

Community Services



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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
204-940-1781

Kids Help Phone

kidshelpphone.ca
1-800-668-6868
or Text MYS to 686868

Macdonald Youth Services

mys.ca/services/youth-crisis-services
1-877-435-7170

Ligne d'intervention en cas de crise

southernhealth.ca
1-877-435-7170

Manitoba Suicide Prevention & Support Line

reasontolive.ca
1-877-435-7170

KLINIC Crisis Line

klinik.mb.ca/crisis-support
1-877-435-7170

Crisis Stabilization Unit Unité d'intervention d'urgence

sharedhealthmb.ca/services/mental-health/crisis-stabilization-unit/
204-940-3633

KLINIC Sexual Assault Line

klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling
204-786-8631

Hope for Wellness Helpline

hopeforwellness.ca
1-855-242-3310



CRISIS SUPPORTS DETAILS – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
Manitoba Suicide Prevention & Support Line	Suicide Prevention The line is available 24/7	1-877-435-7170 https://reasontolive.ca	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.
Winnipeg Regional Health Authority Français partiellement accessible avec service d'interprétation sur demande	Mental health and substance use support The line is available 24/7	204-940-1781 https://wrha.mb.ca/mental-health/mobile-crisis-service/	Supports individuals experiencing mental health or psychosocial crisis, including persons with a co-occurring mental health/substance use disorder. <i>Ligne d'écoute ouverte, Intervention de stabilisation de crise, Counseling</i>
KIDS HELP PHONE English/Français	Support for youth The line is available 24/7	1-800-668-6868 or Text MYS to 686868	Offers free, confidential support to young people in English and French.



CRISIS SUPPORTS DETAILS – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Macdonald Youth Services</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>https://www.mys.ca/services/youth-crisis-services</p>	<p>Offers support to help stabilize youth, while also ensuring emotional, physical & 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>KLINIC Crisis Line</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>http://klinik.mb.ca/crisis-support/</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>KLINIC Sexual Assault Line</p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>		<p>204-786-8631</p> <p>http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/</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

Hope for Wellness Helpline

English/Français

1-855-242-3310

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.

Ligne d'intervention en cas de crise

Français partiellement accessible

Mental Health Crisis Service toll free 1-888-617-7715
<http://www.southernhealth.ca>

Services de counseling et de croissance personnelle pour individus

Crisis Stabilization Unit Unité d'intervention d'urgence

Français partiellement accessible avec service d'interprétation sur demande

Service offers comprehensive assessment, day treatment and outpatient treatment with access to inpatient treatment in Children's Hospital

204-940-3633
<https://sharedhealthmb.ca/services/mental-health/crisis-stabilization-unit/>

Access to services thanks to Shared Health / Soins Communs
Interventions de courte durée auprès des adultes nécessitant une stabilisation rapide en cas de crise



EMERGENCY SHELTERS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Salvation Army Sonrise Village Haven</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>https://salvationarmy.ca/</p>	<p>Emergency shelter, transitional housing, and all programming are still in operation.</p>
<p>Siloam Mission</p>	<p>Emergency shelter</p>	<p>204-956-4344</p> <p>https://www.siloam.ca/</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>The Youth Resource Centre (YRC)</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>https://www.mys.ca/services/youth-crisis-services</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>Canadian Centre for Child Protection (C3P)</p>	<p>Provides educational and prevention material and training to keep kids safe online</p> <p>Provides support resources for survivors of child sexual abuse</p> <p>Connects to other resources and services related to child abuse</p>	<p>204-560-2083</p> <p>Toll-free: 1- 800-532-9135</p> <p>https://www.protectchildren.ca/en/contact/</p>	<p>A national charity dedicated to the personal safety of all children. Our goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children, and prevent child victimization through a number of programs, services, and resources for Canadian families, educators, child-serving organizations, law enforcement, and other parties.</p>
<p>Canadian Mental Health Association Futures Forward Program WPG and MB</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>https://mbwpg.cmha.ca/programs-services/futures-forward/</p> <p>https://www.futuresforward.ca/</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>



YOUTH SUPPORT SERVICES – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Family Dynamics</p>	<p>Family and child care support/training</p> <p>Counselling</p> <p>Newcomers support</p>	<p>204-947-1401</p> <p>info@familydynamics.ca</p> <p>https://familydynamics.ca/contact-us/</p>	<p>Provide practical support in times of need, to help you care for your children and each other. We bring together programs, partnerships and resources to help you on your journey.</p>
<p>Jack.org</p> <div data-bbox="117 792 512 909" style="background-color: #800000; color: white; padding: 5px; text-align: center; border-radius: 10px;"> <p>Site : Web English/Français</p> </div>	<p>Youth</p>	<p>https://jack.org/Home</p> <p>https://jack.org/Resources</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>
<p>Huddle Manitoba</p>	<p>Mental Health</p> <p>Indigenous ceremonies and knowledge</p> <p>Peer Support and group activities</p>	<p>https://huddlemanitoba.ca/find-a-location/</p> <p>https://huddlemanitoba.ca</p>	<p>A safe welcoming space for youth ages 12 to 29 that helps connect and coordinate access to multiple services.</p>



YOUTH SUPPORT SERVICES – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Kids Help Phone- Resources Around Me</p> <p>English/Français</p>	<p>Access line Resources & Programs for Youth</p>	<p>Call: 1-800-668-6868 Text: 686868</p> <p>https://kidshelpphone.ca/resources-around-me</p>	<p>Call or text to begin a confidential conversation.</p> <p>Resources Around Me allows you to search for local supports in your community.</p> <p>Provides information about youth programs within Winnipeg.</p>
<p>Macdonald Youth Services</p>	<p>Text Line</p>	<p>Text MYS to 686868 or call 1-800-668-6868</p> <p>https://www.mys.ca/</p> <p>https://www.mys.ca/services/youth-crisis-services</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>



YOUTH SUPPORT SERVICES – Section 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>MACY Manitoba</p> <p>(Manitoba Advocate for Children and Youth)</p>	<p>Child Welfare</p> <p>Youth Justice</p> <p>Mental Health</p> <p>Victim Support</p> <p>Addiction Support</p>	<p>1-800-263-7146</p> <p>https://manitobaadvocate.ca/contact-us/</p>	<p>Advocates for the rights of youth and advises youth on the rights and services available to them.</p>
<p>Mood Disorders Association of MB</p> <div data-bbox="121 792 520 1024" 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>Peer support services</p>	<p>Peer Support (204) 560-1461</p> <p>Toll Free: 1-800-263-1460</p> <p>http://www.mooddordersmanitoba.ca/regions/</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>
<p>Ndinawe Youth Resource Centre</p>	<p>Youth Support</p> <p>Tina's Safe Haven - drop in centre</p>	<p>204-417-7233</p> <p>info@ndinawe.ca</p> <p>https://ndinawe.ca/</p>	<p>Ndinawe Youth Resource Centre provides youth with take away lunches twice daily.</p>



YOUTH SUPPORT SERVICES – Section 5

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
NorWest Co-op Community Health	Youth Hub	204-221-9800 youthhub@norwestcoop.ca https://norwestcoop.ca/locations/youth-hub/	NorWest offers phone counseling, coping tips, and information about mental health, addictions and employment.
Provincial Eating Disorder Prevention and Recovery Program	Services through Women’s Health Clinic	(204) 947-2422 ext. 137 (in WPG) or 1-866-947-1517 ext. 137 (toll-free outside WPG) https://womenshealthclinic.org/wh-at-we-do/pedprp/	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
Rainbow Resource	Group teleconferencing	204-474-0212 OTR@rainbowresourcecentre.org https://rainbowresourcecentre.org/resources/youth	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.



YOUTH SUPPORT SERVICES – Section 6

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
Resource Assistance For Youth	RAY (29 and under)	204-783-5617 ext. 206 info@rayinc.ca https://rayinc.ca/	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.
Stress Hacks	Online Services	https://stresshacks.ca https://stresshacks.ca/youth	Information about general mental health, stress, feelings, how to relax and more.
Teen Talk	Youth website	204-982-7800 http://teentalk.ca	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



YOUTH SUPPORT SERVICES – Section 7

ORGANIZATION

SERVICES

CONTACT

DESCRIPTION

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.

TREKK MyHEARTSMAP

10 to 15 minute online tool for youth to assess their mental health. Provides personalized resources and suggestions for further assistance.

Lisa Knisley, Executive Director
204-292-3180
lknisley@chrим.ca

<https://trekk.ca/pages/55-myheartsmap-new>

A digital self-assessment tool that was developed to evaluate what services youth and families may need, depending on their self-assessment scoring.

Youville Teen Clinic

Youth services

204-255-4840

<https://www.youville.ca/health-centre/teen-clinic>

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.

Centre de santé communautaire Youville

Français totalement accessible



COMMUNITY HELPING COMMUNITY – Section 1

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



COMMUNITY HELPING COMMUNITY – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
Manitoba Farm, Rural & Northern Support Services	Online services	1-866-367-3276 www.supportline.ca	We offer free, confidential and non-judgmental counselling for anyone who lives on a Manitoba farm, or in a rural or Northern community.
Mood Disorders Association of MB <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	http://www.mooddordersmanitoba.ca/regions/	Mood disorders offers programming across different regions of the province. Soutien aux personnes aux prises avec les troubles d'humeurs
Robyn Priest	Support, facilitator training, workshops	https://www.robypriest.com/	Programs by people with lived experience. Free ONLINE All IN Family Support Group via Zoom Weds Evenings from 7-9pm
The Shameless Circle	Volunteer-led healing circle for women	431-305-6188 https://theshamelesscircle.org/	Provides free programming for women and kids, offering online sessions



FAMILY AND PARENTING SUPPORT – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Canadian Centre for Child Protection (C3P)</p>	<p>Provides educational and prevention material and training to keep kids safe online</p> <p>Provides support resources for survivors of child sexual abuse</p> <p>Connects to other resources and services related to child abuse</p>	<p>204-560-2083</p> <p>Toll-free: 1- 800-532-9135</p> <p>https://www.protectchildren.ca/en/contact/</p>	<p>A national charity dedicated to the personal safety of all children. Our goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children, and prevent child victimization through a number of programs, services, and resources for Canadian families, educators, child-serving organizations, law enforcement, and other parties.</p>
<p>Centre de Renouveau Aulneau Renewal Centre</p> <p>Français totalement accessible</p>	<p>Dealing with Difficult Emotions Teen Groups Parent Cafés – online Parenting Support Group</p>	<p>431-813-2681</p> <p>grace.pagtakhan@aulneau.com</p> <p>https://aulneau.com/</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>Centre Renaissance Centre</p> <p>Français totalement accessible</p>		<p>204-256-6750</p> <p>https://www.renaissancecentre.ca/</p>	<p>Services de counseling et de croissance personnelle pour individus</p>



FAMILY AND PARENTING SUPPORT – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Child & Adolescent Psychiatry Eating Disorders Service (HSC)</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 elvickar@compuserve.com PZ162 PsychHealth Centre</p> <p>https://umanitoba.ca/faculties/health_sciences/medicine/units/psychiatry/programs/programs_ca/CA_Eating-Disorders.html</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>
<p>Coaching for Confidence</p>	<p>Online parenting support of anxious children</p>	<p>204-237-2055 – (leave a message)</p> <p>CoachingforConfidence@umanitoba.ca</p> <p>https://www.gov.mb.ca/healthychild/ncd/forum2016-helping_anxious_child_handout.pdf</p>	<p>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).</p>
<p>Family Dynamics</p>	<p>Family and child care support/training</p> <p>Counselling</p> <p>Newcomers support</p>	<p>204-947-1401</p> <p>info@familydynamics.ca</p> <p>https://familydynamics.ca/contact-us/</p>	<p>Provide practical support in times of need, to help you care for your children and each other. We bring together programs, partnerships and resources to help you on your journey.</p>



FAMILY AND PARENTING SUPPORT – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
Inspire Community Outreach Inc.	Agency providing evidence and culturally informed, family-centered education and programming, for those living with mental health issues and neurological/cognitive differences.	https://inspirecommunityoutreach.ca/	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.
KidThink	Clinical Services including mental health assessments to develop care plans.	431-388-5373 https://www.kidthink.ca/	KIDTHINK provides child therapist, parenting and family support, child psychologists, and treatment from a multidisciplinary team.
Macdonald Youth Services	Family Navigator	FamilyNavigator@mys.mb.ca 204-452-0551 Toll Free: 1-844-452-0551 https://www.mys.ca/	MYS Family Navigators guide youth 13 - 24 & their families through a network of mental health & addiction supports & services across communities in Manitoba.



FAMILY AND PARENTING SUPPORT – Section 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>MACY Manitoba</p> <p>(Manitoba Advocate for Children and Youth)</p>	<p>Child Welfare Youth Justice Mental Health Victim Support Addiction Support</p>	<p>1-800-263-7146</p> <p>https://manitobaadvocate.ca/contact-us/</p>	<p>Advocates for the rights of youth and advises youth on the rights and services available to them.</p>
<p>Manitoba Adolescent Treatment Centre (MATC)</p> <p>Français partiellement accessible</p>	<p>Mental Health Services for Children & Adolescent</p> <p>Youth Addictions Centralized Intake Service</p>	<p>https://matc.ca/</p>	<p>Short-term and long-term stabilization interventions, consultation and treatment</p> <p>Interventions de stabilisation de courte et longue durée, consultation et traitement</p>



FAMILY AND PARENTING SUPPORT – Section 5

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Manitoba Parent Zone</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>http://www.manitobaparentzone.ca/</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 & support for child development issues and many common parenting concerns (tantrums, bedtime problems etc.). Support lines available in Winnipeg and across Manitoba</p>
<p>New Directions</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>https://newdirections.mb.ca/ or 204-786-7051</p>	<p>Therapy & 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 6

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

TREKK MyHEARTSMAP

A digital self-assessment tool that was developed to evaluate what services youth and families may need. Provides personalized resources and suggestions for further assistance.

Lisa Knisley, Executive Director
204-292-3180
lknisley@chrom.ca
<https://trekk.ca/pages/55-myheartsmap-new>

A digital self-assessment tool that was developed to evaluate what services youth and families may need, depending on their self-assessment scoring.

**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>Health Links English/Français</p> <p>English/Français</p>	<p>Phone Line</p>	<p>204-788-8200 1-888-315-9257</p> <p>https://misericordia.mb.ca/programs-/phcc/health-links-info-sante/</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>Women’s Health Clinic</p>	<p>Emergency contraception, Pregnancy and birth control counselling/information, Birth control STI checks and treatment</p>	<p>204-947-1517</p> <p>https://womenshealthclinic.org/</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>Mount Carmel Clinic</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>https://www.mountcarmel.ca/</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>Nine Circles Community Health Clinic</p>	<p>Testing, treatment programs and services</p>	<p>204-940-6043</p> <p>https://ninecircles.ca/</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>Klinic Community Health</p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>	<p>STI Klinic</p>	<p>204 784-4090</p> <p>https://klinic.mb.ca/</p> <p>https://klinic.mb.ca/health-care/drop-in-services/sti-klinic/</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>Centre de Renouveau Aulneau Renewal Centre</p> <p>Français totalement accessible</p>	<p>English/French Counselling Services</p>	<p>https://aulneau.com/</p> <p>https://aulnea.com/counselling/register-forcounselling</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>Aboriginal Health & Wellness Centre of Winnipeg</p>	<p>Committed to offering traditional and/or contemporary healing practices.</p>	<p>204-925-3700</p> <p>reception@ahwc.ca</p> <p>http://ahwc.ca/</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>AAIM Active Aging in Manitoba</p>	<p>Volunteer/Peer Support</p> <p>Presentations and Webinars on Active Aging</p> <p>Free training and support to teach exercise programs to their community</p> <p>Organizes the Manitoba 55+ Games</p>	<p>Karin Whalen, AAIM Executive Director</p> <p>204-632-3947</p> <p>Toll Free: 1-866-202-6663</p> <p>kwhalen@sogh.mb.ca</p> <p>https://activeagingmb.ca/</p>	<p>A not-for-profit organization, dedicated to the promotion of active aging opportunities for all older Manitobans to enhance their health, mobility and continuing participation in their community.</p>
<p>ADAM Anxiety Disorders Association of MB</p>	<p>Offers self-help strategies and resources for managing anxiety</p>	<p>204 925- 0600</p> <p>http://www.adam.mb.ca/</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>



ADULT MENTAL HEALTH SERVICES – Section 3

ORGANIZATION

SERVICES

CONTACT

DESCRIPTION

Artbeat Studio

Peer directed programming for those living with mental illness

<http://artbeatstudio.ca/>

<https://www.youtube.com/channel/UCXeKzEx2gRryo8tXHoIO9Ds>

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.

CMHA MB & WPG

Français partiellement
accessible

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.



ADULT MENTAL HEALTH SERVICES – Section 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Community Mental Health Access Line</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>Inspire Community Outreach Inc</p>	Community Outreach services	https://inspirecommunityoutreach.ca/	Free resources - presentations, videos, home resources, webinars or training sessions, one on one private sessions over video, chat, phone and in person
<p>Mental Health Education Resource Centre</p>	Lending library: covering mental health and related issues.	<p>204-942-6568 Toll Free: 1-855-942-6568</p> <p>info@mherc.mb.ca</p> <p>https://www.mherc.mb.ca/</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 5

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Mood Disorders of MB</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>http://www.mooddordersmanitoba.ca/</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>Psychological Association of Manitoba</p> <p>Français partiellement accessible</p>	<p>Psychologist Locator</p>	<p>https://mps.ca/find-psychologist/</p>	<p>Service to help locate a psychologist in your area</p>



ADULT MENTAL HEALTH SERVICES – Section 6

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Seneca/Sara Riel</p> <p>Français partiellement accessible</p>	<p>Community-based support</p>	<p>204-942-9276 or 204-231-0217</p> <p>https://sarariel.ca/ https://sarariel.ca/our-services/seneca-warm-line/</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>Southern Health / Santé Sud</p> <p>Français partiellement accessible</p>	<p>Southern Mental Health Services</p>	<p>https://www.southernhealth.ca/en/finding-care/find-a-service/mental-health/</p>	<p>Access to mental health services provided within the Southern Health / Santé Sud Health Authority</p>



ADULT MENTAL HEALTH SERVICES – Section 7

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>St. Laurent Community Health Centre</p> <p>Français partiellement accessible avec service d'interprétation sur demande</p>	<p>Counselling Services</p>	<p>https://www.ierha.ca/default.aspx?cid=6305</p>	<p>Support and counselling service, consultations, treatment and follow-up. Accompanying support for psychosocial rehabilitation and integration in cases of long-term disorders</p>
<p>Thrive Community Support Circle</p>	<p>Counselling Therapy</p>	<p>204-775-9934</p> <p>https://thrivecommunitysupportcircle.com/</p> <p>http://www.thrivecommunitysupportcircle.com/frc/class-times/</p>	<p>Programs, workshops, support groups, self-care, counselling services by appointment, phone support, resources.</p> <p>Classes offered at 5-505 Sargent Avenue, 2nd floor. Light lunch and bus tokens provided. Masks required, 6 participants per class.</p>



FOOD ACCESS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Agape Table Inc.</p>	<p>Community-based program to nourish the body, mind, and spirit</p>	<p>204-783-6369 https://www.agapetable.ca/</p>	<p>Subsidized and free emergency meals available MF between 7-11am. Emergency food bank available Tuesdays and Thursdays 12-2pm.</p>
<p>Harvest Manitoba (Winnipeg Harvest)</p>	<p>Food Access</p>	<p>In Winnipeg: 204-982-3671 – New to Harvest 204-982-3660 – Returning Clients appointments@harvestmanitoba.ca</p> <p>Outside Winnipeg: 1-800-970-5559 kellym@harvestmanitoba.ca</p> <p>https://www.harvestmanitoba.ca/</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>NorWest Co-op</p>	<p>Community Food Centres Blake Gardens</p> <p>Info on food resources, diabetes counselling and drop-ins.</p>	<p>https://norwestcoop.ca/</p> <p>https://norwestcoop.ca/program_category/food-nutrition/</p> <p>Check our website & 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: https://norwestcoop.ca/calendar/</p>



DOMESTIC VIOLENCE SUPPORT SERVICES – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Canadian Centre for Child Protection (C3P)</p>	<p>Provides educational and prevention material and training to keep kids safe online</p> <p>Provides support resources for survivors of child sexual abuse</p> <p>Connects to other resources and services related to child abuse</p>	<p>204-560-2083</p> <p>Toll-free: 1- 800-532-9135</p> <p>https://www.protectchildren.ca/en/contact/</p>	<p>A national charity dedicated to the personal safety of all children. Our goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children, and prevent child victimization through a number of programs, services, and resources for Canadian families, educators, child-serving organizations, law enforcement, and other parties.</p>
<p>Domestic Violence Crisis Line</p> <p>English/Français</p>	<p>Provincial crisis line</p>	<p>1-877-977-0007 text 204-792-5302 or 204-805-6682 In immediate danger? Call 911</p> <p>https://www.gov.mb.ca/msw/fvpp/resources.html</p>	<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>



DOMESTIC VIOLENCE SUPPORT SERVICES – Section 2

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Eastman Crisis Centre Inc AKA Agape House</p>	<p>Steinbach - N to Beausejour, S to the U.S. Border, W to Wpg and E to Ontario.</p>	<p>Local crisis line: 204-346-0028 Emergency: 204-346-0028 204-326-6062</p> <p>admin@agapehouse.ca</p> <p>https://agapehouse.ca/</p>	<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>
<p>Fort Garry Women’s Centre</p>	<p>Support and services for women and children</p>	<p>204-477-1123</p> <p>https://fgwrc.ca/ https://fgwrc.ca/events/</p>	<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.</p>



DOMESTIC VIOLENCE SUPPORT SERVICES – Section 3

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
Ikwe Widdjiitiwin	Crisis Line and programming Women's resource centre	Crisis Line: 1-800-362-3344 http://www.ikwe.ca/Home.page	Ikwe Widdjiitiwin is providing services on the crisis line, residential program, supportive children's programs, safety planning and more
Men's Resource Centre	Community services targeting men	204-415-6797 ext 207 reception@mens-resource-centre.ca https://mens-resource-centre.ca/	Counselling and support to men in the MCSA program through email, phone and/or video conferencing.
North End Women's Centre	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 4

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
North Point Douglas Women's Centre	Community services	204-947-0321 dianne@npdwc.org or info@npdwc.org https://www.npdwc.org/	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!
NorWest Co-op/Legal Help Centre	A Woman's Place	204-940-6624 https://norwestcoop.ca/program_service/a-womans-place/	Provides counselling services, safety planning, protection orders, legal consults and representation for anyone in need.
Nova House Inc.	Selkirk	Crisis Line: 204-482-1200 Emergency: 204-482-1200 204-482-7882 info@novahouse.ca https://www.novahouse.ca/	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 5

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Parkland Crisis Centre Inc.</p>	<p>Dauphin</p>	<p>Emergency: 204-638-9484 204-622-4626</p> <p>pkndcris@mymts.net</p> <p>https://parklandcrisiscentre.ca/</p>	<p>Crisis line, counselling information and referrals, residential services, non-residential services, follow-up services, children & youth program.</p>
<p>Pluri-elles (Manitoba) Inc.</p> <div data-bbox="138 841 529 959" 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>https://www.pluri-elles.mb.ca/main.php?p=25</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 6

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>Portage Family Abuse Prevention Centre Inc.</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>South Central Committee on Family Violence Inc. AKA Genesis House</p>	<p>Winkler</p>	<p>Phone: 204-325-9957 Emergency: 204-325-9800 Email: sccfv@genesis-house.ca https://genesishouseshelter.ca/</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>English/Français</p>			
<p>The Pas Committee for Women in Crisis Inc. AKA Aurora House</p>		<p>204-623-7427 Emergency Crisis Line: 204-623-5497 toll free nearest shelter at 1-877-977-0007 auroratp@mts.net https://aurorahouse-sharethecare.com/</p>	<p>The agency addresses domestic violence in the Norman region, through support and education</p>



DOMESTIC VIOLENCE SUPPORT SERVICES – Section 7

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



DOMESTIC VIOLENCE SUPPORT SERVICES – Section 8

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
Willow Place	Programming for women, families and men	<p>204-615-0311 or 1-877-977-0007</p> <p>reception@willowplace.ca</p> <p>Caring Dads intervention program email: ShannonC@willowplace.ca</p> <p>https://willowplaceshelter.ca/</p>	<p>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.</p> <p>Caring Dads 17-week intervention program</p>
Y.W.C.A. Westman Women's Shelter	Brandon	<p>204-727-3644</p> <p>execdirbdn@wcgwave.ca</p>	<p>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.</p> <p>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</p>



ADDICTION SUPPORT SERVICES – Section 1

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION
<p>AA Meetings</p>	<p>Group counselling supporting sobriety</p>	<p>204-942-0126</p> <p>https://aamanitoba.org/ https://aamanitoba.org/covid-19-updates</p>	<p>Online (virtual) meetings as well as in-person meetings with a max capacity.</p>
<p>Addictions Foundation of Manitoba (AFM)</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>https://afm.mb.ca/ http://www.afm.mb.ca/programmes-et-services/pour-les-jeunes/?lang=fr</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>BHF – Behavioural Health Foundation</p>	<p>Addiction Treatment Services Program & River Point Centre offices</p>	<p>Addiction Treatment Services 204-269-3430 River Point Center 204-582-2357</p> <p>info@bhf.ca</p> <p>https://www.bhf.ca/</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
Hope Centre Health Care Inc.	Alcohol & drug dependency support	204 589-8354 hopece@mymts.net http://hopecentrehealthcare.com/	Services offered from a Christian perspective. Call clinic before coming in as doctor may be able to provide care over the phone.
Main Street Project	Emergency Shelter Withdrawal Mgmt Services	204-982-8229 Withdrawal Mgmt Services: Men's: 204-982-8251 Women's: 204-982-8222 https://www.mainstreetproject.ca/	Emergency shelter, drop-in services, addictions support, withdrawal management services, food bank services
St. Raphael Wellness Centre	Addictions and recovery services	204-956-6650 https://srwc-mb.ca/ Email: info@srwc-mb.ca	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
<p>Elmwood Resource Centre</p>	<p>Neighbourhood and Immigrant Settlement Program</p>	<p>204-982-1720 ext. 205</p> <p>http://elmwoodcrc.ca/elmwood-programs/</p>	<p>Connect newcomers with information, programs, and services in the community, conduct one-on-one visits, helping with employment, and providing integration skill workshops.</p>
<p>Immigrant Centre</p> <p>Site : Web English/Français</p>	<p>Over the phone and in-person services</p>	<p>204-943-9158 (temporarily unavailable)</p> <p>frontdesk@icmanitoba.com</p> <p>https://www.icmanitoba.com/</p>	<p>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.</p>



NEWCOMERS – Section 2

ORGANIZATION

SERVICES

CONTACT

DESCRIPTION

Manitoba Start

Employment
Services

204-944-8833

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

