

# Community Services



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**2** Crisis Supports

---

**6** Emergency Shelters

---

**7** Youth Support Services

---

**12** Community Helping  
Community

---

**14** Family and Parenting Support

---

**19** Medical Support

---

**21** Adult and Mental Health  
Services

---

**27** Food Access

---

**28** Domestic Violence Support

---

**35** Addiction Support

---

**37** Newcomers

This document is intended for informational purposes only.

Views and services shared by the listed organizations are their own and independent of Project 11.

As always, before engaging in health services, check with a trusted adult and/or your medical caregiver.

# CRISIS SUPPORTS

## Winnipeg Regional Health Authority

[wrha.mb.ca/mental-health/mobile-crisis-service](http://wrha.mb.ca/mental-health/mobile-crisis-service)  
**204-940-1781**

## Kids Help Phone

[kidshelpphone.ca](http://kidshelpphone.ca)  
**1-800-668-6868**  
or Text MYS to 686868

## Ligne d'intervention en cas de crise

[southernhealth.ca](http://southernhealth.ca)  
**1-877-435-7170**

## Crisis Stabilization Unit Unité d'intervention d'urgence

[sharedhealthmb.ca/services/mental-health/crisis-stabilization-unit/](http://sharedhealthmb.ca/services/mental-health/crisis-stabilization-unit/)  
**204-940-3633**

## Manitoba Suicide Prevention & Support Line

[reasontolive.ca](http://reasontolive.ca)  
**1-877-435-7170**

## Macdonald Youth Services

[mys.ca/services/youth-crisis-services](http://mys.ca/services/youth-crisis-services)  
**1-877-435-7170**

## KLINIC Crisis Line

[klinik.mb.ca/crisis-support](http://klinik.mb.ca/crisis-support)  
**1-877-435-7170**

## KLINIC Sexual Assault Line

[klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling](http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling)  
**204-786-8631**

## Hope for Wellness Helpline

[hopeforwellness.ca](http://hopeforwellness.ca)  
**1-855-242-3310**



# CRISIS SUPPORTS DETAILS – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Manitoba Suicide Prevention &amp; Support Line</b></p>	<p>Suicide Prevention</p> <p>The line is available 24/7</p>	<p>1-877-435-7170</p> <p><a href="https://reasontolive.ca">https://reasontolive.ca</a></p>	<p>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.</p>
<p><b>Winnipeg Regional Health Authority</b></p> <div data-bbox="130 841 525 1068" style="border: 1px solid #003366; border-radius: 15px; background-color: #800000; color: white; padding: 10px; text-align: center;"> <p>Français partiellement accessible avec service d'interprétation sur demande</p> </div>	<p>Mental health and substance use support</p> <p>The line is available 24/7</p>	<p>204-940-1781</p> <p><a href="https://wrha.mb.ca/mental-health/mobile-crisis-service/">https://wrha.mb.ca/mental-health/mobile-crisis-service/</a></p>	<p>Supports individuals experiencing mental health or psychosocial crisis, including persons with a co-occurring mental health/substance use disorder.</p> <p>Ligne d'écoute ouverte, Intervention de stabilisation de crise, Counseling</p>
<p><b>KIDS HELP PHONE</b></p> <div data-bbox="130 1237 525 1307" style="border: 1px solid #003366; border-radius: 15px; background-color: #800000; color: white; padding: 10px; text-align: center;"> <p>English/Français</p> </div>	<p>Support for youth</p> <p>The line is available 24/7</p>	<p>1-800-668-6868 or Text MYS to 686868</p>	<p>Offers free, confidential support to young people in English and French.</p>



## CRISIS SUPPORTS DETAILS – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Macdonald Youth Services</b></p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>	<p>24-hour CRISIS LINE/ MOBILE CRISIS TEAMS</p>	<p>204-949-4777 (WPG) 1-888-383-2776 (outside WPG)</p> <p>175, av. Mayfair, Winnipeg (MB) R3L 0A1</p> <p><a href="https://www.mys.ca/services/youth-crisis-services">https://www.mys.ca/services/youth-crisis-services</a></p>	<p>Offers support to help stabilize youth, while also ensuring emotional, physical &amp; cultural safety and wellness for everyone in the home.</p> <p>ou 1 888-383-2776 - Intervention de soutien auprès des jeunes en crise - Dépistage des troubles mentaux - Promotion de la santé mentale chez les jeunes</p>
<p><b>KLINIC Crisis Line</b></p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>		<p>204-786-8686 (WPG) 1-888-322-3019 (outside WPG)</p> <p><a href="http://klinik.mb.ca/crisis-support/">http://klinik.mb.ca/crisis-support/</a></p>	<p>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..</p>
<p><b>KLINIC Sexual Assault Line</b></p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>		<p>204-786-8631</p> <p><a href="http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/">http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/</a></p>	<p>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 to involve the police.</p>



## CRISIS SUPPORTS DETAILS – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Hope for Wellness Helpline</b></p> <p>English/Français</p>		<p>1-855-242-3310</p>	<p>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.</p>
<p><b>Ligne d'intervention en cas de crise</b></p> <p>Français partiellement accessible</p>		<p>Mental Health Crisis Service toll free 1-888-617-7715</p> <p><a href="http://www.southernhealth.ca">http://www.southernhealth.ca</a></p>	<p>Services de counseling et de croissance personnelle pour individus</p>
<p><b>Crisis Stabilization Unit Unité d'intervention d'urgence</b></p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>	<p>Service offers comprehensive assessment, day treatment and outpatient treatment with access to inpatient treatment in Children's Hospital</p>	<p>204-940-3633</p> <p><a href="https://sharedhealthmb.ca/services/mental-health/crisis-stabilization-unit/">https://sharedhealthmb.ca/services/mental-health/crisis-stabilization-unit/</a></p>	<p>Access to services thanks to Shared Health / Soins Communs</p> <p>Interventions de courte durée auprès des adultes nécessitant une stabilisation rapide en cas de crise</p>



# EMERGENCY SHELTERS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Salvation Army Sonrise Village Haven</b></p> <p>Site : Web English/Français</p>	<p>Family shelter that provides short and long term accommodations and meals.</p>	<p>204-946-9404 (Haven/Shelter) 204-946-9400 (General Line)</p> <p><a href="https://salvationarmy.ca/">https://salvationarmy.ca/</a></p>	<p>Emergency shelter, transitional housing, and all programming are still in operation.</p>
<p><b>Siloam Mission</b></p>	<p>Emergency shelter</p>	<p>204-956-4344</p> <p><a href="https://www.siloam.ca/">https://www.siloam.ca/</a></p>	<p>Services include: Drop-In space, access to clothing, food, transitional supports, employment support, health care, spiritual care, cultural connections among many others</p>
<p><b>The Youth Resource Centre (YRC)</b></p>	<p>Connecting youth and their families with each other and/or community supports</p> <p>Emergency shelter for youth 12-17 years old 24 hours/365 days a year</p>	<p>2204-477-1804 (within WPG) 1-888-477-1804 (outside of WPG)</p> <p><a href="https://www.mys.ca/services/youth-crisis-services">https://www.mys.ca/services/youth-crisis-services</a></p>	<p>The shelter offers short-term, overnight, emergency stays for youth ages 12–17. In addition, crisis intervention, counselling, case management, advocacy, and basic needs (e.g., food, hygiene, clothes, shower) are all services offered to youth accessing the shelter.</p>



# YOUTH SUPPORT SERVICES - Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Canadian Mental Health Association</b> <b>Futures Forward Program</b> <b>WPG and MB</b></p> <p>Français accessible partiellement</p>	<p>Youth Services</p>	<p>Call: 204-479-1449 Fax: 204-982-6128</p> <p>Imcnaughton@cmhawpg.mb.ca</p> <p><a href="https://mbwpg.cmha.ca/programs-services/futures-forward/">https://mbwpg.cmha.ca/programs-services/futures-forward/</a> <a href="https://www.futuresforward.ca/">https://www.futuresforward.ca/</a></p>	<p>A CMHA 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.</p>
<p><b>Jack.org</b></p> <p>Site : Web English/Français</p>	<p>Youth</p>	<p><a href="https://jack.org/Home">https://jack.org/Home</a></p> <p><a href="https://jack.org/Resources">https://jack.org/Resources</a></p>	<p>Not a service provider – focus on providing resources to support mental health including training and empowering young leaders to revolutionize mental health in every province and territory.</p>



## YOUTH SUPPORT SERVICES – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Kids Help Phone- Resources Around Me</b></p> <p>English/Français</p>	<p>Access line Resources &amp; Programs for Youth</p>	<p>Call: 1-800-668-6868 Text: 686868</p> <p><a href="https://kidshelpphone.ca/resources-around-me">https://kidshelpphone.ca/resources-around-me</a></p>	<p>Call or text to begin a confidential conversation. Resources Around Me allows you to search for local supports in your community. Provides information about youth programs within Winnipeg.</p>
<p><b>Macdonald Youth Services</b></p>	<p>Text Line</p>	<p>Text MYS to 686868 or call 1-800-668-6868</p> <p><a href="https://www.mys.ca/">https://www.mys.ca/</a></p> <p><a href="https://www.mys.ca/services/youth-crisis-services">https://www.mys.ca/services/youth-crisis-services</a></p>	<p>This is a mental health service available 24/7 for kids, teens and young adults Canada-wide. Access services by texting, or phone.</p>
<p><b>Mood Disorders Association of MB</b></p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>	<p>Peer support services</p>	<p>Peer Support (204) 560-1461 Toll Free: 1-800-263-1460</p> <p><a href="http://www.mooddisordersmanitoba.ca/regions/">http://www.mooddisordersmanitoba.ca/regions/</a></p>	<p>Mood disorders offers programming across different regions of the province.</p> <p>Soutien aux personnes aux prises avec les troubles d'humeurs</p>





## YOUTH SUPPORT SERVICES – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Ndinawe Youth Resource Centre</b>	Youth Support  Tina's Safe Haven - drop in centre	204-417-7233 info@ndinawe.ca  <a href="https://ndinawe.ca/">https://ndinawe.ca/</a>	Ndinawe Youth Resource Centre provides youth with take away lunches twice daily.
<b>NorWest Co-op Community Health</b>	Youth Hub	204-221-9800  youthhub@norwestcoop.ca  <a href="https://norwestcoop.ca/locations/youth-hub/">https://norwestcoop.ca/locations/youth-hub/</a>	NorWest offers phone counseling, coping tips, and information about mental health, addictions and employment.
<b>Provincial Eating Disorder Prevention and Recovery Program</b>	Services through Women's Health Clinic	(204) 947-2422 ext. 137 (in WPG) or 1-866-947-1517 ext. 137 (toll-free outside WPG)  <a href="https://womenshealthclinic.org/wh-at-we-do/pedprp/">https://womenshealthclinic.org/wh-at-we-do/pedprp/</a>	Offers education workshops for people over age 16 who want to have a more peaceful relationship with food and their body. Those under 18 can seek treatment through the Child and Adolescent Eating Disorder Program at Health Sciences Centre: 204-958-9660



## YOUTH SUPPORT SERVICES – Section 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Rainbow Resource</b>	Group teleconferencing	(204) 474-0212  OTR@rainbowresourcecentre.org  <a href="https://rainbowresourcecentre.org/resources/youth">https://rainbowresourcecentre.org/resources/youth</a>	The Rainbow Resource Centre has many programs fostering resilience, increasing self-esteem and self-confidence while building social networks, contacts, and peer support among youth.
<b>Resource Assistance For Youth</b>	RAY (29 and under)	204-783-5617 ext. 206  info@rayinc.ca  <a href="https://rayinc.ca/">https://rayinc.ca/</a>	The street outreach is available daily from 1-3PM and evenings from 5-8 PM. Ray offers afterhours support and appointments with the Nurse Practitioner or Counsellor must be made over the phone.
<b>Stress Hacks</b>	Online Services	<a href="https://stresshacks.ca">https://stresshacks.ca</a>  <a href="https://stresshacks.ca/youth">https://stresshacks.ca/youth</a>	Information about general mental health, stress, feelings, how to relax and more.



## YOUTH SUPPORT SERVICES – Section 5

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Teen Talk</b>	Youth website	204-982-7800  <a href="http://teentalk.ca">http://teentalk.ca</a>	Teen Talk is a Youth Health Education Program focusing on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence
<b>Toba Centre for Children &amp; Youth</b>	Addresses the needs of children and youth who experienced physical and/or sexual abuse or witnessed violence	<a href="https://tobacentre.ca/">https://tobacentre.ca/</a>	Coordinates a collaborative approach to interviewing child abuse victims and children who have witnessed violent crimes. It is our vision that every victim of child abuse, and every child witness to violence, is heard, helped, and healed.
<b>Youville Teen Clinic</b>  <b>Centre de santé communautaire Youville</b>	Youth services	204-255-4840  <a href="https://www.youville.ca/health-centre/teen-clinic">https://www.youville.ca/health-centre/teen-clinic</a>	Serves 14-20 year olds providing free, confidential, non-judgmental health care, someone to talk to Tuesdays from 4-7pm. Staff can answer questions, provide testing, low cost/no cost birth control, free condoms; and connect you with the resources you need.

Français totalement accessible



# COMMUNITY HELPING COMMUNITY – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Elmwood Resource Centre</b></p>	<p>Reach Out!</p>	<p>204-982-1720   <a href="http://elmwoodcrc.ca/">http://elmwoodcrc.ca/</a></p>	<p>Offers counselling, education, employment, cultural and settlement services.                      Drop-in centre open Monday to Friday, 9am – 4 pm.</p>
<p><b>Help Next Door</b></p>	<p>A network of helpers</p>	<p><a href="mailto:help@helpnextdoormb.ca">help@helpnextdoormb.ca</a>   <a href="https://helpmb.ca/">https://helpmb.ca/</a></p>	<p>MB unable to leave their homes (elderly, disabled, vulnerable) that require groceries, medication and more.</p>
<p><b>Ma Mawi</b></p>	<p>Community Care site Wpg's urban Indigenous community</p>	<p>McGregor St location –                      204-925-0330   204-925-6816                      Spence St location –                      204-925-0352   204-925-0348   <a href="https://www.mamawi.com/">https://www.mamawi.com/</a></p>	<p>Culturally relevant prevention and support-based programs and services.                       Drop-in, emergency services, workshops, training</p>



## COMMUNITY HELPING COMMUNITY – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Manitoba Farm, Rural &amp; Northern Support Services</b>	Online services	1-866-367-3276  <a href="http://www.supportline.ca">www.supportline.ca</a>	We offer free, confidential and non-judgmental counselling for anyone who lives on a Manitoba farm, or in a rural or Northern community.
<b>Mood Disorders Association of MB</b>  <div style="background-color: #800000; color: white; padding: 5px; border-radius: 10px; text-align: center;">                     Français partiellement accessible avec service d'interprétation sur demande                 </div>	Peer support services	<a href="http://www.mooddordersmanitoba.ca/regions/">http://www.mooddordersmanitoba.ca/regions/</a>	Mood disorders offers programming across different regions of the province. Soutien aux personnes aux prises avec les troubles d'humeurs
<b>Robyn Priest</b>	Support, facilitator training, workshops	<a href="https://www.robypriest.com/">https://www.robypriest.com/</a>	Programs by people with lived experience. Free ONLINE All IN Family Support Group via Zoom Weds Evenings from 7-9pm
<b>The Shameless Circle</b>	Volunteer-led healing circle for women	431-305-6188  <a href="https://theshamelesscircle.org/">https://theshamelesscircle.org/</a>	Provides free programming for women and kids, offering online sessions



# FAMILY AND PARENTING SUPPORT – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Centre de Renouveau Aulneau Renewal Centre</b></p> <p>Français totalement accessible</p>	<p>Dealing with Difficult Emotions Teen Groups Parent Cafés – online Parenting Support Group</p>	<p>431-813-2681 <a href="mailto:grace.pagtakhan@aulneau.com">grace.pagtakhan@aulneau.com</a> <a href="https://aulneau.com/">https://aulneau.com/</a></p>	<p>We focus on building strength and empowering our clients to make the changes they need to help them with their personal journeys.</p>
<p><b>Centre Renaissance Centre</b></p> <p>Français totalement accessible</p>		<p>204-256-6750 <a href="https://www.renaissancecentre.ca/">https://www.renaissancecentre.ca/</a></p>	<p>Services de counseling et de croissance personnelle pour individus</p>
<p><b>Child &amp; Adolescent Psychiatry Eating Disorders Service (HSC)</b></p>	<p>Service offers comprehensive assessment, day treatment and outpatient treatment with access to inpatient treatment in Children's Hospital</p>	<p>Dr. Eric Vickar - Service Chief <a href="mailto:elvickar@compuserve.com">elvickar@compuserve.com</a> PZ162 PsychHealth Centre <a href="https://umanitoba.ca/faculties/health_sciences/medicine/units/psychiatry/programs/programs_ca/CA_Eating-Disorders.html">https://umanitoba.ca/faculties/health_sciences/medicine/units/psychiatry/programs/programs_ca/CA_Eating-Disorders.html</a></p>	<p>Multi-disciplinary clinical service providing comprehensive assessment and treatment for children and adolescents with eating disorders and their families, requires physician referral</p>



## FAMILY AND PARENTING SUPPORT – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Coaching for Confidence</b>	Online parenting support of anxious children	204-237-2055 – (leave a message)  CoachingforConfidence@umanitoba.ca  <a href="https://www.gov.mb.ca/healthychild/ncd/forum2016-helping_anxious_child_handout.pdf">https://www.gov.mb.ca/healthychild/ncd/forum2016-helping_anxious_child_handout.pdf</a>	A 10-week internet-based program and evaluation study to help parents help children 4 to 12 years old that have difficulty with anxiety (excessive fearfulness, worry, or shyness).
<b>Inspire Community Outreach Inc.</b>	Agency providing evidence and culturally informed, family-centered education and programming, for those living with mental health issues and neurological/cognitive differences.	<a href="https://inspirecommunityoutreach.ca/">https://inspirecommunityoutreach.ca/</a>	It is our vision that every victim of child abuse, and every child witness to violence, is heard, helped, and healed. Supporting families that include children and youth who have a diagnosed disability, as well as those without a diagnosed disability.



## FAMILY AND PARENTING SUPPORT – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>KidThink</b></p>	<p>Clinical Services including mental health assessments to develop care plans.</p>	<p>431-388-5373 <a href="https://www.kidthink.ca/">https://www.kidthink.ca/</a></p>	<p>KIDTHINK provides child therapist, parenting and family support, child psychologists, and treatment from a multidisciplinary team.</p>
<p><b>Macdonald Youth Services</b></p>	<p>Family Navigator</p>	<p>FamilyNavigator@mys.mb.ca  204-452-0551 Toll Free: 1-844-452-0551  <a href="https://www.mys.ca/">https://www.mys.ca/</a></p>	<p>MYS Family Navigators guide youth 13 - 24 &amp; their families through a network of mental health &amp; addiction supports &amp; services across communities in Manitoba.</p>
<p><b>Manitoba Adolescent Treatment Centre (MATC)</b></p> <p><b>Français partiellement accessible</b></p>	<p>Mental Health Services for Children &amp; Adolescent  Youth Addictions Centralized Intake Service</p>	<p><a href="https://matc.ca/">https://matc.ca/</a></p>	<p>Interventions de stabilisation de courte et longue durée, consultation et traitement</p>





## FAMILY AND PARENTING SUPPORT – Section 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Manitoba Parent Zone</b></p>	<p>MB Parent Line Information</p> <p>Support for those parenting or those becoming parents</p>	<p>204-945-4777</p> <p>Toll Free: 1-877-945-4777</p> <p><a href="http://www.manitobaparentzone.ca/">http://www.manitobaparentzone.ca/</a></p>	<p>The Manitoba Parent Line (formerly known as the Triple P Parent Line) connects callers to trained parent counsellors who provide confidential assistance, information &amp; support for child development issues and many common parenting concerns (tantrums, bedtime problems etc.). Support lines available in Winnipeg and across Manitoba</p>
<p><b>New Directions</b></p> <div data-bbox="121 1040 516 1268" style="background-color: #800000; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>Français partiellement accessible avec service d'interprétation sur demande</p> </div>	<p>Urgent Essential Services</p>	<p><a href="https://newdirections.mb.ca/">https://newdirections.mb.ca/</a> or 204-786-7051</p>	<p>Therapy &amp; Clinical Services</p> <p>A collection of therapy and clinical services for individuals, groups, parents and more.</p> <p>Programmes de counseling, Soutien et thérapie familiale, Services d'accompagnement et de réhabilitation psychosociale dans les résidences d'accueil</p>



## FAMILY AND PARENTING SUPPORT – Section 5

### ORGANIZATION

#### Pluri-elles (Manitoba) Inc.

Français totalement  
accessible

### SERVICES

un organisme qui vous procure les outils nécessaires pour grandir sur les plans personnel et professionnel

### CONTACT

204-233-1735  
1-800-207-5874  
<https://www.pluri-elles.mb.ca/main.php?p=25>

### DESCRIPTION

Les services de counselling individuel, du counselling externe et des groupes de soutien aux femmes, aux enfants et à la famille qui prévoient mettre en œuvre des changements continus et à long terme dans leur vie. Programmes d'entraide et de counseling (individuel, couple et famille), Soutien aux nouveaux arrivants

#### Toba Centre for Children & Youth

Addresses the needs of children and youth who experienced physical and or sexual abuse or witnessed violence

<https://tobacentre.ca/>

Coordinates a collaborative approach to interviewing child abuse victims and children who have witnessed violent crimes. It is our vision that every victim of child abuse, and every child witness to violence, is heard, helped, and healed.



# MEDICAL SUPPORTS – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Health Links</b> <b>English/Français</b></p> <p><b>English/Français</b></p>	<p>Phone Line</p>	<p>204-788-8200 1-888-315-9257</p> <p><a href="https://misericordia.mb.ca/programs-phcc/health-links-info-sante/">https://misericordia.mb.ca/programs-phcc/health-links-info-sante/</a></p>	<p>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.</p>
<p><b>Women’s Health Clinic</b></p>	<p>Emergency contraception, Pregnancy and birth control counselling/information, Birth control STI checks and treatment</p>	<p>204-947-1517</p> <p><a href="https://womenshealthclinic.org/">https://womenshealthclinic.org/</a></p>	<p>Holistic approach to health emphasizes prevention, education and action Offering client-centred, non-judgemental and fully confidential services, health education to community and groups, resources and information, advocacy on women’s health Teen Clinic open (Thurs. 3-8 pm - 21 years old and under)</p>



## MEDICAL SUPPORTS – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Mount Carmel Clinic</b></p> <p>Français partiellement accessible avec service d'interprétation</p>	<p>Providing accessible, community-centred programs, resources, and health services for all</p>	<p>204-589-9477</p> <p><a href="https://www.mountcarmel.ca/">https://www.mountcarmel.ca/</a></p>	<p>Harm reduction, food and hygiene supplies, outreach, phone counselling</p> <p>Sage House: Drop in centre</p> <p>Services de counseling</p>
<p><b>Nine Circles Community Health Clinic</b></p>	<p>Testing, treatment programs and services</p>	<p>204-940-6043</p> <p><a href="https://ninecircles.ca/">https://ninecircles.ca/</a></p>	<p>Expertise in the care and treatment of HIV, Hepatitis C and other sexually transmitted infections, delivers comprehensive primary care, social support, education and prevention services.</p>
<p><b>Klinik Community Health</b></p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>	<p>STI Klinik</p>	<p>204 784-4090</p> <p><a href="https://klinik.mb.ca/">https://klinik.mb.ca/</a></p> <p><a href="https://klinik.mb.ca/health-care/drop-in-services/sti-klinik/">https://klinik.mb.ca/health-care/drop-in-services/sti-klinik/</a></p>	<p>Offering services regarding STI, sexual assaults and/or emergency contraception.</p> <p>Ligne de crise Tél: 204-786-8686 ou 1 888-322-3019, Ligne en cas de suicide, Tél. : 1-877-435-7170, Ligne en cas d'agression sexuelle,   Tél. : 204-786-8631 ou 1-888-292-7565 - Counseling - Consultations   - Interventions en cas de crise - Intervention en prévention du suicide   - Éducation/promotion de la santé mentale</p>



# ADULT MENTAL HEALTH SERVICES – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Centre de Renouveau Aulneau Renewal Centre</b></p> <p><b>Français totalement accessible</b></p>	<p>English/French Counselling Services</p>	<p><a href="https://aulneau.com/">https://aulneau.com/</a></p> <p><a href="https://aulnea.com/counselling/register-forcounselling">https://aulnea.com/counselling/register-forcounselling</a></p>	<p>Creative therapies promote insight and healing by providing a means to access and to express feelings associated with depression, anxiety, and trauma. They work with individuals, couples, and families to develop therapeutic plans that meet their specific needs through therapy, education, support, and guidance. Aulneau is offering counselling services online, by phone, and in person for low cost and sliding scale.</p>
<p><b>Aboriginal Health &amp; Wellness Centre of Winnipeg</b></p>	<p>Committed to offering traditional and/or contemporary healing practices.</p>	<p>204-925-3700</p> <p><a href="mailto:reception@ahwc.ca">reception@ahwc.ca</a></p> <p><a href="http://ahwc.ca/">http://ahwc.ca/</a></p>	<p>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. Provides resources that enable individuals to attain or maintain the balance in their lives to heal.</p>



## ADULT MENTAL HEALTH SERVICES – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>ADAM</b> <b>Anxiety Disorders</b> <b>Association of MB</b></p>	<p>Offers self-help strategies and resources for managing anxiety</p>	<p>204 925- 0600  <a href="http://www.adam.mb.ca/">http://www.adam.mb.ca/</a></p>	<p>Anxiety, worry and support program is currently accepting applications consists of seven weekly sessions over Zoom covering anxiety, worry, uncertainty, thinking, arousal reduction and activity, and motivation.</p>
<p><b>Artbeat Studio</b></p>	<p>Peer directed programming for those living with mental illness</p>	<p><a href="http://artbeatstudio.ca/">http://artbeatstudio.ca/</a>  <a href="https://www.youtube.com/channel/UCXeKzEx2gRryo8tXHoIO9Ds">https://www.youtube.com/channel/UCXeKzEx2gRryo8tXHoIO9Ds</a></p>	<p>Free, community based, peer directed program that provides social supports, working art studio/gallery space &amp; mentorship for those living with mental illness for the purpose of recovery &amp; empowerment.</p>
<p><b>CMHA</b> <b>MB &amp; WPG</b></p> <p><b>Français partiellement accessible</b></p>	<p>Service Navigation HUB</p>	<p>204-775-6442  <a href="mailto:hub@cmhawpg.mb.ca">hub@cmhawpg.mb.ca</a></p>	<p>Canadian Mental Health Association is providing support, information, and guidance on navigating and accessing mental health supports and services in Winnipeg.</p>



## ADULT MENTAL HEALTH SERVICES – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Community Mental Health Access Line</b></p> <p>Français partiellement accessible</p>		1-888-310-4593	Ligne d'accueil centralisée - Lundi au vendredi de 8h30 à 16h30 - Premier lien aux services de santé mentale- non urgent
<p><b>Inspire Community Outreach Inc</b></p>	Community Outreach services	<a href="https://inspirecommunityoutreach.ca/">https://inspirecommunityoutreach.ca/</a>	Free resources - presentations, videos, home resources, webinars or training sessions, one on one private sessions over video, chat, phone and in person
<p><b>Mental Health Education Resource Centre</b></p>	Lending library: covering mental health and related issues.	<p>204-942-6568 Toll Free: 1-855-942-6568</p> <p><a href="mailto:info@mherc.mb.ca">info@mherc.mb.ca</a></p> <p><a href="https://www.mherc.mb.ca/">https://www.mherc.mb.ca/</a></p>	A provincial resource operated by the Manitoba Schizophrenia Society to promote mental health and educate about mental illness. Lending library includes reading materials, videos, training kits, newsletters, brochures, fact sheets available for loan, free of charge.



## ADULT MENTAL HEALTH SERVICES – Section 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Mood Disorders of MB</b></p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>	<p>A self-help org. providing support, education and advocacy.</p>	<p>Peer Support: 204-560-1461 Toll-Free: 1-800-263-1460</p> <p>Hours of Operation: 9-9 M-F</p> <p><a href="http://www.mooddordersmanitoba.ca/">http://www.mooddordersmanitoba.ca/</a></p>	<p>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.</p> <p>Soutien aux personnes aux prises avec les troubles d'humeurs</p>
<p><b>Psychological Association of Manitoba</b></p> <p>Français partiellement accessible</p>	<p>Psychologist Locator</p>	<p><a href="https://mps.ca/find-psychologist/">https://mps.ca/find-psychologist/</a></p>	<p>Service to help locate a psychologist in your area</p>





## ADULT MENTAL HEALTH SERVICES – Section 5

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Seneca/Sara Riel</b></p> <p>Français partiellement accessible</p>	<p>Community-based support</p>	<p>204-942-9276 or 204-231-0217</p> <p><a href="https://sarariel.ca/">https://sarariel.ca/</a> <a href="https://sarariel.ca/our-services/seneca-warm-line/">https://sarariel.ca/our-services/seneca-warm-line/</a></p>	<p>Provides a 24/7 Peer Support line for people wanting to connect with someone or interested community resources. Support for mental illness, mental health, substance use issues and addictions.</p> <p>Services de soutien en santé mentale dans la communauté, Services de logement (allocation) pour adultes aux prises avec un problème de santé mentale, Réhabilitation psychosociale dans les résidences d'accueil, Services de counseling, Accompagnement à la réintégration de vie sociale et l'employabilité</p>
<p><b>Southern Health / Santé Sud</b></p> <p>Français partiellement accessible</p>	<p>Southern Mental Health Services</p>	<p><a href="https://www.southernhealth.ca/en/finding-care/find-a-service/mental-health/">https://www.southernhealth.ca/en/finding-care/find-a-service/mental-health/</a></p>	<p>Access to mental health services provided within the Southern Health / Santé Sud Health Authority</p>



## ADULT MENTAL HEALTH SERVICES – Section 6

### ORGANIZATION

### SERVICES

### CONTACT

### DESCRIPTION

#### St. Laurent Community Health Centre

Français partiellement accessible avec service d'interprétation sur demande

Counselling Services

<https://www.ierha.ca/default.aspx?cid=6305>

Support and counselling service, consultations, treatment and follow-up. Accompanying support for psychosocial rehabilitation and integration in cases of long-term disorders

#### Thrive Community Support Circle

Counselling Therapy

204-775-9934

<https://thrivecommunitysupportcircle.com/>

<http://www.thrivecommunitysupportcircle.com/frc/class-times/>

Programs, workshops, support groups, self-care, counselling services by appointment, phone support, resources.  
Classes offered at 5-505 Sargent Avenue, 2nd floor. Light lunch and bus tokens provided. Masks required, 6 participants per class.



# FOOD ACCESS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Agape Table Inc.</b></p>	<p>Community-based program to nourish the body, mind, and spirit</p>	<p>204-783-6369 <a href="https://www.agapetable.ca/">https://www.agapetable.ca/</a></p>	<p>Subsidized and free emergency meals available MF between 7-11am. Emergency food bank available Tuesdays and Thursdays 12-2pm.</p>
<p><b>Harvest Manitoba (Winnipeg Harvest)</b></p>	<p>Food Access</p>	<p>In Winnipeg: 204-982-3671 – New to Harvest 204-982-3660 – Returning Clients <a href="mailto:appointments@harvestmanitoba.ca">appointments@harvestmanitoba.ca</a></p> <p>Outside Winnipeg: 1-800-970-5559 <a href="mailto:kellym@harvestmanitoba.ca">kellym@harvestmanitoba.ca</a></p> <p><a href="https://www.harvestmanitoba.ca/">https://www.harvestmanitoba.ca/</a></p>	<p>Have your Manitoba Health card ready. Harvest food banks are located in communities across Manitoba.</p> <p>Call Centre Hours: Monday to Friday: 9:15am to 3:15 pm Saturday: 9:15 am to 12:15 pm</p>
<p><b>NorWest Co-op</b></p>	<p>Community Food Centres Blake Gardens</p> <p>Info on food resources, diabetes counselling and drop-ins.</p>	<p><a href="https://norwestcoop.ca/">https://norwestcoop.ca/</a></p> <p><a href="https://norwestcoop.ca/program_category/food-nutrition/">https://norwestcoop.ca/program_category/food-nutrition/</a></p> <p>Check our website &amp; social media daily for updates.</p>	<p>Through nutrition counselling, cooking programs, community meals and more, we want to help you take control of your health. Community calendar: <a href="https://norwestcoop.ca/calendar/">https://norwestcoop.ca/calendar/</a></p>



# DOMESTIC VIOLENCE SUPPORT SERVICES – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Domestic Violence Crisis Line</b></p> <p>English/Français</p>	Provincial crisis line	<p>1-877-977-0007 text 204-792-5302 or 204-805-6682 In immediate danger? Call 911</p> <p><a href="https://www.gov.mb.ca/msw/fvpp/resources.html">https://www.gov.mb.ca/msw/fvpp/resources.html</a></p>	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.
<p><b>Eastman Crisis Centre Inc AKA Agape House</b></p>	Steinbach - N to Beausejour, S to the U.S. Border, W to Wpg and E to Ontario.	<p>Local crisis line: 204-346-0028 Emergency: 204-346-0028 204-326-6062</p> <p><a href="mailto:admin@agapehouse.ca">admin@agapehouse.ca</a></p> <p><a href="https://agapehouse.ca/">https://agapehouse.ca/</a></p>	Women's abuse shelter, 24 hour crisis line, in-take client services, community support, counselling & care, outreach program, transition homes and educational services.
<p><b>Fort Garry Women's Centre</b></p>	Support and services for women and children	<p>204-477-1123</p> <p><a href="https://fgwrc.ca/">https://fgwrc.ca/</a> <a href="https://fgwrc.ca/events/">https://fgwrc.ca/events/</a></p>	Supporting women in making healthy lifestyle choices with information and referrals, counselling, public education, legal services and practical supports. Many workshops delivered via zoom.



## DOMESTIC VIOLENCE SUPPORT SERVICES – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Ikwe Widdjiitiwin</b>	Crisis Line and programming Women's resource centre	Crisis Line: 1-800-362-3344  <a href="http://www.ikwe.ca/Home.page">http://www.ikwe.ca/Home.page</a>	Ikwe Widdjiitiwin is providing services on the crisis line, residential program, supportive children's programs, safety planning and more
<b>Men's Resource Centre</b>	Community services targeting men	204-415-6797 ext 207  reception@mens-resource-centre.ca  <a href="https://mens-resource-centre.ca/">https://mens-resource-centre.ca/</a>	Counselling and support to men in the MCSA program through email, phone and/or video conferencing.
<b>North End Women's Centre</b>	Community services	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.



## DOMESTIC VIOLENCE SUPPORT SERVICES – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>North Point Douglas Women's Centre</b>	Community services	204-947-0321  dianne@npdwc.org or info@npdwc.org  <a href="https://www.npdwc.org/">https://www.npdwc.org/</a>	Help to meet basic needs and provide drop-in and outreach services, counselling, traditional teaching of the Medicine Wheel, settlement program, parent/child program & CFS liaison, recovery & housing support, community programs, housing programs, resources and specialized services. Men's Night also available!
<b>NorWest Co-op/Legal Help Centre</b>	A Woman's Place	204-940-6624  <a href="https://norwestcoop.ca/program_service/a-womans-place/">https://norwestcoop.ca/program_service/a-womans-place/</a>	Provides counselling services, safety planning, protection orders, legal consults and representation for anyone in need.
<b>Nova House Inc.</b>	Selkirk	Crisis Line: 204-482-1200 Emergency: 204-482-1200 204-482-7882  info@novahouse.ca  <a href="https://www.novahouse.ca/">https://www.novahouse.ca/</a>	24/7 Crisis Line, residential program, children's program, RISE program, interim housing program, non-residential support and virtual outreach program

## DOMESTIC VIOLENCE SUPPORT SERVICES – Section 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Parkland Crisis Centre Inc.</b></p>	<p>Dauphin</p>	<p>Emergency: 204-638-9484 204-622-4626</p> <p>pkndcris@mymts.net</p> <p><a href="https://parklandcrisiscentre.ca/">https://parklandcrisiscentre.ca/</a></p>	<p>Crisis line, counselling information and referrals, residential services, non-residential services, follow-up services, children &amp; youth program.</p>
<p><b>Pluri-elles (Manitoba) Inc.</b></p> <div data-bbox="138 846 529 959" style="background-color: #800000; color: white; padding: 5px; text-align: center; border-radius: 10px;"> <p>Français totalement accessible</p> </div>	<p>un organisme qui vous procure les outils nécessaires pour grandir sur les plans personnel et professionnel</p>	<p>204-233-1735 1-800-207-5874</p> <p><a href="https://www.pluri-elles.mb.ca/main.php?p=25">https://www.pluri-elles.mb.ca/main.php?p=25</a></p>	<p>Aider les femmes à déterminer leurs besoins et leur permettre d'accéder aux ressources, aux programmes et aux services qui répondent à leurs besoins et aux besoins de leurs enfants</p> <p>Aider les enfants et les jeunes à reconnaître les caractéristiques d'une relation saine et d'une relation malsaine</p> <p>Programmes d'entraide et de counseling (individuel, couple et famille), Soutien aux nouveaux arrivants</p>



## DOMESTIC VIOLENCE SUPPORT SERVICES – Section 5

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>Portage Family Abuse Prevention Centre Inc.</b></p>	<p>Portage la Prairie</p>	<p>Emergency hotline: 204-239-5233 Phone: 204-239-5234 director@abuseprevention.ca</p>	<p>Emergency shelter, educational services</p>
<p><b>South Central Committee on Family Violence Inc. AKA Genesis House</b></p> <p><b>English/Français</b></p>	<p>Winkler</p>	<p>Phone: 204-325-9957 Emergency: 204-325-9800  Email: sccfv@genesis-house.ca <a href="https://genesishouseshelter.ca/">https://genesishouseshelter.ca/</a></p>	<p>Shelter for women and their children in crisis offering free counselling 24/7 to residents and non-shelter residents by phone, or by scheduling a one-on-one session, also has support groups and programs for women in the community</p>
<p><b>The Pas Committee for Women in Crisis Inc. AKA Aurora House</b></p>		<p>204-623-7427 Emergency Crisis Line: 204-623-5497 toll free nearest shelter at 1-877-977-0007  auroratp@mts.net  <a href="https://aurorahouse-sharethecare.com/">https://aurorahouse-sharethecare.com/</a></p>	<p>The agency addresses domestic violence in the Norman region, through support and education</p>





## DOMESTIC VIOLENCE SUPPORT SERVICES – Section 6

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Thompson Crisis Centre Inc.</b>	Thompson	Emergency: 204-778-7273 Toll free: 1-800-442-0613	Box 1226, Thompson MB R8N 1P1
<b>Wahbung Abinoonjiaq</b>	Emergency Shelter Program	204-925-4610 info@wahbung.org  www.wahbung.org  <a href="https://gov.mb.ca/healthychild/ncd/forum2016-dv_addications_empowering_community.pdf">https://gov.mb.ca/healthychild/ncd/forum2016-dv_addications_empowering_community.pdf</a>	Services for men impacted by family violence, including emergency shelter. Call Monday to Friday 9am to 5pm
<b>West Central Womens' Resource Centre</b>	Community services	774-8975 or stop by 640 Ellice Ave  <a href="https://wcwrc.ca/">https://wcwrc.ca/</a>	Drop-in & food services, outreach, housing & income, family support, training & skill building, newcomer services, childminding services



## DOMESTIC VIOLENCE SUPPORT SERVICES – Section 7

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Willow Place</b>	Programming for women, families and men	204-615-0311 or 1-877-977-0007  reception@willowplace.ca  Caring Dads intervention program email: ShannonC@willowplace.ca  <a href="https://willowplaceshelter.ca/">https://willowplaceshelter.ca/</a>	Programs such as a 24-hour Crisis Line, emergency shelter for women and children leaving family violence, counselling and group counselling, follow-up services, advocacy and links to community supports, outreach and prevention services at no cost.  Caring Dads 17-week intervention program
<b>Y.W.C.A. Westman Women's Shelter</b>	Brandon	204-727-3644  execdirbdn@wcgwave.ca	Offering a short-term safe and supportive environment for physically, emotionally or sexually abused women and their children 24 hours a day, 365 days of the year.  Also offering Individual and Group Counselling for women and children, crisis intervention and referrals. Support / information for medical, housing, financial, legal, and employment needs. Public Education Program



# ADDICTION SUPPORT SERVICES – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p><b>AA Meetings</b></p>	<p>Group counselling supporting sobriety</p>	<p>204-942-0126</p> <p><a href="https://aamanitoba.org/">https://aamanitoba.org/</a>  <a href="https://aamanitoba.org/covid-19-updates">https://aamanitoba.org/covid-19-updates</a></p>	<p>Online (virtual) meetings as well as in-person meetings with a max capacity.</p>
<p><b>Addictions Foundation of Manitoba (AFM)</b></p> <div data-bbox="128 870 522 987" style="background-color: #800000; color: white; padding: 5px; text-align: center; border-radius: 10px;"> <p>Français partiellement accessible</p> </div>	<p>Addictions services</p>	<p>204-944-6334                      Helpline 1-855-662-6605                      Women’s In-House Program: 204-944-6229</p> <p><a href="https://afm.mb.ca/">https://afm.mb.ca/</a>  <a href="http://www.afm.mb.ca/programmes-et-services/pour-les-jeunes/?lang=fr">http://www.afm.mb.ca/programmes-et-services/pour-les-jeunes/?lang=fr</a></p>	<p>In-house treatment continues with safety precautions in place. Out-patient services provided via telephone, virtually, by email or in person. Programs for adults, youth, families, communities and schools</p>
<p><b>BHF – Behavioural Health Foundation</b></p>	<p>Addiction Treatment Services Program &amp; River Point Centre offices</p>	<p>Addiction Treatment Services 204-269-3430                      River Point Center 204-582-2357</p> <p><a href="mailto:info@bhf.ca">info@bhf.ca</a></p> <p><a href="https://www.bhf.ca/">https://www.bhf.ca/</a></p>	<p>Provides long term, residential programming for adults and family units experiencing a variety of addiction and co-occurring mental health disorders.</p> <p>BHF’s River Point office provides information, phone support, community resources and in-person counselling</p>



## ADDICTION SUPPORT SERVICES – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<b>Hope Centre Health Care Inc.</b>	Alcohol & drug dependency support	204 589-8354  hopece@mymts.net  <a href="http://hopecentrehealthcare.com/">http://hopecentrehealthcare.com/</a>	Services offered from a Christian perspective. Call clinic before coming in as doctor may be able to provide care over the phone.
<b>Main Street Project</b>	Emergency Shelter  Withdrawal Mgmt Services	204-982-8229  Withdrawal Mgmt Services: Men's: 204-982-8251 Women's: 204-982-8222  <a href="https://www.mainstreetproject.ca/">https://www.mainstreetproject.ca/</a>	Emergency shelter, drop-in services, addictions support, withdrawal management services, food bank services
<b>St. Raphael Wellness Centre</b>	Addictions and recovery services	204-956-6650  <a href="https://srwc-mb.ca/">https://srwc-mb.ca/</a> Email: <a href="mailto:info@srwc-mb.ca">info@srwc-mb.ca</a>	Offers pre and post treatment non-residential counselling and education for individuals and families affected by substance use disorder and other mental health issues with referrals over the phone. Group sessions, individual sessions face to face, by phone or video chat Open Monday to Friday 8:30am - 4:30pm



# NEWCOMERS – Section 1

## ORGANIZATION

## SERVICES

## CONTACT

## DESCRIPTION

### Elmwood Resource Centre

Neighbourhood and Immigrant  
Settlement Program

204-982-1720 ext. 205

<http://elmwoodcrc.ca/elmwood-programs/>

Connect newcomers with information, programs, and services in the community, conduct one-on-one visits, helping with employment, and providing integration skill workshops.

### Immigrant Centre

Site : Web  
English/Français

Over the phone and in-person  
services

204-943-9158 (temporarily  
unavailable)

[frontdesk@icmanitoba.com](mailto:frontdesk@icmanitoba.com)

<https://www.icmanitoba.com/>

Settlement and employment services, verification of translations, rural settlement support, and the coordination of the Neighbourhood Immigrant Settlement Program. Newcomers can also register for English conversation circles, nutrition classes, citizenship classes, workshops to prepare for the driver's knowledge test, one-on-one English tutoring, and computer classes.



## NEWCOMERS – Section 2

### ORGANIZATION

### SERVICES

### CONTACT

### DESCRIPTION

#### Manitoba Start

Employment  
Services

204-944-8833

[frontdesk@manitobastart.com](mailto:frontdesk@manitobastart.com)

<https://manitobastart.com/>

Connect to settlement, orientation, language, and employment services. Leading provider of career development services to newcomers to MB and connecting employers to highly skilled, job-ready newcomers

#### Pluri-elles (Manitoba) Inc.

Français totalement  
accessible

Programme pour les réfugiés et les  
demandeurs d'asile (REDI)

<https://www.pluri-elles.mb.ca/main.php?p=59>

REDI offre aux réfugiés et demandeurs d'asile ayant un niveau faible en Français ou en Anglais la possibilité d'améliorer leurs compétences linguistiques et professionnelles afin d'entrer sur le marché du travail Canadien à travers d'un stage d'emploi rémunéré d'une durée de 8 et 12 semaines.

Programmes d'entraide et de counseling (individuel, couple et famille), Soutien aux nouveaux arrivants

