

COMMUNITY SERVICES & SUPPORTS DURING COVID-19

HEALTH/COVID-19

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Health Links	Phone Line	204-788-8200 1-888-315-9257	Health Links offers recommendations to how callers should proceed with their inquiry, for example, calling 911, visiting an emergency department, urgent care, walk-in clinic or family physician, or advice and education information to help manage symptoms.
ADAM	Anxiety Support COVID-19	204-925-0040 http://www.adam.mb.ca/	Mood Disorders is offering Covid-19 support line for people who are experiencing anxiety due to the outbreak of the virus. They are available from 9am – 9pm.
Help Next Door	A network of helpers coming together as a community.	help@helpnextdoormb.ca	Manitobans unable to leave their homes (elderly, disabled, vulnerable) that require items such as groceries, medication (and more), with a volunteer to perform the necessary tasks.
Aulneau	Wellness Checks	Wellness check link - https://aulneau.com/wellness-check-covid-19/	Aulneau is offering wellness checks for anyone needing coping tools and resources to help manage anxiety due to COVID-19. Follow the link for more information.
Inspire Community Outreach Inc.	Covid-19 Supports & Resources	https://inspirecommunityoutreach.ca/covid-19/	Inspire is offering information and sessions to support individuals throughout these overwhelming times.

CRISIS LINES/CENTRE

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Klinic	Klinic Crisis Line	204-786-8686 http://klinik.mb.ca/	This Crisis Line is open to people of all ages, genders, and backgrounds. This line is to help support people who are struggling with difficult feelings and behaviours.
Klinic	MB Suicide Line	1-877-435-7170 http://klinik.mb.ca/crisis-support/	Manitoba Suicide Prevention and Support Line helps anyone who is at risk of suicide, concerned about someone who may be at risk, or who has experienced a suicide loss. The line is available 24/7.

Klinic	Sexual Assault Line	204-786-8631 http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/	The Sexual Assault Crisis Program (SACP) offers short-term counselling (up to 12 weeks) and focuses on sexual assault trauma. The counsellors support clients while seeking medical attention, as well as provide support if they choose involve the police. The line is available 24/7.
WRHA	Adult Mobile Crisis Service	204-940-1781 https://wrha.mb.ca/mental-health/mobile-crisis-service/	The Mobile Crisis Service support individuals experiencing mental health or psychosocial crisis, including persons with a co-occurring mental health/substance use disorder. The line is available 24/7
Pregnancy Crisis Centre		1-800-665-0570 info@pregnancy.ca	The Pregnancy Crisis Centre is currently closed to in-person appointments; however, diapers and formula are available for pick up. Please call to arrange for pick up. Immediate support for those who need to talk is available via phone and email M-F 10:00am-2:00pm
Hope for Wellness Helpline		1-855-242-3310 https://www.hopeforwellness.ca/	The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Requests can be made for counselling English, French, Cree, Ojibway, and Inuktitut. This line is available 24/7.

ADULT MENTAL HEALTH SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Aboriginal Health & Wellness Centre of Winnipeg		204-925-3700 http://ahwc.ca/ e-mail: reception@ahwc.ca	Connection to a variety of programs that serve Indigenous communities. Services include primary care clinic, health promotion/prevention services, access to Traditional Healers, children's health program and a Head Start program.
Artbeat Studio		http://artbeatstudio.ca/ Daily Facebook live-streamed videos (you can watch them here)	Free, community based, peer directed program that provides social supports, working art studio/gallery space, & mentorship for those living with mental illness for the purpose of recovery & empowerment. Current hours reduced to Tues-Fri 12:30pm-4:30pm. Maximum of 12 participants at a time to allow everyone a comfortable space.

Aulneau	Counselling Services	Counselling link: https://aulneau.com/counselling/register-forcounselling/	Aulneau is offering counselling services online, by phone, and in person for low cost and sliding scale.
CMHA MB & WPG	Service Navigation HUB	204-775-6442 hub@cmhawpg.mb.ca	Canadian Mental Health Association is providing support, information, and guidance on navigating and accessing mental health supports and services in Winnipeg.
Inspire Community Outreach Inc.		https://inspirecommunityoutreach.ca/	FREE resources, webinars or training sessions, 1-on-1 private sessions over video chat and phone. Seeing people in person 1-on-1 or in their backyards.
The Mental Health Education Resource Centre	Lending library: reading materials, videos, training kits, newsletters, brochures, fact sheets on mental health and related issues.	204-942-6568 Toll Free: 1-855-942-6568 https://www.mherc.mb.ca/index.php E-Mail: info@mherc.mb.ca	A provincial resource promoting knowledge exchange, operated by the Manitoba Schizophrenia Society, to promote mental health and educate about mental illness. All resources are available for loan, <i>free of charge</i> .
Mood Disorders	Peer Support Line/ Virtual Peers Support groups	Peer support: 204-786-0987 http://www.mooddisordersmanitoba.ca/	Mood Disorders is offering a Peer Support Line from Mon.-Fri. from 9am-9pm, and Sat. & Sun. 10am-4pm. One-on-one support provided over the phone. Mood Disorders has mental health virtual peer support groups such as Depression, Personality Disorder, Bipolar, Eating Disorders, 18+ Women's Wellness, Postpartum and ADHD. Virtual peer support groups are available on Go-To Meetings and Zoom. Services are free, to access, call the peer support line.
Mount Carmel Clinic	Over the phone counselling services	204-589-9477 https://www.mountcarmel.ca/	Mount Carmel Clinic is offering over the phone counselling services for North End residents.

Robyn Priest	Peer Support	https://www.robypriest.com/	Free Online Support Groups offered during the COVID-19 Pandemic and resources for Employers and Organizations.
Seneca/ Sara Riel	Peer Support Warm-Line	204-942-9276 or 204-231-0217 https://www.sararielinc.com/language/en/seneca/	Sara Riel is providing 24/7 Peer Support Warm Line for individuals wanting to connect with someone or interested community resources.
Thrive Community Support Circle	Counselling Therapy	204.775.9934 http://www.thrivecommunitysupportcircle.com/frc/class-times/	Programs, workshops, support groups, self-care, counselling services by appt., phone support, resources. Classes offered at 5-505 Sargent Avenue * 2nd floor. Light lunch and bus tokens provided. Masks required, 6 participants per class.

FINANCIAL SERVICES

ORGANIZATION/ RESOURCE	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Employment and Income Assistance (EIA)	Financial Assistance for Manitobans	Centralized Call Centre @ (204) 948-2888 or 1-855-944-8111 eia@gov.mb.ca	Anyone who is interested to apply for EIA needs to contact the new Centralized Call Centre Monday - Friday 7 - 7 PM.
Manitoba Financial Assistance Programs	Financial Assistance for Manitobans	https://livelearn.ca/article/money-finances/manitoba-financial-assistance-programs/	Outlines various programs for individuals and families in need of financial assistance.

FOOD ACCESS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Winnipeg Harvest	Food Access	In Winnipeg 204-982-3660 E: appointments@winnipegharvest.org Outside of Winnipeg: 1-800-970-5559 E: kellym@winnipegharvest.org	Winnipeg Harvest is changing the way they provide their services with the COVID-19. They are now providing one large, pre-packaged Food Hamper per registered address every 4 Weeks for pick up Mon-Fri 9:15 AM – 3:15 PM, Sat 9:15 AM – 12:15 PM
Nor'West	Community Food Centre Blake Gardens Nor'West on Alexander	Check our website & social media daily for updates. https://norwestcoop.ca/	Nor'west is providing take-out Meals Mon, Wed & Fri 12:00pm-1:30 pm and Thurs evenings 5:30pm-6:30 pm at their Community Food Centre. There are also offering services at Blake Gardens Resource Centre and Nor'West on Alexander which includes Kid's

			Breakfast for pickup, Lunch for pickup and limited drop-in.
Ma Mawi	Emergency Kits	McGregor: 204-9250330 204-925-6816 Spence: 204-925-0352 204-925-0348 https://www.mamawi.com/	Ma Mawi is providing emergency kits that include food, baby supplies, and basic needs. The agency is making deliveries at the following times Mon – Fri 11:00am-1:00pm and 4:00pm-6:00pm and on Sat from 11:00am-1:00pm.
Agape Table		204-783-6369 https://www.agapetable.ca/	Currently continuing with all resources for subsidized breakfast and emergency food. Subsidized and free emergency meals available MF between 8:00-10:30am. Emergency food bank available Tuesdays and Thursdays 12:00-2:00pm.
Feed my Lambs		204-254-0992 https://feedmylambs.ca/	Feed my Lambs is a weekly foodbank that requires no sign-up which is offered on Friday at 3:30 PM. They are not affiliated with Winnipeg Harvest.

DOMESTIC VIOLENCE SUPPORT SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Domestic Violence Crisis Line	Provincial crisis line	1-877-977-0007	The Provincial domestic violence crisis line is offering 24/7 support for individuals who are in crisis, want to talk about what is happening to them or someone they care about.
Ikwe Widdjiitiwin	Ikwe Widdjiitiwin	Ikwe Crisis Line 1-800-362-3344 http://www.ikwe.ca/Home.page	Ikwe Widdjiitiwin is providing services on the crisis line and have limited space for their residential program; all other programs are still being offered as usual.
Willow Place	Willow Place Crisis Line Shelter Counselling Follow-up	204-615-0311 OR 1877-977-0007 reception@willowplace.ca	Willow Place offers a few different programs such as a 24-hour Crisis Line, emergency shelter for women and children leaving family violence, counselling and group counselling, follow-up services. In addition, they provide advocacy and links to community supports, outreach and prevention services. These services are available at no cost.

North End Women's Centre	North End Women's Centre	204-589-7347 info@newcentre.org	North End Women's Centre is offering bagged lunches, hygiene products, harm reduction kits, and safe sex items between 1 -3 PM.
West Central Womens' Resource Centre	West Central Womens' Resource Centre	774-8975 or stop by 640 Ellice Ave https://wcwrc.ca/	West Central Women's Resource Centre is serving bagged lunch and dinner at the door on Monday, Wednesday, and Friday from 12 - 1PM, & Tuesday, Thursday from 5 – 6 PM and Saturday 10 – 11 AM. One-one-one supports will be offered over the phone or email, unless it is gender-based violence emergency, housing, EIA. For laundry, shower, and crisis support please call to make an appointment.
North Point Douglas Women's Centre	North Point Douglas Women's Centre	Email: info@npdwc.org Phone:(204)947-0321 https://www.npdwc.org/	Help to meet basic needs and provide resources and specialized services.
Fort Garry Women's Centre		204-477-1123 https://fgwrc.ca/	Due to Covid-19, all programming suspended; Centre closed to the general public. Telephone check-ins with counselling clients can be arranged. Voicemails are checked regularly by staff to answer any outstanding questions
Nor'West Coop/Legal Help Centre	Women's Place	204-940-6624 https://norwestcoop.ca/	Women's Place is providing counselling services, safety planning, protection orders, legal consults and representation for anyone in need.
Men's Resource Centre	Emergency Shelter Program	204-415-6797 ext 207 ryan@mens-resourcecentre.ca	The Emergency Shelter program (for men experiencing intimate partner or family violence) will remain open. All contact will be done remotely by phone or email.
The Shameless Circle	Volunteer-led healing circle for women	https://theshamelesscircle.org/ (431) 305-6188	Provides free programming for women and kids to help them build a community of their own. Offering online sessions.

ADDICTIONS SUPPORT SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Addiction Foundation of Manitoba (AFM)	Addictions services	Hotline 1-855-662-6605 204-944-6334	AFM's In-house treatment will continue with safety precautions in place. Out-patient services will be provided via telephone, email or other forms of technology, or if needed in person. IDP assessments will be done over the phone.

BHF – Behavioural Health	River Point Centre offices	204-269-3430 204-582-2357 info@bhf.ca	BHF services at River Point Centre is closed, however clients seeking BHF Intake or outreach services may call River Point Centre Staff at 204269-3430. They are doing interviews over the phone 204-582-2357.
Main Street Project	Emergency Shelter/Drop in Services	admin@mainstreetproject.ca	Emergency Shelter and Drop In Services Emergency Shelter, Food Bank Services - hamper model Withdrawal Management Services, limiting intakes in both Withdrawal & Residential Services
St Raphael Wellness Centre		204-956-6650 info@srwc-mb.ca	St. Raphael Wellness Centre offers pre and post treatment non-residential counselling and education affected by substance use disorder and other mental health issues. The Centre is taking referrals over the phone, and they offer group sessions, however, are limiting the number of people who attend, and individual sessions face to face, by phone or video chat. They are open on Mon, Tues, Thurs 8:30 – 7:30, Wed 11:00 – 4:30, Fri 8:30 – 4:30
Hope Centre Health Care Inc.		204 589-8354 hopece@mymts.net	Please phone clinic before coming in, your doctor may be able to price care over the phone. Also available, Monday-Friday between 9am and 4pm to see our nurse for STI testing, pregnancy testing and STI treatment.
AA Meetings		204-942-0126 https://aamanitoba.org/	AA is holding online (virtual) meetings using a variety of software platforms (Zoom, Skype, etc.). Please refer to the line provide for updated information.

YOUTH SUPPORT SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Macdonald Youth Services	Crisis Text Line	Text MYS to 686868 or call 1-800-668-6868	This is a mental health service available 24/7 for kids, teens and young adults Canada-wide. Access services by texting, or phone.
Macdonald Youth Services	Family Navigator	204-452-0551 or 1-844-452-0551 (toll free) FamilyNavigator@mys.mb.ca	MYS Family Navigators guide youth 13 - 24 & their families through a network of mental health & addiction supports & services in Manitoba.

CMHA	Youth Service Navigator	Stephanie Johnson 204-479-1449 Indigenous Worker Kristyn Hancock 204-801-8428	Canadian Mental Health Association Youth Services Navigator works collaboratively with the Futures Forward Program, and partnerships with Youth Employment Services, and Community Financial Counselling Services. They are providing Mental Health, Addictions, EIA, Housing, Emergency Food, service over the phone, and social media.
Nor'West	Youth Hub	204-221-9800 Check Social Media for Updates	Nor'West is offering phone counseling, coping tips, and information about mental health, addictions and employment. If a youth needs to be connected with AFM and EIA.
Resource Assistance for Youth	RAY (29 and under)	204-783-5617 ext. 206 info@rayinc.ca	Ray is offering bag lunches and hot coffee from 1 – 3 PM at the front door. There street outreach program is available during the day from 1 -4PM and the Evening 5 – 8 PM. Ray is offering afterhours support, as well and appointments with the Nurse Practitioner or Counsellor must be made over the phone.
Mood Disorders	Youth Peer Support Grp Ages 12 -17	mdamyouthgroup@outlook.com	Mood disorders is offering a Youth Peer Support Group on Wednesday from 5:30-7:00 PM, please email to register and get access information.
Ndinawe Youth Resource Centre	Youth Support	204-417-7233 info@ndinawe.ca	Ndinawe Youth Resource Centre is providing youth with take away lunches twice daily.
Elmwood Resource Centre	Reach Out!	204-698-7536	The after-school & homework program is providing youth 12-17 services through online apps and virtual using “Remind” and “WhatsApp”as well as through social media platforms. There will also be online teaching videos uploaded to our YouTube channel and website www.elmwoodcrc.ca . There service is available from 2 – 7 PM.
Kids Help Phone-Resources Around Me	Resources & Programs for Youth	https://apps.kidshelpphone.ca/resourcesaroundme/search.html?q=&category=&location=winnipeg	Provides information about youth programs within Winnipeg.

PARENTING SUPPORT SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Healthy Child Manitoba	MB Parent Line Information	204-945-4777 or tollfree 1-877-945-477	Parents who are struggling with their children's behaviour can access the phone line Monday to Friday, 8 a.m. – 8 p.m.
New Directions	Urgent Essential Services	204-786-7051	New Directions is only offering Urgent Essential Services to existing clients and are not taking any new intakes.

SUPPORT and SERVICES for 2SLGBTQ+

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Rainbow Resource	Group teleconferencing	OTR@rainbowresourcecentre.org (204) 474-0212	The Rainbow Resource Centre is providing group teleconferencing on Wed + Thurs 10 -2 PM.

MEDICAL CLINICS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Nine Circles Clinic		204-940-6043	Drop-in & safe use supplies
Mount Carmel Clinic		204-589-9477	Resources Available: Community building closed- harm reduction supplies are available at 888 Main St. ACT Program Daily outreach continuing with: Food delivery
			Phone checks with priority checks to clients that do not have phones Transportation still continuing for clients to appts Needs: Food and hygiene supplies Sage House: closed but there are staff on site, just need to ring the doorbell Have ramped up outreach supports in terms of harm reduction supplies and food Wellness team: Phone counseling set up with triage and callers will get a call back # 204-5899477

Women's Health Clinic	Abortion Clinic Pap Test STI Checks & Treatment Teen Clinic Midwifery Intake	204-947-1517	Graham/Portage Screened upon arrival for COVID-19 in-person (and in some cases, phone) appointments: -Abortion (both surgical and medication abortion) including intake and follow-up, Emergency contraception, Pregnancy and birth control counselling/information, Birth control (including pill pick up, IUD insertions and urgent follow-up), Pap tests (only if previously abnormal result) -STI checks and treatment -Sexual Health Drop-In Teen Clinic is still open (Thursdays 3-8 pm for 21 years old and under) Birth Centre Midwifery Intake 204-947-2422 ext. 307 NorthernStar Mothers Milk Bank Drop Site 204-594-0900
Klinik	STI Klinik	204 784-4090	Klinik is only offering services for individuals who have symptoms of an STI, have a recent sexual partner who has chlamydia, gonorrhea, syphilis, or HIV, have been told to come in for STI testing, were sexually assaulted and/or need emergency contraception.
EMERGENCY SHELTERS			
ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Salvation Army	SonRise Village	204-946-9400	Emergency shelter, transitional housing, and all programming are still in full operation. Upcoming special events are cancelled, and no unexpected or unnecessary visits to facilities are allowed.
	Haven	204-946-9404	Emergency shelter, transitional housing, and all programming are still in full operation.
Siloam Mission	Emergency shelter	204-956-4344	The Drop-In space is being closed between mealtimes to be thoroughly sanitized, although continuing its operation for meals. On-site health centre has moved to educating participants on reducing their risk of spreading COVID-19, and how to stay healthy.

NEWCOMERS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Immigrant Centre	Over the phone services	204-943-9158	Suspended In-person Services Until March 31st. All other inquiries they can be reach thru email and phone M-W-F-Sat 8:30am-4:30pm, Tues-Thurs 8:30am8:30pm
Manitoba Start	Employment Services	204-944-8833 frontdesk@manitobastart.com	Operating Virtually, to register for Manitoba Start services or for general inquiries
Elmwood Resource Centre	The Newcomer and Immigrant Settlement (NISW) program The Building Futures program	Auday at 204-982-1720 ext. 205 nisw@elmwoodcrc.ca Sally at 204-982-1720 ext 206 nisw2@elmwoodcrc.ca 204-982-1720 ext. 211 or via email teacher@elmwoodcrc.ca	NISW will continue to support individuals who are seeking settlement services through phone/emails by contacting the Settlement Worker. We will be uploading education materials on our website on a weekly basis. In-person appointment will only be available for emergency cases by calling us at 431275-2289 from 10am to 4pm The building Futures Program will also continue to support newcomers who are seeking language and employment supports through online streaming and by appointment on a case by case.