling Program: Call 204-784-4059 for appointments
Evolve (Family Violence Counselling): Call 204-784-4059 info/appointments

Dream Catchers (a program for women and transgender individuals transitioning from a sex trade): Call 204-784-4042 for information

SPEAK (Suicide Prevention Education Knowledge): Suicide Bereavement support and information: Call 204-784-4064

Sexual Assault Crisis Counselling: Call 204-784-4049 for appointments and/or 204-784-4048 for speakers/education

Community Mental Health (WRHA)

Central Intake –Tel: 204-788-8330

Services:

Assessment

Case Management

Supportive Counselling and Crisis Intervention

Rehabilitation

Important Referral Information:

Must meet eligibility criteria and be willing to accept services. Provide address, PHIN, birth date, diagnosis and doctor's name. Service providers will be asked to provide available assessments, social history, etc.

MANITOBA SUICIDE LINE

Tel: 1-877-435-7170

Canadian Mental Health Association-Winnipeg Region

930 Portage

Tel: 204-982-6100

www.cmhawpg.mb.ca

Provides community support services for people with mental illness.

Services:

Rehabilitation and Recovery services for people with housing, employment, education, or social goals

Al-anon

The Al-anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

Tel: 204-784-4064

Turning Leaf

2nd Floor-2585 Portage Avenue

Winnipeg, Manitoba

Tel: 204-221-5594

www.turningleafservices.com

Provides youth and adults living with intellectual challenges (e.g., Fetal Alcohol Syndrome) and mental illness (e.g., Schizophrenia, Depression) with treatment and support for the purpose of assisting safe, healthy and independent living.

Services:

Residential Program delivers a variety of supports including skill development related to: meals and foods, financial, family systems, daily living, safety and legal systems.

Compiled by Randeane Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

Community Support Workers-participants are given access to treatment and support throughout the community including: advocacy with legal issues, advocacy with apartments or living arrangements, money management assistance, assistance with booking appointments and providing access to appropriate and healthy recreation and leisure options.

Day Services offers life-skill building activities, social skill building opportunities, vocational skills training, volunteer opportunities and recreational options at two locations.

Specialized Employment Training is a program tailored to each individual and focuses on job skills training, resume and interview preparation.

Sarah Riel Inc.

66 Moore Avenue
Winnipeg, Manitoba
Tel: 204-237-9263

www.sararielinc.com

Sara Riel Inc. is a charitable organization offering a variety of mental health services to adults. Please find a listing of some of the services below.

Services:

Community Mental Health Support Program offers a range of services including: Life Skills Development, Counseling Services, Case Management, Life Skills Development and Support, Spiritual Care and Cultural & Community Integration, Leisure Planning Assistance and Recreation, Assistance with Medication Management, Crisis Support and The Participant Exits the Program When.

Employment Services Orientation provides a range of services including: month long vocational skill building classes that help people prepare for, choose, get and keep employment, monthly computer training classes, one on one sessions with an Employment Specialist to identify personal/ professional barriers to employment and provide counseling and vocational planning, career counselor services to develop a career path or access education/training resources., supported job search/facilitation services to assist in finding a job and networking, job retention services once employment is achieved to deal with any issues that may arise to help maintain their employment ,weekly open" job search where clients can use the computers and work on their resumes with the assistance of staff and EIA benefits counseling to assist clients to understand the transition to work process and the effects on their benefits.

Seneca Respite- Seneca Respite is not a "crisis centre" - the services are best-suited for those persons requiring a break, experiencing isolation or encountering what some people might term "pre-crisis" situations, prior to their escalation to crisis. Services will continue to support up to five (5) guests at a time, for up to five (5) nights per stay, providing full 24-hour respite support in our safe and comfortable, home-like environment.

SAIR Training and Employment Placement Services (STEPS)

Unit 1- 201 Scott Street
Winnipeg, Manitoba R3L 0L4
Phone (204) 474-2303
Fax (204) 453-3959

STEPS provides assessment, employment services and employment supports to participants mainly with psychiatric disabilities but may also include those with a mental, physical and/or learning disabilities.

Assessments may be formalized and include work-related interests, aptitudes and academics and/or may be community based or agency based depending on the needs of the participant and their referral source. STEPS works closely with the employer so that the special needs of the participant are understood while ongoing support is provided throughout the assessment and employment process

BUDGETING AND HELP WITH MONEY

Community Financial Counselling Services

516 – 294 Portage Avenue
Winnipeg, MB R3C 0B9
Toll Free: 1-888-573-2383
FAX: (204) 989-1908
Phone: (204) 989-1900

Community Financial Services is open to everyone. Both individuals and families with concerns about basic budgeting, credit and debt can use the services.

Services include:

- **Consumer Credit Counselling includes;** a program that includes an in depth financial assessment and a complete review of the options available. They also provide information and education about finances and managing your money. CFCS offers a licensed Debt Management Program (DMP) to eligible clients where, with creditor agreement, monthly payments may be arranged and interest rates reduced.
- **The Gambling Program;** supports individuals and their families struggling with financial concerns as a result of gambling behaviours. Financial counsellors with specialized addiction training provide financial counselling and assessment which includes a review of options for repayment and debt management services. The program receives and makes referrals to addiction support programs including self-help groups.
- **Education and Information (Financial Literacy);** offers information sessions and workshops in basic debt/credit management issues, options for dealing with debt, and resources to community groups, agencies and organizations as well as other companies whose employees/clients might benefit. These sessions may include information on budgeting and money management, as well as other topics related to financial wellbeing. There is no charge for this service for non-profit and community groups.
- **Community Volunteer Income Tax Program (CVITP) ;** offers free income tax preparation to all Manitobans who have an individual income under \$30,000 or family income under \$35,000 with no business or investment income. This service is provided by Canada Revenue Agency trained volunteers and is available for in-person or drop-off tax preparation. This service is provided at various locations in Winnipeg and throughout Manitoba from March through to the end of April. Please call for specific dates, times and locations.

Supporting Employment and Economic Development (SEED)

80 Salter Street
Winnipeg, MB, R2W 4J6
Tel: 204-927-9947

SEED Winnipeg offers many free programs to people in the community including Saving Circle. Saving Circle is a program that allows you save money for something that you need.

Services include:

- You can save up to \$250 over 6 months and will earn \$3 for every \$1 you save (you have to finish the classes before you get the matching money from SEED for your goal).
- In ten classes you will learn about: setting goals, problem-solving, budgeting, banking, credit etc.
- To qualify your income must be under Statistics Canada's Low Income Cut-offs for gross income and you should want to learn about money topics and can attend Money Management classes

Helpful Links

Calculators (other information to help with debt, cost of credit, finances):

Money Tools (FCAC)

<http://www.moneytools.ca/eng/mt-ma-eng.asp>

<http://www.themoneybelt.ca/theCity-laZone/eng/login-eng.aspx>

Canadian Consumer Information Gateway

<http://consumerinformation.ca/app/oca/ccig/main.do?language=eng&topic=CAT9.TOPICS.ROOT>

Cost of Borrowing Calculator:

<http://www.ic.gc.ca/eic/site/oqa-bc.nsf/eng/ca01812.html>

Government Agencies:

Canada Student Loans

<http://www.canlearn.ca/eng/index.shtml>

Canada Revenue agency (CRA)

www.cra.arc.gc.ca

Financial Consumer Agency of Canada (FCAC)

<http://www.fcac-acfc.gc.ca/>

Canadian Foundation for Economic Education

www.cfee.org

Provincial Government Resources:

Manitoba Consumers Bureau

<http://www.gov.mb.ca/finance/cca/consumb/>

Office of the Superintendent of Bankruptcy

<http://www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/Home>

Workers Compensation Board (WCB)

www.wcb.mb.ca

Manitoba Housing

<http://www.gov.mb.ca/fs/index.html>

Manitoba Student Aid

www.gov.mb.ca/educate/sfa/pages/sfaFrontDoor_en.html

Manitoba Poverty Tool

<http://www.gov.mb.ca/health/primarycare/providers/povertytool.html>

Financial Institutions:

Canadian Banking Association (CBA)

<http://www.cba.ca/>

Canadian Payday Loan Association (CPLA)

www.cpla-acps.ca

Other Credit Counselling Resources:

Credit Counselling Canada (CCC)

www.creditcounsellingcanada.ca/

Ontario Association of Credit Counselling Services

<http://www.oaccs.com/main.html>

WHERE TO GO FOR DENTAL CARE IN YOUR COMMUNITY

Deer Lodge Centre:

2109 Portage Avenue

Winnipeg, MB

Tel: 204- 831-2157

Hours: Monday, Tuesday, Wednesday, 8:30 am-4:30 pm

Types of Services Available:

- General dentistry: diagnostic services, preventative care, fillings, extractions, and other basic care.
- Some complex treatment including crown and bridge, dentures, root canal treatment.
- Referral for specialist treatment is required.

Population Served:

- Residents of Deer Lodge Centre.
- Community dwelling residents, including adults and children are also welcome.

Financial Eligibility:

Dental services are offered on a fee-for-service basis using the Manitoba Dental Association Fee Guide or an Institutional Fee Guide (based upon the Manitoba Dental Association Fee Guide)

Patients without dental insurance.

The following dental insurance plans are accepted: Some plans may not cover full Institutional Fee Guide costs.

- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)

Access Downtown Dental Clinic

640 Main Street (corner of Main Street and Logan Avenue)

Winnipeg, Manitoba

Tel: 204-940-3816

Hours: Monday to Friday 8:30 am -4:30 pm

Types of Services Available:

- General dentistry: diagnostic services, preventative care, fillings and extractions
- Some complex dental procedures done (crown and bridge, dentures, root canal treatment)
- Referral for specialist treatment as required

Population Served:

Adults and children, including infants and toddlers and those with limited income

Financial Eligibility:

Compiled by Randeau Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

- Patients without dental insurance.
- The following dental insurance plans are accepted:
- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

Making Appointments:

- Phone to book an appointment time
- Short notice: walk-in or call to see if same day appointment is available
- Emergencies seen at 8:30 am (be prepared to wait)

Home Dental Care Program

2109 Portage Avenue
Tel: 204-831-3455/56

Hours: Monday to Friday 8:30 am-4:30 pm

Types of Service Available:

Mobile dental services provided to residents of Personal Care Homes and those living in private homes who are physically unable to seek care in private practice.

General dentistry: diagnostic services, preventative care, fillings and extractions

Some complex dental procedures including dentures, limited crown and bridge, and root canal treatment

Population Served:

Residents of Personal Care Homes in Winnipeg and surrounding areas.

Community dwelling, homebound patients.

Financial Eligibility:

Dental services are offered on a fee-for-service basis using an Institutional Fee Guide (based upon the Manitoba Dental Association Fee Guide)

Patients with dental insurance

The following dental insurance plans are accepted: Some plans may not cover full Institutional Fee Guide costs.

- EIA
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

Mount Carmel Clinic:

886 Main Street
Winnipeg, Manitoba
Tel:204-586-1659

Hours: Monday, Wednesday and Friday 9:00-5:00- pm

Tuesday and Thursday 9:00 1am-8:00 pm

Call ahead for an appointment and to determine eligibility

Types of Service Available:

General dentistry; diagnostic services, preventive care, fillings, extractions and other basic dental care. No complex dental procedures carried out. Referral for specialist treatment as required.

Population Served:

Adults and children, including infants and toddlers, with limited income.

Financial Eligibility:

Dental services provided for a minimum fee to those who meet financial and residential guidelines. Payment is based on a sliding scale. Net family income and number of dependents help determine cost. Most recent Revenue Canada Notice of Assessment required (Tax form T451)

Health Science Centre Pediatric Dental Clinic

685 William Avenue
Winnipeg, Manitoba
Tel: 204-787-2516

Hours:

Monday-Thursday 8:00 am to 4:30 pm by appointment only. Emergency dental treatment after regular hours is available by phoning HSC hospital paging (787-2071) and asking for the Pediatric Dentist on-call. You may also take your child to the Children's Hospital Emergency Department and if the Doctor feels that is appropriate, he/she will contact the Dentist on-call.

Types of Service Available:

Pediatric dentistry and cleft palate services

Population Served:

Children (newborn to 17 years of age) that are medically/physically compromised. Referrals are accepted from physicians/dentists for specific problems and from Children's Hospital Application for treatment also accepted directly from patients' families

Financial Eligibility:

- Dental services are offered on a fee-for-service basis using the Manitoba Dental Association Fee Guide. Patients without dental insurance. The following dental insurance plans are accepted.
- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- Private Insurance

S.M.I.L.E. plus Program

Machray School Dental Clinic
320 Mountain Avenue
Winnipeg, Manitoba
Tel: 204-940-2090

Hours:

Monday to Friday 8:30 am -4:30 pm

Types of Service Available:

General dentistry: diagnostic services, preventative care, fillings, extractions and other basic dental care No complex dental procedures carried out. Referral for specialist treatment as required.

Population Served:

Children up to and including 17 years of age.

Financial Eligibility:

Open to families without dental insurance. Minimum fee per visit.

The following dental insurance plans are accepted.

EIA (Employment and Income Assistance)

NIHB (Treaty Status)

IFH (Interim Federal Health program for refugees)

Seven Oaks General Hospital Dental Clinic

230 McPhillips Street Main Level

Winnipeg, Manitoba

Tel: 204-632-3267

Hours:

Tuesday and Friday mornings. Schedule may vary. Call ahead for an appointment.

Types of Service Available:

General dentistry: diagnostic services, preventative care, fillings, extractions, and other basic dental care.

Some complex dental procedures carried out including crown and bridge, dentures and root canal treatment. Referral for specialist treatment as required.

Population Served:

In-hospital patients, as well as adults and children from the community.

Financial Eligibility:

- Patients without dental insurance. Consideration will be given to reducing fees.
- The following dental insurance plans are accepted:
- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

St. Amant

440 River Road

Winnipeg, Manitoba

Tel: 204-256-4301 (ext. 3450)

Hours:

Wednesdays and Thursdays 9:00 am-3:30 pm

Types of Service Available:

General dentistry: diagnostic services, preventative care, fillings, extractions, and other basic dental care.

Some complex dental procedures carried out (dentures).

Population Served:

Patients of St. Amant. Community dwelling individuals with significant development disability.

Financial Eligibility:

Dental services are offered on a fee-for-service basis using the Manitoba Dental Association Fee Guide. Patients without dental insurance. The following dental insurance plans are accepted :

- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

University of Manitoba, Faculty of Dentistry

790 Bannatyne Avenue

Tel: 204-789-3505

Hours:

Available August through June

Monday to Friday 9:00 am-12:00 noon, 2:00 pm-5:00 pm

Types of Service Available:

Full scope of dental care provided by undergraduate and graduate students. Initial screening appointment to determine eligibility (variable fee).

Population Served:

Since this is a teaching environment, not all participants are accepted into the program due to the complexity of the work. There may be a waiting period. Treatment time will be longer than in private practice. Adults and children served.

Financial Eligibility:

Patients without dental insurance. Fees are generally lower than private practice. Must fill out an application form and return it to the University before treatment. The following dental insurance plans are accepted:

- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

Employment and Income Assistance

Canada Benefits at Service Canada – Service Canada offers you help getting back to work, temporary income support or skills training. Canada Benefits can help connect you with appropriate programs and services – truly a one-stop shop. Similarly, you will find information to help with your housing and health needs whether you are a Newcomer to Canada, a Person with a Disability, or an Aboriginal Person. Try the **Benefits Finder** at www.canadabenefits.gc.ca to get a customized list of federal and provincial programs and services.

Employment Manitoba – Need help finding or exploring career options in Manitoba? Looking for information about employment and training opportunities?

Phone: 204-945-0575 E-mail: mjsd@gov.mb.ca

Website: <http://www.gov.mb.ca/employment/index.html>

Training and Employment Services – 14 Manitoba Jobs and Skills Development Centres in the Province offer a wide range of services for job seekers. Community-based organizations are also funded to help unemployed people to prepare for, find and keep jobs. For more information, go to www.gov.mb.ca/employment/jobs_careers.html or call toll-free 1-866-332-5077 for Employment and Training inquiries.

Find jobs in Manitoba with a comprehensive job search tool at:

www.manitoba.ca/findmyjob

Need Help with EIA?

Community Unemployed Help Centre

For information and help with Employment Insurance (EI) or with Employment and Income Assistance (EIA) problems go to www.cuhc.mb.ca, call 1-866-942-6556 or email mcuhc@mts.net

EIA Advocates Network

The Network is made up of community members who are on EIA, and community agency staff and volunteers who support individuals living on EIA. The regular meetings create an opportunity to discuss policy changes, training opportunities, share resources and create joint materials.

For more information contact <https://eianetwork.wordpress.com>

Health Benefits that you can mention to your caseworker:

Dental:

- Teeth cleaning, exams and x-rays once/ year
- Restorative care up to \$600.00/year
- Dentures every 6 years
- Extractions as required
- Root canals on front teeth

To receive this benefit, see a dentist, indicate that you are on EIA & present a health services card (if you have one).

Optical:

- Eye exams every 2 years for those NOT covered by MB Health (MB health covers people under the age or 18 and over 65 and those with medical conditions)

Compiled by Randeau Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

-Eyeglasses every 3 years (replacement of lenses if your eyes change by at least -0.5 or +0.5. This will be determined by an eye doctor when examined)

Drugs:

Most needed medications prescribed by your doctor

Test of Need: If you feel you need more money for the above 3 benefits, this test can be performed.

Single Grant for Health Costs: If a sudden health problem happens and your basic needs allowance does not cover it; a one-time additional allowance can be given to you.

Extended Health Services Assistance:

If you are a single parent or have a disability but have found a job, you may be able to get 12 extra months of health benefits.

Physicians Fees:

-If you have a disability, EIA will pay for the form your doctor fills out proving you need the EIA health benefits.

-If you need a drivers license for medical or employment reasons a report from the doctor saying you are able to drive is covered by EIA

-All other medical reports are not covered by EIA, but if the doctor believes you need a report, he can wave the costs

Chiropractic:

If you require more than 12 chiropractic visits/year that are already paid for by MB Health, you can have your situation assessed and EIA may pay for more visits

Health Transportation:

General

EIA will pay for the cheapest possible mode of transportation if you have proof of a medical appointment. First this will consider public transit. Second, will be your own vehicle. Lastly, a taxi is considered.

Wheelchair-

EIA will first pay for Handi-transit, next a personal or friend's vehicle, and lastly if pre-approved a private wheelchair transportation company

Ambulance-

If you have a health services certificate, health services will pay for your ambulance ride without billing you first. If you do not have a health services certificate, the ambulance will send the bill to you, but you can bring the bill to your caseworker and they will pay or give you your money back.

Free Laundry

And

Showers

Free Laundry and Showers
Andrews Street Family Place

220 Andrews Street
Winnipeg, MB
Tel: 204-589-1721

Services:

Laundry available to community members.
Wednesday 1pm - 3pm
Monday, Tuesday Thursday 9am - 3pm
Must bring own soap. Limited to 2 loads per household, per day.

Main Street Project

75 Martha Street
Phone: 204.982.8245

Services:

A shower and 2 sinks available for those accessing the shelter or drop-hours
Monday - Sunday 7am - 7pm

North End Family Centre

1344 Main Street
Phone: 204.582.7927.1359

Services:

Laundry available. Limited to 2 loads per day per household.
Monday, Tuesday, Thursday 10am - 4pm
Wednesday 10am - 3pm
Laundry soap provided

Our Place/Chez Nous (The Cross) Drop-In

676 Main Street
Phone: 204.956.1359

Services:

2 showers available. Volunteer run laundry service available.
Tuesday, Wednesday, Thursday 9am - 11am
(Closed July & August - re-opens after September long weekend)
Towels, toiletries and clean underwear provided.
*will not serve visibly intoxicated clients.

Resource Assistance for Youth (RaY)

125 Sherbrook Street
Phone: 204.783.5617 ext. 206

Services:

Shower available on drop-in basis
Monday - Friday 1pm - 3pm

Laundry available. Must be pre-booked (usually 1 week in advance).

Laundry soap provided

Siloam Mission

300 Princess Street

Phone: 204.956.4344

Services:

Showers available for people staying at the shelter.

Sunshine House

646 Logan Avenue

Phone: 204.783.8565

Services:

Laundry may be available during drop-in hours. Please call ahead to confirm.

Monday, Wednesday 2pm - 4pm

Union Gospel Mission

320 Princess Street

Phone: 204.943.9904

Services:

Showers available to men and women.

Monday, Wednesday, Friday 2pm - 4pm

Men's clothing is also made available at this time.

** will not serve visibly intoxicated clients*

West Broadway Community Ministries

222 Furby Street

Phone: 204.774.2773

Services:

Laundry available. Must sign-up in advance.

Monday, Wednesday, Thursday, Friday 1pm or 3pm sign-ups

West Central Women's Resource Centre

640 Ellice Avenue

Phone: 204.774.8975

Services:

Showers available to women-identified people. Shampoo kit provided. Feminine hy-giene products available.

Laundry available to women-identified people and newcomer men in the WCWRC Newcomer Program.

Laundry detergent provided. Must sign-up.

Monday, Wednesday, Friday 9am - 2:30pm

Tuesday 12:30pm - 4pm

Addiction & Self-Help Groups

Addiction and Self-Help Group

INSIGHT MENTOR PROGRAM

Access NorWest

785 Keewatin Street

Winnipeg, Manitoba

Tel: (204) 938-5998 (please contact the Coordinator for more information)

Website: <http://www.norwestcoop.ca/mind-spirit/mentor-program/>

Services:

The InSight Mentorship program offers support for pregnant women and new mothers with substance use problems. Their programs provide services for women who are 18 years and older, who have substance abuse problems and are pregnant or have recently given birth. InSight helps women access housing, transportation, prenatal care, parenting support, harm-reduction services, family planning, drug or alcohol treatment and services that address domestic abuse, trauma and violence.

PROJECT CHOICES

Access NorWest

785 Keewatin Street

Winnipeg, Manitoba

Tel: 204-938-5941

Website: <http://www.norwestcoop.ca/mind-spirit/194-2/>

Services:

Project Choices offers information and tailored feedback to help women make healthy decisions about alcohol use, sex and contraception. Women are eligible to participate if they: are not currently pregnant, are sexually active, drink alcohol regularly or binge and have ever had unprotected sex. Women are offered four individual sessions with a counsellor to talk about their drinking behaviours and use of contraception. Counsellors help women set goals specific to their needs and provide information and support to make positive behaviour changes. Women are also offered one visit with a nurse to get information about birth control options. Referrals are accepted from service providers or from women themselves.

THE REFUGE

Riverwood Community Church

325 Talbot

Winnipeg, MB R2L 0P9

Telephone: 204-668-3181 ext. 220

Fax: 204-669-9648

Website: www.refuge.community

Services:

The Refuge offers a collection of programs run by Riverwood Church that respond to the needs of women in the Elmwood Community. They offer a mentor-based program that provides both open and closed

support groups based on different circumstances and needs. The Refuge offers general support to young mothers, and specific group supports to women dealing with domestic violence and addiction issues.

THE LAUREL CENTRE INC.

104 Roslyn Road

Winnipeg MB R3L 0G6

Telephone: 204-783-5460

Fax number 204-774-2912

Website: thelaurelcentre.com

Services:

The Laurel Centre provides individual and group therapy to women, on an out-patient basis, who have experienced childhood or adolescent sexual abuse trauma and who have been affected by addictions and mental health challenges. Clients must be 16 years of age or older. Women are provided with counselling, that may include:

- Information about abuse
- Support in understanding the ways in which their present lives are affected by their past
- Opportunities to share their experiences, feelings and beliefs about the abuse, as well as,
- Identifying their own strengths and seeing the ways in which they have survived

MOMS AND MOMS-TO-BE PROGRAM

Tel: 204-956-6650

Services:

Assist mothers and expectant mothers who are recovering from substance abuse issues. They offer:

- Group and individual counselling in a non-judgmental, supportive environment
- Whole-health recovery support to reduce stress and encourage healthy connections and bonding
- Advocacy with: CFS, Probation Services, EIA, housing, return to work etc.

Main Street Project

75 Martha Street

Winnipeg, MB R3B 1A4

Tel: 204-982-8260

Services:

The Main Street Project (MSP) assists individuals who are in need as a result of poverty, addiction, mental or physical illness, injury, abuse or homelessness. Services include:

- crisis intervention and referral
- emergency shelter
- detoxification programs
- street patrols
- community outreach
- the Mainstay residence (a short-term transitional housing program)

The Main Street Project works toward helping individuals break the cycles of addiction and poverty and offers support for those willing to take steps toward a healthier, more independent lifestyle.

ESTHER HOUSE

Box 68022

RPO Osborne Village

Winnipeg MB R3L 2V9

Telephone: 204-582 4043

E-mail: estherhouse@estherhouse.com

Services:

Esther House assists women 18 years of age and over who have completed primary treatment for substance use in a recognized program. Admission criteria is:

- completion of a recognized treatment program
- commitment to an abstinent lifestyle including active involvement in a self help group
- willingness to participate in Esther House activities
- willingness to sign a contract committing to a minimum of one month's stay

THE BEHAVIOURAL HEALTH FOUNDATION INC. (BHF)

Mailing address: Box 250, 35 Ave de la Digue

St. Norbert MB R3V 1L6

Telephone: 204-269-3430

Fax: 204-269-8049 Website: www.bhf.ca

SERVICES:

The Behavioural Health Foundation Inc. provides long term residential programming to men, women, teens and family units experiencing a variety of addiction and mental health problems. BHF is a therapeutic community that offers experiential decision making opportunities during which the resident can become increasingly more accountable for his/her behaviour, and hence, more in command of planning his/her future. The program is designed to offer graduated opportunities for equipping a person with the vocational, intellectual and communicative skills necessary for successful re-integration into the community.

ADMISSION CRITERIA:

ADULTS:

- Adults who have been unable, through the use of alcohol, other drugs or other addictions and many interrelated problems, including mental health concerns, to effectively function in society.
- Adults whose lifestyles are such that they are regarded as having a living problem by their families, themselves, and/or their community and are sincerely interested in changing.
- Adults, of all genders, ages, race, color, creed or sexual orientation, with or without dependents.

Compiled by Randeane Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

- Adults who have the ability to absorb and respond and carry out basic work routines.
- Recognizing the population abusing substances are frequently over-medicated and psychiatrically complex, BHF allows admittance to adults on prescribed mood-altering or psychotropic substances provided they meet one of the following conditions:
 - A medical condition such as epilepsy is present.
 - Stable individuals with chronic and persistent disorders are under the care of a psychiatrist and meet all other admission criteria. Such cases would include those whose cessation of prescription medication is contraindicated due to mental health concerns. A complete psychiatric report, satisfactory in form and content to the Behavioural Health Foundation, must be submitted with the Application for Admission.
 - Individuals under the care of a General Practitioner who remain willing to work with residents throughout their treatment stay. A psychiatric report or assessment may be required prior to admission.
- Adults who do not have histories or present charges of sexual assault, arson, or crimes against children. Persons charged with or who have histories of all other criminal offences are eligible to apply for admission.
- BHF will accept individuals on judicial interim release if they meet all other admission criteria. If they leave the program prior to completion they will not be accepted in the future on judicial interim release, except under the discretion of the Executive Director.
- Only those who are able to physically negotiate the facilities may be accepted.
- When bed space is available, the first available person on the waiting list will be allotted that space, dependent on receipt of proper documentation (i.e. application for admission, confirmation of financial arrangements, etc.) Preference is given to pregnant women and persons awaiting release from detoxification facilities. Persons who cannot be accommodated due to lengthy waiting lists are referred to medical or crisis care as necessary.
- BHF provides services through funding agreements with government departments for Manitobans who do not have the ability to pay for addiction treatment services. Persons who do have a source of income, ie: employment, employment insurance, pension or disability benefits, etc., are required to pay a monthly room and board rate. Out of province referrals are required to pay per diem rates. BHF's intake worker assists in providing detailed information regarding funding/fees upon request.

FAMILY:

In addition to the criteria for Adults, the selection of family units must meet the criteria set out for family admission.

- Admission of families will depend on the available accommodations and the size of the family unit, as well as the age and sex of the children. A list of families is maintained and families are notified when space becomes available. This is not done on a first come, first served basis due to space restrictions. For example, a family with three children may have been on the list for some time, but the space available may only accommodate a single parent with one child.

- Immediate admission of the total family unit is considered only if the parents are parenting their children at the time of the request for admission. In some instances, the parent(s) may be encouraged to make alternate arrangement for the child or children for an initial 30 day assessment period.
- In most cases couples initially live separately while in residence. Children live with one of the parents during the assessment period.
- Each family member's needs are assessed separately. In every case, however, parents are involved in any decision-making regarding their children's needs.

Pritchard House

NACM - Pritchard House

160 Salter Street

Winnipeg MB R2W 4K1

Tel: 204-586-8395

Fax: 204-589-3921

E-mail: nacm@escape.ca

Website: www.mts.net/~nacm

Services:

Pritchard House operates in the same premises as the Native Addictions Council of Manitoba. This 20-bed facility offers a rehabilitation program for Aboriginal people and has an all-Aboriginal staff.

THE SALVATION ARMY- ANCHORAGE PROGRAM:

180 Henry Street

Winnipeg, Manitoba R3B 0J8

Telephone: 204-946-9401

Fax number: 204-943-8893

Services:

The Anchorage Program is committed to providing a variety of services to persons affected by addiction(s), including persons who also have mental health concerns. The aim of the program is to facilitate personal development, mental wellness, and the achievement of a lifestyle free of addiction.

Admission Criteria:

- Must admit to having a problem with alcohol, drugs or gambling that they cannot control on their own
- Must be abstinent for 5 days prior to entering program
- Clients with mental health concerns must be stabilized on medication therapy
- Must qualify for Social Assistance or be willing to pay for entry into the program
- Methadone users must make arrangements to obtain their methadone off site.

ST. RAPHAEL WELLNESS CENTRE

2nd Floor, 225 Vaughn Street

Winnipeg, MB R3C 1T7

Tel: 204-956-6650

Website: www.straphaelcentre.ca

Admission Criteria: - 18 years of age and over

PRE - Treatment - Access Is for individuals, who are currently awaiting an assessment, or a place in a treatment program. **Treatment readiness** provides an opportunity for individuals to critically evaluate their alcohol/drug and/or gambling problems and make a choice for change.

POST Treatment- (Gender Specific) **Continuing Recovery** - Is for individuals who have completed a residential or community based rehabilitation program, and wish continued support in their recovery journey. Individuals are to be abstinent for 30 days prior to entry and committed to participation dependent on their needs. **Recovery Management** - for those who wish continued longer term support. **Ongoing Recovery** - for those individuals who have sustained sobriety, but are facing life situations that render them vulnerable to relapse or who have lapsed/relapsed. This program offers a chance to evaluate their recovery path and get back on track.

Family Program - For partners and family members who are involved with a loved one who is currently experiencing an alcohol/drug/gambling problem, or who is participating in a residential, community based or self-help recovery program.

Native Addictions Council of Manitoba

160 Salter Street

Winnipeg, Manitoba R2W 4K1

Tel: 204-586-8395

info@nacm.ca

Services:

The Native Addictions Council works with other agencies and offers the following services:

- assistance, counselling and referral for First People regarding alcohol abuse
- prevention and education on addictions
- an out-patient centre and group counselling
- management of Pritchard House, an in-patient, 20-bed facility for the treatment of addictions

Union Gospel Mission

320 Princess Street

P.O. Box 1073

Winnipeg, MB R3C 2X4

Tel: 204-943-9904

Services:

The Union Gospel Mission offers a Bible-based addictions recovery program for men. This is a long-term resident program with a Christian perspective that provides help for alcohol and chemical dependency.

North End Women's-Addictions Recovery Program

394 Selkirk Avenue
Winnipeg, MB
Tel: 204-927-2426
Services:

Operates transitional housing through the Addictions Continuing Recovery program at Chriss Tetlock Place and Betty Berg House. The housing is for women learning to live in recovery for up to one year. Intake for program and both houses is through Addictions manager at 204-927-2426.

Al-Anon/Alateen Central Services Manitoba

107-2621 Portage Avenue
Winnipeg, Manitoba R3J 0P7
Phone: 204-943-6051
www.mb.al-anon.alateen.org

AA Alcoholics Anonymous Manitoba

Central Office
1856 Portage Avenue
Winnipeg, Manitoba R3J 0G9
Phone: 204-942-0126
AACBO@mts.net

Services:

Self-help groups for persons suffering from alcoholism

Addictions Foundation of Manitoba

Head Office
1031 Portage Avenue
Winnipeg, Manitoba R3G 0R8
Phone: 204-944-6200
<http://www.afm.mb.ca>

Cocaine Anonymous

Phone: 204-936-0000
Help Line: 204-250-2626
www.camanitoba.org

Families Anonymous

259 Lake Ridge Road
Winnipeg, MB R2K 1K3
Phone: 204-237-0336

www.familiesanonymous.org

Gamblers Anonymous

215-1450 Mountain Avenue
Winnipeg, Manitoba R2X 3C4
Phone: 204-582-4823

Narcotics Anonymous

1650 Main Street
Winnipeg, MB R2V 1Y9
Phone: 204-981-1730

Counselling Resources For Men

Deaf Access Counselling

TTY 204-784-4097

Aulneau Renewal Centre Incorporated

Website: www.aulneau.com

228 Hamel Avenue
Winnipeg, Manitoba
Tel: 204-987-7095

Services:

A counseling and training centre that specializes in providing attachment-based, trauma-informed therapeutic interventions. Offers assessment, treatment and consultation services to children, families, and adults struggling with relationships and overall functioning.

Emotions Anonymous

c/o 98 Sonning Bay

Winnipeg, Mb.

Tel: 204-269-6248

Website: www.emotionsanonymous.org

Services:

- Provides Twelve Step self-help group to assist people deal with stress due to emotional problems
- Meets weekly in different areas of Winnipeg
- **Fee:** None, Voluntary contributions towards supplies, etc.
 - Meeting locations:
 - Wednesdays 8 pm-St Stephens Church-220 Helmsdale @ Henderson Highway
Contact: ALLAN-204-663-4550 email: agbird@mts.net
 - Reaching out Chapter -Tuesdays 8 pm-Deer Lodge Centre-2nd FLR 2109 Portage
Contact: RAY-204-775-3614 email: ergarnett@shaw.ca

Klinic Community Health Centre

870 Portage Ave

Admin [Tel:204-784-4090](tel:204-784-4090)

545 Broadway Ave.

Drop-In open Mon-Wed 12-7pm and Tue, Fri, Sat 12-4pm

No appointments, 1st come, 1st served

845 Regent Ave.

Telephone Numbers:

Community Drop-In Counseling Information: 204-784-4067

24 hour Crisis Line: 204-786-8686

Toll Free 24 hour Crisis Line: 1-888-322-3019

Administrative Fax: 204-772-7998

Teen Talk and Drop-in Counseling Fax: 204-784-4204

Website: www.klinic.mb.ca

Services:

Wide variety of counseling services available including:

- **Community Drop-In Counselling Program** (see above)
- **Crisis Counselling Program/24 hr. Crisis line** (see above)
- **Evolve Program (Family Violence Prevention): Tel: 204-784-4070**

- Offers group counseling for women who have been abused by their partners; group counseling for men who have been violent in their relationship or in past relationships; also services are available for children
- **Manitoba Suicide Prevention Line: 1-877-435-7170 Toll Free**
- **Post Trauma Counselling Program: Tel: 204-784-4059**
 - Offers in-person and group counselling for crisis , post trauma intervention, suicide bereavement, violence and abuse (both male and female)
- **Sexual Assault Crisis Line: Tel: 204-7868631 Toll Free: 1-888-292-7565**
- **Teen Talk: 545 Broadway Tel: 204-784-4010 Fax: 784-4204**
 - Provides information on reproductive health and anti-violence education for youth 14-19; Peer support program
- **Fees:** None

New Directions for Children, Youth, Adults & Families

400-491 Portage Ave.

Winnipeg, Manitoba

R3B 2E4

Tel: 204-786-7051 Fax: 204-774-6488

Website: www.newdirections.mb.ca

Services:

Variety of counselling services and programs offered; Training and Education programs

- **Family Therapy Program**
 - Group and individual family counselling **Fee:** None
- **Transition, Education, and resources for Females (TERF)**
 - Offers youth, adult and mentor programs for women and transgender individuals who have been involved or exploited through the sex trade
- **Fees:** None

The Men's Resource Centre

115 Pulford Avenue

Winnipeg, MB

Tel: 204-415-6797 ext. 250

Toll Free: 1-855-672-6727

www.mens-resource-centre.ca

Services:

- Individual counselling-short term. Men participating in therapy will have the opportunity to receive consistent support from the same therapist on a weekly or bi-weekly basis for up to 8 weeks
- Group counselling-topics of discussion stem from personal, interpersonal and social issues
- Male childhood sexual abuse counselling program-is a trauma specific program for men who identify having been sexually abused as children and want to resolve the long-term impacts it has had on their life
- Domestic violence emergency shelter program-is available for men (and their children) who are fleeing from their intimate partner because of abuse and family violence and are in imminent threat of harm or fear for their safety

John Howard Society of Manitoba

583 Ellice Avenue
Winnipeg, Manitoba
Tel: 204-775-1514

The John Howard Society of Manitoba offers a variety of counselling services for free to men including:

END TO AGGRESSION

This program is designed to help participants avoid further assaultive and/or aggressive behaviour by understanding how the way we think affects how we feel and ultimately affects our actions (Government of Manitoba, 2011).

This program contains 10 3-hour long group sessions; Held twice a week for five weeks.
Call the Reintegration Department for more information or to make an intake appointment.

INTRODUCTION TO HEALTHY RELATIONSHIPS

This program provides information to its participants about healthy relationships, healthy and unhealthy behaviour within relationships, and tools to promote behaviour change. This is an informational program and not a treatment option (Government of Manitoba, 2015).

This program contains 2 3-hour long group sessions; Held twice a week for one week.
Call the Reintegration Department for more information or to make an intake appointment.

COMING TO TERMS

This program assists participants in evaluating their use of alcohol and other drugs, and the consequences that it may pose on their lives, as well as the lives around them. It aims to develop self-awareness and progression through the Stages of Change (Manitoba Corrections, 2010).

This program contains 10 2-hour long group sessions; Held twice a week for five weeks. This course is information only, not a drug treatment program.
Call the Reintegration Department for more information or to make an intake appointment.

POSITIVE PARENTING PROGRAM (TRIPLE P)

This is a preventatively oriented program that aims to promote positive, caring relationships between parents and their children, and to help parents develop effective management strategies for dealing with a variety of childhood behavioural, emotional and developmental issues (Triple P, 2013).

This program contains 5 3-hour long group sessions; Held every morning for one week.
Call the Reintegration Department for more information or to make an intake appointment.

HEALING PROGRAM FOR INDIGENOUS MEN

This program is created for Indigenous men who have experienced childhood sexual abuse and trauma; sexual contact of any sort, sexual threats, witnessing sexual acts or forced to listen to sexual acts of others, and/or made to watch or made to watch or participate in pornography. The program gives men the opportunity to attend a series of 14 closed group sessions, develop an individualized case plan and receive follow up support. The program model includes Indigenous Elder services to cultivate and build on strength, courage and healing from a traditional and cultural perspective. *Please note: Participants are not required to self disclose their trauma.* We prefer men are referred, but self referrals are accepted. The program contains 14 closed group sessions; held Mondays and Wednesdays from 1:00pm -3:30pm. For more information, to obtain a referral form, or to book an intake assessment, call 204- 775-1514 ext. 108 or email mnolin@johnhoward.mb.ca.

Quick Guide

for

New Tenants

Before Looking for a Place to Rent

- Decide how much you can afford to pay each month
- Determine the area that is most convenient for work, school, shopping, school bus routes

When You Have Found a Place to Rent

- Ask to see the actual rental unit available
- Look closely at how the rental unit looks before you decide to move in-look at the flooring/carpeting, closets/walls/ cupboard, the amount of space available and appliances
- Find out what services are available such as laundry, facilities, parking, air conditioning, security system and furniture
- Confirm in writing when any necessary repairs will be made
- Ask for the contact information of the landlord and caretaker

If You Are Planning to Rent, Ask These Questions

- What is the monthly payment and when should it be paid?
- How much is the security deposit and how much should I expect to get back if there is damage when I move out?
- Does the rent include parking, utilities, cable, etc?
- When will the next rent increase take effect?
- What kind of heat is there and who pays the heating bill?
- How much notice must be given before moving out?
- What is the policy regarding pets, waterbeds, natural Christmas trees, etc?
- When is the earliest time to move in?
- Is it a month to month rental policy or a fixed term?

Responsibilities of Tenants

- Pay the rent on time
- Keep the rental units and the residential complex clean
- Redecorate only with written consent of the landlord
- Take reasonable care not to cause any damage
- Repair any damages you have caused
- Do not disturb others in the building
- Do not endanger the safety of others in the building
- Notify the landlord of necessary repairs
- Do not sublet or assign without prior approval of the landlord

Responsibilities of Landlords

- Make the rental unit available for the tenant when they move in
- Provide written receipts showing the amount of rent received, the date, and the address of the rental unit
- Do repairs and maintain the unit in proper condition
- Ensure the supply of essential services (heat, gas, electricity, hot and cold water, etc.)
- Investigate complaints of disturbance or endangering of safety and try to resolve the problem

Tenancy Agreement-What Information Does the Tenancy Agreement Have

- The date the tenancy begins and ends
- The amount of rent and when it must be paid
- What the rent includes
- The names of the people who will live in the rental unit with the tenant
- The utilities the tenant is responsible to pay
- The rules and conditions from The Residential Tenancies Act as well as the landlord's own reasonable rules

Condition Reports

A condition report is a written, detailed description of the condition of a rental unit when the tenant moves in or out. It can help protect both the interests of the landlord and the tenant. A written report must be done:

- When the tenant moves in and when they move out
- When the unit is sublet or assigned

Who should do the condition report? A landlord and tenant should carefully inspect the premises together (before moving in and when moving out). Any damages like scratches or burns should be written in the report. Both should sign and date the report and each should have a copy.

Giving Notice

You can give notice that you are moving out either orally or in writing. A written notice, which is recommended, must include;

- The address of the rental unit
- The date you are moving out; and your signature

How much notice must tenants give?

Periodic Tenancy (week-to-week or month-to-month rent payment): One full rental payment period's notice

Fixed Term Tenancy (if the lease ends on a certain date): You are responsible for the rent until the year is over unless you assign the agreement (assignment is when the tenant wants to move out of the unit before the end of the lease. The tenant must find a new tenant to take over the lease)

When Will I Get A New Lease?

The landlord must give you a new lease three months before the old one ends. If you don't sign and return the new lease within one month of receiving it, the landlord may assume that you are moving out on the last day of the old tenancy agreement

Can I Move Out Before The End of the Old Lease?

You may move out before your lease ends if:

- The landlord has given you permission to rent your unit to someone else
- You've been accepted into a personal care home
- After receiving a written request from you, your landlord does not make necessary repairs to your rental unit

Rent Increases

The landlord can usually increase the rent once every 12 months. He/she must give you at least three months written notice of the proposed increase

Overnight

Warming

Shelters/

Centres

EXTREME COLD WEATHER RESPONSE

Overnight Warming Shelters/Centres

Siloam Mission 18+

Overnight Shelter 18+
300 Princess St.
204-943-1748 (8:00pm to 8:00am)
Open 8:00pm to 7:30am daily

Drop in Centre:
303 Stanley St.
204-956-4344 (8:00am to 4:30pm)

Open 6:30am to 8:00pm daily
Closed for cleaning:
2:00pm to 4:00pm

Drop-in centre does not close for cleaning during cold weather alerts.

- Meals
- Showers

Salvation Army 18+

180 Henry St.
204-946-9402

Open 24 hours a day,
7 days a week

- Family
- LGBTQ2S*
- Therapy pet friendly
- Meals

Main St. Project 18+

75 Martha St.
204-982-8245

Open seven days a week
Drop-In: 9:00am to 11:30am
1:00pm to 5:30pm
7:00pm to 7:30am

Closed: 11:30am to 1:00pm
5:30pm to 7:00pm

Overnight Shelter open:
7:00pm to 6:30am

Opens drop-in and does not close for cleaning during alerts.

- Meals
- Showers

Just a Warm Sleep – Augustine United Church 18+

109 Pulford Ave.
204-782-3195

Open seven days a week
January, February, March 2019
Intake hours: 9:00pm to 11:00pm
Lights out: 11:00pm to 6:30am
Closed: 7:00am
• Pet friendly

Westend 24 (WE24) 13 to 26 yrs

430 Langside St.
204-333-9681

Open seven days a week
11:00pm to 7:00am

- Meals
- Winter clothing
- Provides safe rides, pick up and drop offs

Ndinawe/Tina's Safe Haven

Resource Centre: 13 to 24 yrs
Safe House: 11 to 17 yrs
Resource Centre Drop-in:
472 Selkirk Ave.
204-417-7233

Open 24 hours a day,
7 days a week

- Meals
- Female, male and transgendered youth
- Locked facility
- Can self-refer

Macdonald Youth Services (MYS) 12 to 17 yrs

159 Mayfair Ave.
204-477-1804 (in Winnipeg)
1-888-477-1804 (outside Winnipeg)

Open 24 hours a day,
7 days a week

- Unlocked facility
- Can self-refer
- Meals
- Winter clothing

Rossbrook House

6 to 24 yrs
658 Ross Ave.
204-949-4090

Regular Hours:
Monday to Thursday:
8:00am to 12:00am
Friday to Sunday:
12:00am to 8:00am
Open 24/7 during school holidays.

Outreach Vans

Salvation Army
180 Henry St.
204-946-9402

11:00pm to 4:00am daily
(when below -15)

Main St. Project

75 Martha St.
204-982-8245
April 2 to December 31
11:30pm to 8:00am daily
Jan 1 – April 1
3:30pm to 8:00am daily

Ndinawe/Tina's Safe Haven

472 Selkirk Ave.
204-417-7233

Monday to Friday:
11:00am to 6:30pm
Tuesday to Saturday:
6:00pm to 1:30am

Resource Assistance for Youth (RaY)

125 Sherbrook St.
204-391-2209 (Outreach Services)
Monday to Friday:
5:30pm to 9:00pm

Spence Neighbourhood WE24

430 Langside St.
204-333-9681
11:00pm to 2:00am daily

Ma Mawi Wi Chi Itata Centre

445 King St.
204-791-4925
Monday to Friday:
4:00pm to 12:00am

Street Connections

496 Hargrave St.
204-981-0742
Monday to Thursday:
6:00pm to 12:30am
Friday: 5:00pm to 11:00pm
Saturday: 5:00pm to 12:00am

Safe House (Through Mount Carmel)

886 Main St.
204-582-2311
Tuesday to Thursday:
6:00pm to 9:00pm

Community Homelessness Assistance Team (CHAT) (Voluntary transport)

426 Portage Ave.
204-958-4640
Monday to Friday:
8:00am to 6:00pm

Foot Patrols

Community Homelessness Assistance Team (CHAT)

426 Portage Ave.
204-958-4640
CHAT:
Monday to Friday:
8:00am to 6:00pm
Saturday: 8:00am to 4:00pm
(subject to change and availability)
WATCH:
Monday to Friday:
7:00am to 12:00am.
Saturday and Sunday:
8:00am to 12:00am.

Bear Clan

James Favel 204-805-2120
Wednesday, Thursday, and
Sunday: 6:00pm to 9:00pm
Friday and Saturday:
9:00pm to 12:00am

Mama Bear Clan

221 Austin St. N.
204-947-0321
Friday and Sunday:
6:00 pm to 8:00 pm

Did you know?

During extreme cold weather, you can visit any City of Winnipeg library, pool or leisure centre during regular operating hours to warm up.

Overnight Shelters, Warming Centres, Outreach Vans & Foot Patrols



Postpartum Depression Supports

Symptoms of Postpartum Depression

- Feelings of emptiness, failure and worthlessness
- Sadness and crying
- Withdrawal from family members or friends
- Loss of desire to engage in physical activity or activities that once brought joy
- Insomnia or excessive sleeping patterns
- Overeating or appetite loss
- Lack of interest in the baby
- Possible thoughts of harming the baby or suicide

Postpartum Psychosis

- Severe symptoms of a depressive state plus:
- Delusions
- Hallucinations
- Mood swings that change rapidly
- Thoughts of harming the baby or suicide
- IMPORTANT: Immediate medical attention is needed.

Postpartum Anxiety

- Constant worrying
- Sleep and/or eating disturbances
- Racing thoughts
- Difficulty concentrating or remembering
- Physical symptoms can include shortness of breath, muscle tension, dizziness, racing heart, etc.

The following links provide in-depth information related to a number of other perinatal mood and anxiety disorders:

<http://www.ppdmanitoba.ca/the-facts/>

<http://www.postpartum.net/learn-more/pregnancy-postpartum-mental-health/>

Support Resources

Postpartum Warm Line: [\(204\) 391-5983](tel:2043915983) (9 a.m. – 9 p.m./ 7 days a week)

Postpartum Email Support: postpartumwarmline@mooddisordersmanitoba.ca

Postpartum Support Group: Call (204) 250-3079 for times, or check [our calendar](#).

SHOPPERS LOVE. YOU. Baby Blues and Better Days Program: Read the [Postpartum Services](#) page for details.

Health links: [\(204\) 788-8200](tel:2047888200) or [1-888-315-9257](tel:18883159257) (24 hours/ 7 days a week)

Postpartum Depression Association of Manitoba: www.ppdmanitoba.ca

Crisis Resources: <http://www.ppdmanitoba.ca/in-crisis/>

Compiled by Randeau Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

Winnipeg

Harvest

Training

Programs

TRAINING PROGRAMS

OVERVIEW

The training programs at Winnipeg Harvest provide both classroom and hands-on training to community members who seek to make a change in their employment status.

All participants will have the opportunity to receive applicable training, one-on-one support, and real-life work place conditions. Our commitment is to help participants develop the skills and abilities needed to gain entry level employment.



ELIGIBILITY REQUIREMENTS

Our priority is to enhance the participants' opportunities to access the job market. Our programs are aimed to individuals who are:

- Unemployed or part-time employed (less than 20 hrs./week); (EIA, EIA Disability, EI, or without any type of financial assistance)
- Eligible to work in Manitoba;
- At least 16 years of age;
- Able to attend and participate for the entire length of the program;
- Actively looking to work in the area the training program is offered;
- English language proficient for classroom and workplace discussion;
- Can lift 50lbs and work an 8 hour shift;
- Have access to email via computer or smart phone

HOW TO APPLY

Those who are interested in applying for a program and who meet the eligibility requirements can apply either of the following ways:

Online

1. Visit www.winnipeg Harvest.org
2. Select *LEARN*
3. Select *Training Programs*
4. Select *TRAINING APPLICATION*

Paper

Paper applications can be obtained at Winnipeg Harvest reception – 1085 Winnipeg Ave.

Do you want to volunteer to make a difference?

We are currently looking for volunteers to teach our Microsoft Office Suite 2010 computer courses. If you or someone you know may be interested, please get in touch with our Training Department.



WINNIPEG HARVEST INC.
1085 Winnipeg Ave.
Winnipeg, Manitoba R3E 0S2
Phone: (204) 982-3663 ext 447
Fax: (204) 775-4180
Email: training@winnipeg Harvest.org
Web: www.winnipeg Harvest.org

CUSTOMER SERVICE

This 8-week program (approx. 20 hrs./week) is designed to teach customer service representative skills needed for entry level employment in the customer service industry. Participants will develop abilities in telephone-based work, active listening, and communication.

Courses

- MS Office Suite Programs (*optional*)
- Telephone Customer Service
- Soft Skills ▪ Contact Flow ▪ Role Playing
- Stress Management
- Employment Workshops

Provincial Certified Courses

- Customer Service Professional Training

WAREHOUSE

This 8-week program (approx. 20 hrs./week) is designed to teach warehouse industry standard skills needed for entry level employment in a distribution centre or warehouse. Participants will develop abilities in shipping and receiving, safe operation of warehouse equipment, product quality control, inventory maintenance and order picking.

Courses

- MS Office Suite Programs (*optional*)
- Sorting ▪ Order Filling
- Shipping and receiving
- Safe Operation of Lift Trucks Theory
- Employment Workshops

Provincial Certified Courses

- Food Handler Training ▪ WHMIS 2015
- Customer Service Professional Training

KITCHEN

This 8-week program (approx. 20 hrs./week) is designed to teach commercial industry kitchen skills needed for entry level employment in the food service industry. Participants will build practical food preparation and cooking skills and safe food handling practices.

Courses

- MS Office Suite Programs (*optional*)
- Salad Preparation ▪ Knife Skills
- Baking & Dairy
- Cooking Vegetables
- Rice, Potatoes & Pasta
- Meat Handling & Preparation
- Kitchen Cleaning & Maintenance
- Banquets & Food Presentation
- Employment Workshops

Provincial Certified Courses

- Food Handler Training ▪ WHMIS 2015

CUSTODIAL

Coming Summer 2019

This 8-week program (approx. 20 hrs./week) is designed to teach custodial skills needed for entry level employment. Participants will learn basic skills for cleaning of commercial buildings.

Courses

- Basic Cleaning of Above-floor Surfaces
- Basic Cleaning of Hard Floor Surfaces
- Basic Cleaning of Carpeted Floor Surfaces
- Basic Cleaning of Restrooms
- Employment Workshops

Upcoming Program Start Dates April 1, 2019

Programs and contents are subject to change

Exploitation Services And Supports

Street Reach

Child and Family Services Division
Manitoba Families
777 Portage Avenue
Winnipeg MB R3G 0N3
Ph: 204-945-6941; Fax: 204-945-6717
Email: streetreach.winnipeg@gov.mb.ca

StreetReach is part of Tracia's Trust, the Manitoba government's strategy to prevent sexual exploitation of children and youth. The StreetReach program currently includes a Winnipeg team with representation from child welfare, law enforcement and non-governmental organizations who work collaboratively to respond to children and youth at high risk of being violently victimized through the sex trade.

1. Stop children and youth from running away from home or other residences.
2. Prevent future sexual abuse and exploitation.
3. Redirect runaway children to stop them from being victimized.
4. Intervene with those who exploit young, high risk victims.

High Risk Victims

The StreetReach team uses several factors to assess risk levels, including but not limited to:

- chronic running away from home or other residences
- previous incidents of being victimized
- harmful alcohol and/or drug abuse
- mental health issues

StreetReach Goals

The primary goal of the program is to locate and return youth to their placement or place of safety while building safe and trusting relationships.

The StreetReach team helps:

- locate sexually exploited children/youth and intervene immediately;
- prevent high-risk runaway children/youth from becoming exploited;
- sexually exploited children/youth who are missing escape further exploitation;
- identify and handle predators/offenders

Counter Exploitation Unit

Phone: 204-986-3464

Email

Fax: 204-986-3501

Services:

The Counter Exploitation Unit is part of the Winnipeg Police Services Specialized Investigation Division. One of our priorities is the safety and wellbeing of those involved in sex trade, whether directly or indirectly. They are responsible for investigations such as:

- Human Trafficking
- Street Prostitution
- Escorts and Massage Parlours
- Illegal Gaming and Liquor Offences
- Ticket Scalping

Many of these issues are heavily debated and publicized in society today. The complex, multifaceted nature of these investigations are treated with respect, dignity, and are "victim first" driven.

Ganawenimig Safety and Prevention Program

Tel: 204-945-5735 or 1-800-532-9135 (toll free)

www.childfind.mb.ca

Email: mail@childfind.mb.ca

Services:

Provides culturally sensitive programs on child and personal safety, expands and exposes the Indigenous community to the services of Child Find, and assists in locating/missing runaway Indigenous children and youth. Also provides a resource pamphlet for youth called S.O.A.R.

TERF (Transition, Education & Resources for Females)

500-717 Portage Ave.

Winnipeg Manitoba R3G 0M8

Phone: 204-786-7051 ext. 5311

Fax: 204-774-6468

TERF is a transition and healing program for children, youth, adults and transgender individuals who have been exploited through the sex trade (prostitution).

TERF assists to stabilize living situations, promote healthy lifestyles and build confidence and self-esteem.

- Youth Program – ages 13 to 18
- Mentor Program – ages 19 and under
- Adult Program – ages 18 and up

Referrals

Individuals can be referred for service by a Child and Family Services agency, Probation Services, another agency or family member.

Winnipeg Police Service Sex Crimes Unit

Have you been sexually assaulted? Know someone who has? There is help & the survivor has options for what happens next.

The Sexual Assault Response Team at the Health Sciences Centre Emergency is a critical first step in getting medical & emotional care: <http://www.hsc.mb.ca/emergencyNurseExam.html>

SART includes specially trained nurses, Sexual Assault Crisis workers from Klinik Community Health and investigators from the Winnipeg Police Service.

The level of care you receive and whether or not you make a police report is your choice.

You can also access on-going community supports, such as:

- Klinik Community Health;
- Kani Kanichihk;
- Manitoba Justice Victim Services; and
- WPS Victim Services Unit.

If you're unsure about where to get medical attention, would to talk about your options or want to talk to a counsellor, please call the Sexual Assault Crisis Program Line 24/7:

- 204-786-8631
- 1-800-292-7565

It's not your fault, and you are not alone.

There are people who want to help:

- <http://www.hsc.mb.ca/emergencyNurseExam.html>
- <http://www.gov.mb.ca/youarenotalone/index.html>
- <http://klinik.mb.ca/>
- <http://www.kanikanichihk.ca/programs/heart-medicine-lodge/>
- <https://www.mountcarmel.ca/ways-to-give/wish-lists/sage-house/>
- [https://winnipeg.ca/police/Units and Divisions/vss/vss default.aspx](https://winnipeg.ca/police/Units%20and%20Divisions/vss/vss%20default.aspx)

What should a person do after a sexual assault?

To report a sexual assault call 9-1-1 in emergency situations or 204-986-6222 for non-emergency situations. To speak to a detective from the Sex Crimes Unit in confidence, call 204-986-6245.

Victims of sexual assault are encouraged to attend the Health Sciences Centre where a formal Sexual Assault Protocol Exam program is in place to help you during this difficult time. You can, however, attend any hospital emergency room for assistance if it is a medical emergency.

To help the police gather evidence, **DO NOT**:

- shower or bathe;
- change or throw away your clothes;
- wash your hands or comb your hair;
- brush your teeth;
- smoke,
- chew gum,

- take any drugs or alcohol
- disturb the area of the occurrence.

Tell the police or hospital staff immediately if you think you may have been drugged by a date-rape or other intoxicating substances. Testing for drugs requires a urine sample within approximately 12 hours after the drugs were taken, or the toxins are naturally flushed from your system.

There is no time limit for reporting and laying charges for a sexual assault. But in any case, the sooner you call the police, the easier it is for them to collect the evidence needed to prove the charge.

What happens at the hospital?

The Health Sciences Centre has a private suite for victims of sexual assault. This suite includes an examination room, changing and showering facilities, and a private room to meet with detectives and/or counselors.

Specially trained nurses (Sexual Assault Nurse Examiners) conduct a sexual assault protocol examination (SAP exam). This examination is for your health and well being and to collect forensic evidence, including possible DNA.

If you have been sexually assaulted where penetration has occurred the SAP exam at the hospital must be done within 120 hours of the assault to ensure the collection of forensic evidence. This evidence can assist in the court process and needs to be collected and preserved as soon after the assault as possible.

Trained volunteers from the [Klinik Community Health Center](#) are available to every sexual assault victim treated at the Health Sciences Center. These volunteers provide information and support to the victim.

The victim can choose whether or not to speak with someone from Klinik and whether or not to have the police involved. If the victim speaks with the police, the victim retains the right to decide whether or not the police proceed with the case, with certain exceptions as noted below.

Exceptions

In certain cases, the police must become involved, even if a victim chooses not to proceed with a police investigation. Those exceptions occur when:

- The offender is an **intimate** or **domestic partner**. The Winnipeg Police Services policy on domestic violence requires police to proceed with the investigation if there are reasonable grounds to believe the victim was assaulted by a domestic partner.
- The sexual assault involved a **child** under 16 years old.

In these cases, the police must proceed with an investigation.

Proceeding with a Police Investigation

If you choose to proceed with a police investigation, detectives may meet you at the Health Sciences Centre and interview you regarding your incident. The interview will be videotaped and may be used for court purposes.

The police investigation is conducted by a team of professionals and volunteers specially trained to handle sexual assaults and provide support to victims. This team includes:

- Detectives from the Sex Crimes Unit (both male and female)
- Specially trained nurses (Sexual Assault Nurse Examiners)

- Trained Klinik volunteers for counseling
- Follow-up assistance from Victim Services Unit

The Sex Crimes Unit is available to you throughout the entire investigation. The Victim Services Unit contacts you, in confidence, to suggest counseling services and a variety of other services that may help you get through this difficult time.

To report a sexual assault call 9-1-1 in emergency situations or 204-986-6222 for non-emergency situations. To speak to a detective from the Sex Crimes Unit in confidence, call 204-986-6245.

Third Party Reporting of Sexual Assault Offences

The Winnipeg Police Service, in partnership with Klinik Community Health Centre, Heart Medicine Lodge (Ka Ni Kanichihk) and Sage House (Mount Carmel Clinic) is pleased to announce the development of a new protocol in the City of Winnipeg for survivors of sexual abuse. Third Party Reporting offers survivors the option of reporting the details of their case anonymously to the WPS through a third-party Community Based Victim Services Agency.

Need Help Now

www.needhelpnow.ca

If a youth has been negatively impacted by a sexual picture/video being shared by peers, we are here to help. The NeedHelpNow website is designed to provide youth (13 to 17 years old) with practical steps to regain control over the situation. This includes information about contacting websites/online services to request a picture/video be removed, dealing with peers who may have seen or be sharing the content, the importance of emotional support and information on certain criminal offences. The site also provides resources for parents and safe adults who are assisting youth involved in these types of instances.

Cybertip.ca

As Canada's tipline, Cybertip.ca's mandate is to protect children from online sexual exploitation by:

- Receiving and processing tips from the public about potentially illegal material, as well as activities regarding the online sexual exploitation of children, and referring any relevant leads to the appropriate law enforcement agency and/or child welfare agency; and
- Providing the public with information and other resources, as well as support and referral services, to help Canadians keep themselves and their families safe while using the Internet.

Cybertip.ca receives and addresses online and telephone reports from the public regarding:

- Child pornography (child abuse images and material)
- Online luring
- Child exploitation through prostitution
- Travelling to sexually exploit children
- Child trafficking
- Making sexually explicit material available to a child
- Agreement or arrangement with another person to commit a sexual offence against a child
- Non-Consensual Distribution of Intimate Images (of an individual under 18 years of age)

Shelters

For

Youth

Ndinawemaaganag Endaawaad

372-370 Flora Avenue

Tel: 204-586-2588 (Safe House)

Website: www.ndinawe.ca

Services:

Short-term shelter for youth 11-17. Provides meals, clothing and access to medical assistance.

Ndinawemaaganag Endaawaad: Second Stage

Tel: 204-582-7783

Services:

Transitional house for youth who are wards of Family Services: they encourage 16 and 17 years olds in independent living, as well as providing them with life skills.

MacDonald Youth Services Youth Resource Centre/Shelter

159 Mayfair Ave

Winnipeg, MB R3L 0A3

Phone: (204) 477-1722

Additional Contact Numbers:

Emergency Shelter/Youth Resource Centre

204.477.1804 or 1.888.477.1804

24-hour Crisis Line/Mobile Crisis Teams

204.949.4777 or 1.888.383.2776

24 Hour Youth Crisis Services-204-949-4777 or 1-888-383-2776

24 Hour Youth Emergency Shelter/Resource Centre-204-477-1804 or 1-888-477-1804
outside Winnipeg

Connect with youth mental health and addiction supports. Call a Family Navigator: 204-452-0551 or 1-844-452-0551

Strong Heart Buffalo Women

571 Sherbrook Avenue

Winnipeg, MB

Services:

Youth must be referred by Street Reach. Youth could either be high risk victims (HRV) or assessment considered (AC) by Street Reach to be able to access Strong Heart Buffalo Women.

Youth can self-admit-can show up at the door and can stay at 571 Sherbrook for up to 3-4 days.

Supports
for
Indigenous
and
Metis
People

Aboriginal Single Window

100-181 Higgins Avenue

Tel: 204-984-1415

Services:

Functions as a "one stop shop" for organizations and individuals needing access to information regarding government programs and services for Indigenous people. Also provides free telephone and internet access.

First Nations Disability Office

275 Portage Avenue

Tel: 204-954-3050

Services:

Provides peer-support and referral services to First Nation persons living with visible and invisible disabilities.

E.A.G.L.E. Urban Transition Centre

275 Portage Avenue

Tel: 204-954-3050

www.eagleutc.com

Services:

Provides leadership and resources to First Nation Indigenous people who have relocated or are residents of the City of Winnipeg. Through the Assembly of Manitoba Chiefs, the transition centre is for people in need of support and service.

Aboriginal Affairs and Northern Development

Room 200-365 Hargrave Street

Tel: 1-800-567-9604

www.aadnc-aandc.gc.ca/eng/1100100020394/1100100020398

Services:

For Treaty Card applications and local administrative issues call 204-983-5910 or 1-800-567-9604

Manitoba Metis Federation

150 Henry Avenue

Tel: 204-586-8474

Services:

Provides a range of services to Manitoba Metis. To obtain your Metis citizenship card, you must obtain a genealogy research report from the St. Boniface Historical Society (204-233-4888). Go to MMF Winnipeg local at Unit 10-150 Henry Avenue (204-589-4327) with your genealogy to obtain your card.

Manitoba Indigenous Cultural Education Centre

119 Sutherland Avenue

Tel: 204-942-0228

www.micec.com

Services:

The Manitoba Indigenous Cultural Education Centre Inc. (MICEC) is a provincial not-for-profit charitable organization that has been promoting awareness and understanding of Indigenous history and culture to all interested people since 1975. Programs and services include:

- The People's Library is a unique resource library and information centre with over 10,000 books, DVDs and journals. Library services include borrowing privileges for members, free Wi-Fi, photocopying, research assistance and public access computers.
- The Community Connection Program promotes cultural awareness through activities, lectures, presentations, tours and displays.
- The Heritage Collection consists of a variety of objects displayed throughout the building. Major features of the collection include artwork, artifacts, scraping tools, fishhooks, clothing, regalia.

Native Women's Transition Centre

105 Aikins Street

Tel: 204-989-8240

www.nativewomens.mb.ca

Services:

Provides housing up to one year for Native women and their children who have been victimized and who desire to make positive life changes. The centre provides culturally appropriate programs and resources in a residential setting.

Wahbung Abinoonjiiag Inc.

225 Dufferin Avenue

Tel: 204-925-4610

Services:

Wahbung Abinoonjiaag's programs are based on the wisdom of Elders, Caregivers and Professionals who worked in the field of family violence. They provide support to individuals who were involved in a family violence situation. The programs are unique in their service delivery approaches which incorporate traditional teachings gifted to the people from the variety of indigenous nations' ancestral heritages that exist on Turtle Island. A variety of programming is available including: counselling services, advocacy, women's circle and mom's and tiny tots groups.

Eyaa-Keen Healing Centre Inc.

547 Notre Dame Avenue

Tel: 204-783-2976

Services:

Traditional Indigenous treatment for adult individuals, couples and groups suffering from trauma and major loss.

Aboriginal Court Worker Program

311-408 York Avenue

Tel: 204-945-0024

Services:

The Indigenous Court Worker Program is an ongoing justice program that seeks to ensure that Indigenous people charged with a criminal offence receive fair, equitable and culturally sensitive treatment before the criminal justice system. All Indigenous people in conflict with the law are eligible for Court Worker services regardless of their status, age or residency. Services include:

- Providing timely, accurate information about the justice system and how it works, including the right to speak on one's own behalf or to request legal counsel
- Ensuring that Indigenous clients understand the nature of the charges brought against them
- Providing information about alternative methods of justice, such as sentencing circles and restorative justice, where available and appropriate
- Helping to assess and interpret documents, forms and deflections or conditions given by the court
- Will assist if your first language is of an Indigenous origin, the Court Worker will tell you what is going on and what is being said. This will help you understand what the court is doing and also aids the court in dealing with a case

Ka Ni Kanichihk Inc.

455 McDermot Avenue

Tel : 204-953-5820

Services :

Programs and services that focus on wholeness and wellness, and build on the strengths and resilience of Indigenous peoples.

Ma Mawi Wi Chi Itata Centre Inc.

445 King Street

Tel : 204-925-0300

Services :

Culturally relevant prevention and support-based programs for Indigenous individuals (personal development, drop-in, computer lending, crisis intervention, emergency services etc.)

BUDGETING AND HELP WITH MONEY

Community Financial Counselling Services

516 – 294 Portage Avenue

Winnipeg, MB R3C 0B9

Toll Free: 1-888-573-2383

FAX: (204) 989-1908

Phone: (204) 989-1900

Community Financial Services is open to everyone. Both individuals and families with concerns about basic budgeting, credit and debt can use the services.

Services include:

- **Consumer Credit Counselling includes;** a program that includes an in depth financial assessment and a complete review of the options available. They also provide information and education about finances and managing your money. CFCS offers a licensed Debt Management Program (DMP) to eligible clients where, with creditor agreement, monthly payments may be arranged and interest rates reduced.
- **The Gambling Program;** supports individuals and their families struggling with financial concerns as a result of gambling behaviours. Financial counsellors with specialized addiction training provide financial counselling and assessment which includes a review of options for repayment and debt management services. The program receives and makes referrals to addiction support programs including self-help groups.
- **Education and Information (Financial Literacy);** offers information sessions and workshops in basic debt/credit management issues, options for dealing with debt, and resources to community groups, agencies and organizations as well as other companies whose employees/clients might benefit. These sessions may include information on budgeting and money management, as well as other topics related to financial wellbeing. There is no charge for this service for non-profit and community groups.
- **Community Volunteer Income Tax Program (CVITP) ;** offers free income tax preparation to all Manitobans who have an individual income under \$30,000 or family income under \$35,000 with no business or investment income. This service is provided by Canada Revenue Agency trained volunteers and is available for in-person or drop-off tax preparation. This service is provided at various locations in Winnipeg and throughout Manitoba from March through to the end of April. Please call for specific dates, times and locations.

Helpful Links

Calculators (other information to help with debt, cost of credit, finances):

Money Tools (FCAC)

<http://www.moneytools.ca/eng/mt-ma-eng.asp>

<http://www.themoneybelt.ca/theCity-laZone/eng/login-eng.aspx>

Canadian Consumer Information Gateway

<http://consumerinformation.ca/app/oca/ccig/main.do?language=eng&topic=CAT9.TOPICS.ROOT>

Cost of Borrowing Calculator:

<http://www.ic.gc.ca/eic/site/oqa-bc.nsf/eng/ca01812.html>

Government Agencies:

Canada Student Loans

<http://www.canlearn.ca/eng/index.shtml>

Canada Revenue agency (CRA)

www.cra.arc.gc.ca

Financial Consumer Agency of Canada (FCAC)

<http://www.fcac-acfc.gc.ca/>

Canadian Foundation for Economic Education

www.cfee.org

Provincial Government Resources:

Manitoba Consumers Bureau

<http://www.gov.mb.ca/finance/cca/consumb/>

Office of the Superintendent of Bankruptcy

<http://www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/Home>

Workers Compensation Board (WCB)

www.wcb.mb.ca

Manitoba Housing

<http://www.gov.mb.ca/fs/index.html>

Manitoba Student Aid

www.gov.mb.ca/educate/sfa/pages/sfaFrontDoor_en.html

Manitoba Poverty Tool

<http://www.gov.mb.ca/health/primarycare/providers/povertytool.html>

Financial Institutions:

Canadian Banking Association (CBA)

<http://www.cba.ca/>

Canadian Payday Loan Association (CPLA)

www.cpla-acps.ca

Other Credit Counselling Resources:

Credit Counselling Canada (CCC)

www.creditcounsellingcanada.ca/

Ontario Association of Credit Counselling Services

<http://www.oaccs.com/main.html>

WHERE TO GO FOR DENTAL CARE IN YOUR COMMUNITY

Deer Lodge Centre:

2109 Portage Avenue
Winnipeg, MB
Tel: 204- 831-2157

Hours: Monday, Tuesday, Wednesday, 8:30 am-4:30 pm

Types of Services Available:

- General dentistry: diagnostic services, preventative care, fillings, extractions, and other basic care.
- Some complex treatment including crown and bridge, dentures, root canal treatment.
- Referral for specialist treatment is required.

Population Served:

- Residents of Deer Lodge Centre.
- Community dwelling residents, including adults and children are also welcome.

Financial Eligibility:

Dental services are offered on a fee-for-service basis using the Manitoba Dental Association Fee Guide or an Institutional Fee Guide (based upon the Manitoba Dental Association Fee Guide)

Patients without dental insurance.

The following dental insurance plans are accepted: Some plans may not cover full Institutional Fee Guide costs.

- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)

Access Downtown Dental Clinic

640 Main Street (corner of Main Street and Logan Avenue)
Winnipeg, Manitoba
Tel: 204-940-3816

Hours: Monday to Friday 8:30 am -4:30 pm

Types of Services Available:

- General dentistry: diagnostic services, preventative care, fillings and extractions
- Some complex dental procedures done (crown and bridge, dentures, root canal treatment)
- Referral for specialist treatment as required

Population Served:

Adults and children, including infants and toddlers and those with limited income

Financial Eligibility:

- Patients without dental insurance.
- The following dental insurance plans are accepted:
- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

Making Appointments:

- Phone to book an appointment time
- Short notice: walk-in or call to see if same day appointment is available
- Emergencies seen at 8:30 am (be prepared to wait)

Home Dental Care Program

2109 Portage Avenue

Tel: 204-831-3455/56

Hours: Monday to Friday 8:30 am-4:30 pm

Types of Service Available:

Mobile dental services provided to residents of Personal Care Homes and those living in private homes who are physically unable to seek care in private practice.

General dentistry: diagnostic services, preventative care, fillings and extractions

Some complex dental procedures including dentures, limited crown and bridge, and root canal treatment

Population Served:

Residents of Personal Care Homes in Winnipeg and surrounding areas.

Community dwelling, homebound patients.

Financial Eligibility:

Dental services are offered on a fee-for-service basis using an Institutional Fee Guide (based upon the Manitoba Dental Association Fee Guide)

Patients with dental insurance

The following dental insurance plans are accepted: Some plans may not cover full Institutional Fee Guide costs.

- EIA
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

Mount Carmel Clinic:

886 Main Street

Winnipeg, Manitoba

Tel:204-586-1659

Hours: Monday, Wednesday and Friday 9:00-5:00- pm

Tuesday and Thursday 9:00 1am-8:00 pm

Call ahead for an appointment and to determine eligibility

Types of Service Available:

General dentistry; diagnostic services, preventive care, fillings, extractions and other basic dental care. No complex dental procedures carried out. Referral for specialist treatment as required.

Population Served:

Adults and children, including infants and toddlers, with limited income.

Financial Eligibility:

Dental services provided for a minimum fee to those who meet financial and residential guidelines. Payment is based on a sliding scale. Net family income and number of dependents help determine cost. Most recent Revenue Canada Notice of Assessment required (Tax form T451)

Health Science Centre Pediatric Dental Clinic

685 William Avenue
Winnipeg, Manitoba
Tel: 204-787-2516

Hours:

Monday-Thursday 8:00 am to 4:30 pm by appointment only. Emergency dental treatment after regular hours is available by phoning HSC hospital paging (787-2071) and asking for the Pediatric Dentist on-call. You may also take your child to the Children's Hospital Emergency Department and if the Doctor feels that is appropriate, he/she will contact the Dentist on-call.

Types of Service Available:

Pediatric dentistry and cleft palate services

Population Served:

Children (newborn to 17 years of age) that are medically/physically compromised. Referrals are accepted from physicians/dentists for specific problems and from Children's Hospital Application for treatment also accepted directly from patients' families

Financial Eligibility:

- Dental services are offered on a fee-for-service basis using the Manitoba Dental Association Fee Guide. Patients without dental insurance. The following dental insurance plans are accepted.
- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- Private Insurance

S.M.I.L.E. plus Program

Machray School Dental Clinic
320 Mountain Avenue
Winnipeg, Manitoba
Tel: 204-940-2090

Hours:

Monday to Friday 8:30 am -4:30 pm

Types of Service Available:

General dentistry: diagnostic services, preventative care, fillings, extractions and other basic dental care. No complex dental procedures carried out. Referral for specialist treatment as required.

Population Served:

Children up to and including 17 years of age.

Financial Eligibility:

Open to families without dental insurance. Minimum fee per visit. The following dental insurance plans are accepted.

EIA (Employment and Income Assistance)
NIHB (Treaty Status)

Compiled by Randeane Kopytko, Service Assistant, Newcomer Unit, Winnipeg Child and Family Services, 2016

IFH (Interim Federal Health program for refugees)

Seven Oaks General Hospital Dental Clinic

230 McPhillips Street Main Level
Winnipeg, Manitoba
Tel: 204-632-3267

Hours:

Tuesday and Friday mornings. Schedule may vary. Call ahead for an appointment.

Types of Service Available:

General dentistry: diagnostic services, preventative care, fillings, extractions, and other basic dental care. Some complex dental procedures carried out including crown and bridge, dentures and root canal treatment. Referral for specialist treatment as required.

Population Served:

In-hospital patients, as well as adults and children from the community.

Financial Eligibility:

- Patients without dental insurance. Consideration will be given to reducing fees.
- The following dental insurance plans are accepted:
 - EIA (Employment and Income Assistance)
 - NIHB (Treaty Status)
 - IFH (Interim Federal Health program for refugees)
 - VAC (Veterans Affairs Canada)
 - Private Insurance

St. Amant

440 River Road
Winnipeg, Manitoba
Tel: 204-256-4301 (ext. 3450)

Hours:

Wednesdays and Thursdays 9:00 am-3:30 pm

Types of Service Available:

General dentistry: diagnostic services, preventative care, fillings, extractions, and other basic dental care. Some complex dental procedures carried out (dentures).

Population Served:

Patients of St. Amant. Community dwelling individuals with significant development disability.

Financial Eligibility:

Dental services are offered on a fee-for-service basis using the Manitoba Dental Association Fee Guide. Patients without dental insurance. The following dental insurance plans are accepted :

- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

University of Manitoba, Faculty of Dentistry

790 Bannatyne Avenue

Tel: 204-789-3505

Hours:

Available August through June

Monday to Friday 9:00 am-12:00 noon, 2:00 pm-5:00 pm

Types of Service Available:

Full scope of dental care provided by undergraduate and graduate students. Initial screening appointment to determine eligibility (variable fee).

Population Served:

Since this is a teaching environment, not all participants are accepted into the program due to the complexity of the work. There may be a waiting period. Treatment time will be longer than in private practice. Adults and children served.

Financial Eligibility:

Patients without dental insurance. Fees are generally lower than private practice. Must fill out an application form and return it to the University before treatment. The following dental insurance plans are accepted:

- EIA (Employment and Income Assistance)
- NIHB (Treaty Status)
- IFH (Interim Federal Health program for refugees)
- VAC (Veterans Affairs Canada)
- Private Insurance

LGBTQ RESOURCES

HEALTH

Our Own Health Centre

286 McDermot Avenue

Winnipeg, Manitoba

R3B 0T2

Tel: 204-691-1600

www.ourownhealth.org

Services

- Family medicine (open to all children, youth and adults) includes: annual health evaluations, physical exams, immunizations, newborn and well-child care, obstetrics (including prenatal care, delivery and postpartum care), men's health (including prostate and testicular examinations etc) and women's health (including pap smears, pelvic and breast exams)
- Sexual health services
- Physical Fitness and Nutritional Counseling, Psychological Counseling, Sexuality Counseling, Smoking Cessation, Massage Therapy

Women's Health Clinic

WHC Graham (419 Graham Ave.) The Birth Centre (603 St. Mary'd Rd.)

(204) 947-1517

whc@womenshealthclinic.org

www.womenshealthclinic.org and www.givewhc.com

Services

Reproductive health services including:

- IUD insertion, birth control abortion, STI prevention and treatment
- individual and group counseling for teens, women and non-binary individuals
- health education
- eating disorders prevention/recovery for adults of all genders
- birthing/parenting supports
- low-risk midwife-led births at The Birth Centre.

Sexuality Education Resource Centre Manitoba

200-226 Osborne Street North

Winnipeg, Manitoba

Tel: 204-982-7800

www.serc.mb.ca

Services:

- Promotes sexual health through education
- Safer Sex supplies

WRHA Healthy Sexuality & Harm Reduction

Main Floor – 496 Hargrave St.

(204) 940-2210

<http://www.wrha.mb.ca/community/publichealth/services-healthy-sexuality.php>

www.getsomecondoms.com

Services:

Public Health team whose goal is to decrease the spread of sexually transmitted and blood-borne infections.

Street Connections

Main Floor – 496 Hargrave Street

(204) 981-0742

outreach@wrha.mb.ca

www.streetconnections.ca

Services

Street Connections is a mobile public health service whose goal is to reduce the spread of sexually-transmitted and blood-borne infections (STBBIs), including hepatitis C and HIV, and reduce other drug-related harms.

Klinik Community Health

870 Portage Avenue, Winnipeg Manitoba R3G 0P1

Clients can self-refer by calling (204) 784-4051.

<http://klinik.mb.ca/health-care/transgender-health-klinik/>

Services:

The Transgender Health Klinik provides specialized health care to transgender and gender diverse individuals living in Manitoba who are over 18 years old; with a primary focus on those seeking gender affirming surgery(ies).

Nine Circles Community Health Centre

705 Broadway Ave

Winnipeg, MB R3G 0X2

Mike Payne, Executive Director

(204) 940-6000

ninecircles@ninecircles.ca

www.ninecircles.ca

Gender Dysphoria Assessment and Action for Youth (GDAAY Clinic)

Health Sciences Centre
Pediatric Endocrinology
FE 307-685 William Avenue
Winnipeg, Manitoba
Tel: 204-787-7435
www.gdaay.ca

Services:

- Coordinated and integrated care for youth along the spectrum of gender dysphoria
- Trans health services for youth 17 and under
- Self referral
- Assessment
- Clinical psychologist, child and adolescent psychiatrist, pediatric endocrinologist and endocrine nurse clinician

Youth

A program of the Rainbow Resource Centre
campaurora@rainbowresourcecentre.org
www.campaurora.ca

Services:

Camp Aurora is a 4-day summer camp for queer and allied youth.

It is supported by community leaders and the Rainbow Resource Centre, and organized with some extra help from a volunteer committee.

Camp is for youth ages 14 - 19 and is funded by some great people so you don't have to spend much to attend. Check the website for the application deadline and to download application forms. Spots at camp fill up quickly.

Big Brothers Big Sisters of Winnipeg

532 Ellice Ave
(204) 988-9200
www.bigwinnipeg.com

Services:

The P.R.I.S.M. (Pride, Respect, Identity, Safety, Mentoring) program is a community-based youth-mentoring program that matches LGBTTQ2IA* youth (ages 9-17) with mentors who identify as part of the LGBTTQ2IA* community.

Peer Project for Youth (PPY) – ages 13-21

(A program of the Rainbow Resource Centre)

170 Scott Street

Winnipeg

(204) 474-0212

www.rainbowresourcecentre.org/youth

Services:

Peer Project for Youth is a program that offers LGBTTTQIA* youth a safe, fun place to learn new skills, create projects and celebrate our identities! PPY seeks to build the capacity of LGBTTTQIA* youth to support and encourage their peers to learn more about sexual orientation, gender identity and anti-homophobic education. PPY focuses on providing LGBTTTQIA* youth with the opportunity to be positively supported and affirmed as LGBTTTQIA* individuals; to create social change while learning valuable skills; and to increase self-esteem and self-confidence while increasing social networks, contacts and support communities for youth.

On Monday and Wednesday evenings PPY offers workshops and events that are decided upon by YOUTH! Monday night workshops include a focus on leadership capacity building, developing new skills, engaging in facilitated discussions, creative expression and community building. At each program we offer free snacks and free bus tickets in case you need a way home.

Events are updated monthly on our website and through our Facebook group.

If you would like to receive our monthly calendar of events by email please contact peerproject4youth@rainbowresourcecentre.org.

You are welcome to call ahead of time (204-474-0212, ext. 202, or 210) to confirm times and locations of programming or to schedule a tour or meeting with our Youth Program Coordinator

PFFOTI (Parents, Friends and Family of Trans Individuals)

Meet 2nd Tuesday of each Month – September to June.

7PM-9PM at the Library at the Rainbow Resource Centre.

Group facilitators can be reached at pffoti@gmail.com

Services:

Social support group for parents, friends and family members of trans individuals. Open to the general public.

Community Organizations

Manitoba LGBT* Chamber of Commerce

170 Scott St., Winnipeg

info@mb-lgbt.biz

mb-lgbt.biz

Services:

The Manitoba LGBT* Chamber of Commerce exists to help build a strong Manitoba economy supported by, and supportive of, diverse communities. Our mission is to cultivate, contribute to and promote a thriving community of LGBT* owned and allied businesses, professionals and business students in Manitoba.

Rainbow Resource Centre

170 Scott Street
204-474-0212 ext 201
info@rainbowresourcecentre.org
www.rainbowresourcecentre.org

Services:

Rainbow Resource Centre provides support, education, and resources to foster a proud, resilient, and diverse LGBT2SQ+ community. Programs and services include counselling, workplace educational workshops, and social and support programming.

LACE (Lesbians for Arts, Culture, and Entertainment)

<https://lacewinnipeg.wordpress.com>

Services:

For women "of a certain age" who would like to meet as a group for occasional dinners, movies, theatre, and other entertainment events. Sports and leisure-related information is cross-posted from time to time.

Out There Winnipeg

www.outtherewinnipeg.ca

Services:

Out There Winnipeg (OTW) provides a healthy, inclusive, accessible and safe space for adult folks of the LGBTTQ* community and allies to meet, socialize, be active and have fun! Our sport and recreation activities include both cooperative and competitive environments that cater to everyone regardless of experience or skill level!

Rainbow Harmony Project

c/o Rainbow Resource Centre, 170 Scott St
Winnipeg, MB R3L 0L3

Services:

Winnipeg's LGBTQ2* community choir

FTM Gender Alliance of Winnipeg

170 Scott Street, Winnipeg

Services:

Meet the 1st Tuesday of each month, year-round.
7:00PM-9:00PM.

Group Room at Rainbow Resource Centre.

Peer support group for female to male individuals. Open to the general public.

Winnipeg Sex Positive Culture

info@winnipegsexpositiveculture.com

www.winnipegsexpositiveculture.com

Services:

Winnipeg Sex Positive Culture is a group which promotes and embraces sexuality with few limits beyond an emphasis on safe sex and the importance of consent.

Rainbow Resource Centre

170 Scott Street

204-474-0212 ext 201

info@rainbowresourcecentre.org

www.rainbowresourcecentre.org

Services:

Rainbow Resource Centre provides support, education, and resources to foster a proud, resilient, and diverse LGBT2SQ+ community. Programs and services include counselling, workplace educational workshops, and social and support programming.

UMQueer

UMQueer is a group of allies and LGBTTQI*-identified faculty, staff and students working together to celebrate and advocate for diversity and inclusion at the University of Manitoba.

umqueer@umanitoba.ca

www.umanitoba.ca/umqueer

LEGAL SERVICES

David Matas Immigration and refugee law.

602-225 Vaughan Street

Winnipeg, Manitoba R3C 1T7

(204) 944 1831 Fax: 1 204 942 1494

dmatas@mts.net

LEGIT - Canadian Immigration for Same-sex Partners

1170 Bute Street, Vancouver, BC V6E 1Z6

legitvancouver@gmail.com

www.legit.ca

Services:

A Canadian grassroots lobby and support group, run entirely by volunteers that provides assistance to Canadian citizens and permanent residents who want to bring their same-sex partners to Canada

Counselling and Therapy **Fort Garry Women's Resource Centre**

1150A Waverley St

(204) 477-1123

info@fgwrc.ca

www.fgwrc.ca

Services:

FGWRC is a not for profit, feminist organization, that offers free support and services to all women. Our programs include information and referral, counselling, public education workshops and children's counselling.

Two-Spirited People of Manitoba Inc.

P.O. Box 29064

333 St. Mary Avenue

Tel: 204-330-8671

twospiritedmanitoba@hotmail.com

www.twospiritedmanitoba.ca

Services:

Workshops about Two-Spirit people and the LGBT community

Training on anti-homophobia, transphobia, and related human rights policy development

Networking and collaboration with Two-Spirit groups in Canada and US

Responses to media requests on issues affecting Two-Spirit people

Linkages to resources, websites and DVDs

Web Resources

Gay and Lesbian Medical Association

www.glma.org

Services:

Information

Resources

World's largest and oldest association of lesbian, gay, bisexual and transgender (LGBT) healthcare professionals

MyGSA.ca

www.mygsa.ca

Services:

Website to support safer and inclusive schools LGBTQ community

Special sections for students, parents and educators

Rainbow Health Ontario

www.rainbowhealthontario.ca

Gender Creative Kids

www.gendercreativekids.ca

Services:

Provides resources for supporting and affirming gender creative kids within their families, schools and communities

Information and opportunities to connect with parents and caregivers, educators, health and social service providers, researchers, activists, and children and youth

Find a Family Doctor

How to Register for the Family Doctor Finder

If you live in Manitoba and you need a family doctor the Family Doctor Finder can help you find one. There are two ways to register with the program:

By calling: **204-786-7111** (in Winnipeg) or toll-free **1-866-690-8260** or register online at <https://www.gov.mb.ca/health/familydoctorfinder/register.html>

You will be asked: your name, date of birth, mailing address, PHIN (personal health identification number) and telephone number. You will also be asked: your preference for location, language, if you would like a female or male doctor and the type of health care provider you would prefer (family doctor, pediatrician, or nurse practitioner).

Once you are registered you will be given a number, and staff in your health region called Primary Care Connectors will call you with the goal of connecting you to a doctor in a location close to you.

How Long Will it Take to Find Me a Doctor

The Primary Care Connectors will try to find you a doctor within 30 days of when you registered.

If I Already Have a Doctor, Can I Still Register With the Family Doctor Finder

Yes, you can still register with the Family Doctor Finder even if you have a doctor. Please note, it might take more time to be connected with a new doctor.

Can I Register My Family for a Doctor at the Same Time

Yes, you can register your family for a doctor at the same time. If you are registering more than one person or anyone under the age of 16, you will need to register by phone.

Alternative/ Transitional High Schools

Songide'ewin

484 Selkirk Avenue

Tel: 204-582-4577

Services:

An alternative high school program for 14-21 year olds which seeks to offer academic achievement based on individual needs, abilities, personal goals and commitment

Ndinawe Youth Transitional School

Tel: 204-589-5545

Services:

A transitional school program offering free training for high school students ages 12-21 who are not registered for school (suspended, waiting to be registered, or out of school for any reason)

Fresh Start

644 Portage Avenue

Tel: 204-783-6806

Services:

An education and job training program for young Indigenous adults ages 18-29

Rising Sun

429 Elgin Avenue (Elgin House)

Tel: 204-942-0694

Services:

An alternative program providing First Nation and Metis students, between the ages of 15-20, an opportunity to their grade 12 diploma in a small group setting.

Adult Learning Centres

Aboriginal Community Campus

403-181 Higgins Avenue

Tel: 204-989-8860

Adult Education Centre (AEC) Inc.

1240 Main Street

Tel: 204-953-0818

Crossroads Learning Centre Inc.

Unit H-2211 McPhillips Street

Tel: 204-953-2030

Faith Learning Centre

220 Pritchard Avenue

Tel: 204-586-1416

Horizons Learning Centres

2nd Floor-330 Portage Avenue

Tel: 204-943-1229

222 Furby Street

Tel: 204-775-8486

Elmwood Unit G-431 Thames Avenue

Tel: 204-772-1234

JobWORKS Adult Learning Centre

1175 Pembina Highway

Tel: 204-453-8351

Kaakiyow li moond likol Adult Learning Centre

510 King Street

Tel 204-582-9579

Louis Riel Institute Adult Learning Centre

103-150 Henry Avenue

Tel 204-984-9480

Commonwealth College

294 William Avenue

Tel: 204-944-8202

Red River College Adult Learning Centre

F115-2055 Notre Dame Avenue

Tel: 204-632-3787 or 204-632-3791

St. Norbert Adult Education Centre

Box 250, 35H ave, de la Digue

Tel : 204-254-1618

St. Vital Adult Education Centre

533 A St. Anne's Road

Tel: 204-254-1618

Seven Oaks Adult Learning Centre

950 Jefferson Avenue

Tel: 204-632-1716

Stevenson- Britannia Adult Literacy Program Inc.

1 Braintree Crescent

Tel: 204-837-3521

Transcona Adult Learning Centre

130 Regent Avenue East

Tel: 204-958-9297

UFCW Training Centre

2nd Floor-880 Portage Avenue

Tel: 204-775-8329

Urban Circle Training Centre Inc.

519 Selkirk Avenue

Tel: 204-589-4433

Winnipeg Adult Education Centre

310 Vaughn Street

Yellowquill College Inc.

480 Madison Street

Tel: 204-953-2800

