

RESOURCE GUIDE

YES Manitoba

Abstract

A comprehensive guide listing various organizations, agencies, contact information, and websites for many topics.

Youth Employment Services Manitoba

Last updated - 04/2025

Content

Emergency Numbers.....	2
2LGBTQIAS+	3
Addictions	4
Advocacy	6
Basic Needs	7
Community.....	11
Counselling/Peer Support	13
Disabilities	14
Financial Support	15
Food Security	17
Gambling	25
Grants.....	26
Harassment and Violence	27
Health.....	28
Healthy Relationships	31
Housing	32
Indigenous.....	34
Legal & Rights.....	35
Mental Health	36
Newcomers	39
Older Adults (30+).....	40
Parents	41
Recreation.....	42
Resource Lists.....	45
Sexual Health	46
Street Outreach.....	47
Teens (13-15)	48
Transportation	49
Wellness.....	50
Women.....	51

Emergency Numbers

Addiction Info Line

Ph: 1-855-662-6605

Adult Crisis Stabilization Unit (24Hrs)

Ph: 204-940-3633

Adult Mobile Crisis Service (24Hrs)

Ph: 204-940-1781

Crisis Response Centre

817 Bannatyne Ave

Ph: 204-940-1781

Free service, Manitoba Health Card needed

Emergency Services

Ph: 911

Ikwe-Widdjitwin - Crisis Line

Ph: 1-800-362-3344

Klinic Crisis Line

Ph: 204-786-8686

Manitoba Suicide Prevention & Support Line

Ph: 1-877-435-7170

MB Province - Wide Domestic Abuse Crisis Line

Ph: 1-877-977-0007

Text: 204-792-5302 or 204-805-6682

Mental Health Mobile Crisis

Ph: 204-940-1781

Mobile Crisis Response Team

Ph: 1-877-726-2880

National Overdose Response Service

Ph: 1-888-688-6677

National Suicide Prevention and Support Line

Ph: 1-833-456-4566

Text: 45645 (3-11pm)

Poison Control Centre

Ph: 1-855-776-6476

Suicide Crisis Helpline

Text: 988

Willow Place - Crisis Line (24Hrs)

Ph: 204-615-0311

Youth Mobile Crisis Team

Ph: 204-949-4777

2LGBTQIAS+

Affirming Your Identity - SERC

167 Sherbrook St

Ph: 204-982-7800

<https://serc.mb.ca/other-services/online-resources/affirming-your-identity/>

Gender Dysphoria Assessment and Action in Youth (GDAAY)

Ph: 204-787-2490

<https://gendercreativekids.ca>

Our Own Health

230 Osborne St

Ph: 204-691-1600

reception@ourownhealth.ca

www.ourownhealth.ca

Rainbow Resource Centre

545 Broadway

Ph: 204-474-0212

info@rainbowresourcecentre.org

<https://rainbowresourcecentre.org>

Trans Health – Klinik

167 Sherbrook St

Ph: 204-784-4016

<https://klinik.mb.ca/health-care/transhealthklinik/>

Trans Life (9am-4pm)

Ph: 1-877-330-6366

Addictions

Action Tips for Parents & Caregivers - Talking about Alcohol, Cannabis and Other Drugs – AFM

Addiction Info Line
Ph: 1-855-662-6605

Addictions Foundation of Manitoba
1031 Portage Ave
Ph: 1-866-638-2561
Text: 204-994-6200
<https://afm.mb.ca/>

Adult & Teen Challenge of Central Canada
83 Kate St
Ph: 204-949-9484
info@teenchallenge.tc
<https://teenchallenge.tc/>
Many services to support teen and adults with addictions; costs are free depending on the service

Canada - How to Help Prevent Cannabis Poisoning in Children
<https://canada.ca/cannabis>

Concurrent Mental Illnesses and Substance Use Problems – CMHA Brochure
<https://www.cmhaacrossmb.ca>

Crack Kit - Safe Use Kit - AQPSUD

Forward in Recovery - Tamarack Recovery Centre
60 Balmoral St
Ph: 204-774-2750
aftercare@tamarackrecovery.org
<https://tamarackrecovery.org>

John Howard Society of Manitoba
583 Ellice Avenue
Ph: 204-775-1514 ext. 108
<https://johnhoward.mb.ca>

Making Choices About Cannabis - Healthy Living Workbook
<https://healthylivingworkbook.com>

Manitoba Addictions Helpline
146 Magnus Ave
Ph: 1-855-662-6605
mbaddictionshelpline@sharedhealthmb.ca
<https://mbaddictionhelp.ca>

Manitoba Area - Cocaine Anonymous
Various Locations
Ph: 204-250-2626 *24-hour info line*
camanitoba@outlook.com
<https://www.camanitoba.org>

Preventing Cannabis Poisoning in Children (Gov't of Canada)
<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/health-effects/poisonings-children.html>

Quit Smoking with Your Manitoba Pharmacist
230 Main St, Selkirk
Ph: 204-482-5600

Rapid Access to Addictions Medicine (RAAM) Clinic
Ph: 1-855-662-6605
<http://mbaddictionhelp.ca/services/rapid%20access-to-addictions-medicine-raam/>

Safer Crack Smoking - CATIE
<https://www.catie.ca/smoking-crack-cocaine-with-a-straight-stem-steps-to-safer-smoking>

Safer Crystal Meth Smoking - CATIE
<https://www.catie.ca/smoking-crystal-meth-using-a-bowl-pipe-steps-to-safer-smoking>

Safer Injection Sites - CATIE
<https://www.catie.ca/prevention-prevention-methods/safer-injecting-and-smoking-supplies>

Sharp Shooters - CATIE
<https://www.catie.ca/sites/default/files/2021-12/70222.pdf>

Stats, Facts & Talking Points About Alcohol and Other Drugs
<https://facebook.com/parentactionondrugs>

Understanding Substance Use - CMHA
<https://cmha.ca/brochure/understanding-substance-use/>

Youth Addictions Services (Shared Health)

<https://sharedhealthmb.ca/services/mental-health/child-youth-services/community-based-addictions-services/>

Youth Community-Based SVC

200 Osborne St N

Ph: 204-944-6235

media@shared.healthmb.ca

<https://afm.mb.ca>

Free, MB Health Card needed, 12+ experiencing substance misuse of alcohol, drugs and gambling

Advocacy

Headway

100 Pth 12N Steinbach

Ph: 204-320-8202

heidi.falk@rcmp-grc.gc.ca

<https://headwaysteinbach.ca>

Manitoba Advocate for Children and Youth (MACY)

346 Portage Ave

Ph: 204-988-7440

info@manitobaadvocate.ca

<https://manitobaadvocate.ca/>

Basic Needs

Indoor Washrooms

1JustCity Oak Table

107 Pulford St

Mon-Thurs: 12pm-3pm, Fri: 10am-11:30pm

1JustCity West Broadway

222 Furby St

Mon-Thurs: 4:30pm-6pm

1JustCity West End

222 Furby St (*Temporary*)

Tu-Th: 12pm-1:30pm

Cornish Library

20 West Gate

Mon/Tues/Thurs: 1pm-8pm; Fri/Sat: 10a-5pm

Huddle Broadway

533 Broadway

Mon-Fri: 12pm-6pm

Ages 12-29

Klinic

167 Sherbrook St

Mon-Thurs: 9am-8pm; Fri: 9am-5pm; Sat: 10am-3:30pm

Nine Circles

705 Broadway

Mon-Fri: 9am-4:30pm

West Central Women's Resource Centre

640 Ellice Ave

Mon/Weds/Fri: 9am-4:30pm; Tues/Th: 12:30pm-6pm;

Sat: 9am-12pm

Free Showers

Main Street Project

75 Martha St

Ph: 204-982-8245

Shower and 2 sinks for those accessing the shelter or drop-in, Mon-Sun: 7am-7pm

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

676 Main St

Ph: 204-956-1359

2 showers available; towel, toiletries and clean underwear provided

Resource Assistance for Youth (RaY)

125 Sherbrook St

Ph: 204-783-5618

Ages 29 and under, showers available on drop-in basis, Mon-Fri: 1pm-3pm

Siloam Mission

300 Princess St

204-956-4344

Showers available for people staying at the shelter

Union Gospel Mission

320 Princess St

Ph: 204-943-9904

Showers available to men and women, Mon/Wed/Fri 2pm-4pm, clothing is also available at this time

West Central Women's Resource Centre

640 Ellice Ave

Ph: 204-774-8975

Showers available to women-identified people, shampoo kit available, feminine hygiene products available

Computer and Internet Access

1JustCity Oak Table

107 Pulford St

Mon-Thurs: 12pm-3pm; Fri: 10am-11:30pm

Cornish Library

20 West Gate

Mon/Tues/Thurs: 1pm-8pm; Fri/Sat: 10am-5pm

Huddle Broadway

533 Broadway

Mon-Fri: 12pm-6pm

Ages 12-29

Resource Assistance for Youth (RaY)

125 Sherbrook St

Ph: 204-783-5618

Ages 29 and under, Mon-Fri: 9am-5pm

West Central Women's Resource Centre

640 Ellice Ave

Mon/Weds/Fri: 9am-4:30pm; Tues/Thurs: 12:30pm-

6pm; Sat: 9am-12pm

Youth Employment Services Manitoba (YES Manitoba)

614-294 Portage Ave

Ph: 204-987-8661

Ages 29 and under, Mon-Fri: 8:30 am- 4:30 pm

Phone Access

1JustCity Oak Table

107 Pulford St

Mon-Thurs: 12pm-3pm; Fri: 10am-11:30pm

1JustCity West End

222 Furby St (Temporary)

Tu-Th: 12pm-1:30pm

Cornish Library

20 West Gate

Mon/Tues/Thurs: 1pm-8pm; Fri/Sat: 10am-5pm

Huddle Broadway

533 Broadway

Mon-Fri: 12pm-6pm

Ages 12-29

Klinic

167 Sherbrook St

Mon-Thurs: 9am-8pm; Fri: 9am-5pm; Sat: 10am-3:30pm

Resource Assistance for Youth (RaY)

125 Sherbrook St

Ph: 204-783-5618

Ages 29 and under, Mon-Fri: 9am-5pm

West Central Women's Resource Centre

640 Ellice Ave

Mon/Weds/Fri: 9am-4:30pm; Tues/Thurs: 12:30pm-

6pm; Sat: 9am-12pm

Youth Employment Services Manitoba (YES Manitoba)

614-294 Portage Ave

Ph: 204-987-8661

Ages 29 and under, Mon-Fri: 8:30 am- 4:30 pm

Free Laundry

Crossways in Common

222 Furby St

Ph: 204-774-2773

Laundry available, Mon/Weds/Thurs/Fri: 1pm or 3pm, must sign up in advance

Andrews Street Family Place

220 Andrews St

Ph: 204-589-1721

Laundry available to community members, Mon/Tues/Thurs: 9am-3pm; Wed. 1pm-3pm; must bring own soap, limited to 2 loads per household, per day

Indian and Metis Friendship Centre of Winnipeg

45 Robinson St

Ph: 204-586-8441

Laundry available, Mon-Fri: 9am-4pm, laundry materials not provided

Ma Mawi Wi Chi Itata Centre

363 McGregor St

Ph: 204-925-6816

Mon-Fri: 8:30am-6:30pm; Sat: 8:30am-3pm; provides access to free washroom use

North Point Douglas Women's Centre

221 Austin St

Ph: 204-947-0321

Drop In: Mon/Tues/Weds/Fri: 9am-5pm 34

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

676 Main St

Ph: 204-956-1359

Volunteer run laundry service available;

Tues/Wed/Thurs: 9am-11am

Resource Assistance for Youth (RaY)

125 Sherbrook St

Ph: 204-783-5618

Ages 29 and under, must be pre-booked (usually 1-week in advance), laundry soap provided

Sunshine House

846 Logan Ave

Ph: 204-783-8565

Laundry may be available during drop-in hours: Mon-Weds: 2pm-4pm, please call ahead to confirm

Union Gospel Mission

320 Princess St

Ph: 204-943-9904

Mon/Wed/Fri: 2pm-4pm

West Central Women's Resource Centre

640 Ellice Ave

Ph: 204-774-8975

Laundry available to women-identified people and newcomer men

Wolseley Family Place

691 Wolseley Ave *lower level*

Ph: 204-788-8052

Laundry available for people living with children who are listed on their Manitoba Health Card,

Mon/Tues/Thurs/Fri: 9am-2:30pm; Weds 12pm-2:30pm

Free Clothing

Acorn Family Place

222 Furby St

For families with children ages 0-6; M/Tues/Thurs/Fri:
9am-4pm; Weds: 1pm-4pm

Adventist Community Services

95 Stadacona Ave

Ph: 204-663-2278

Mon: 1pm-4pm and Tues-Fri: 9:30am-12pm

Agape Table

364 Furby St

Mon-Fri: 7am-11am

Koats for Kids

3172 Portage Ave

Ph: 204-586-5628

Sept. to Mid-Feb; Mon-Thurs: 9am-4pm

Magnus Eliason Recreation Centre (MERC)

430 Langside St

Ph: 204-783-5000

Resource Assistance for Youth (RaY)

125 Sherbrook St

Ph: 204-783-5618

Ages 29 and under, Mon-Fri: 9am-5pm

Siloam Mission

309 Princess St

Ph: 204-956-4344

Appointment necessary, 1 time per week, 15-minute
time allowance in clothing bank, Mon-Thurs: 9am-4pm

West Central Women's Resource Centre

640 Ellice Ave

Mon/Weds/Fri: 9am-4:30pm; Tues/Thurs: 12:30pm-
6pm; Sat: 9am-12pm

Wolseley Family Place

691 Wolseley Ave *lower level*

Ph: 204-788-8052

Mon/Tues/Thurs/Fri: 9am-12pm and 1pm-4pm; Weds
1pm-4pm

Community

Age & Opportunity

Ph: 204-956-6440

BGC Winnipeg

300-61 Juno St (Admin office)

Ph: 204-982-4940

<https://bgcwinnipeg.ca>

Free, programs for children and youth, ages 16-29, sign up using online form

Child and Family Services

Ph: 1-866-345-9241

Citizens' Bridge

607 Selkirk Ave

204-927-2332

citizensbridge@necrc.org

<https://necrc.org/programs-services/citizens-bridge/>

Canadian birth certificates, bank accounts establishment, and enrollment in the Adult Driver Training Course

Early Literacy Program - Winnipeg Public Library

510 Main St

Ph: 311

<https://guides.wpl.winnipeg.ca/earlyliteracy>

Elmwood Resource Community Centre

545 Wall St

Ph: 204-982-1720

adminassistant@elmwoodcic.ca

<https://www.elmwoodcic.ca/>

Free crisis and long-term individual counselling sessions, psycho-educational group/workshop sessions and trauma therapy and mental wellness

Futures Forward

614-294 Portage Ave

Ph: 204-987-8661

futuresforward@yesmb.ca

<https://futuresforward.ca/>

Provides many services for Youth in Care.

Huddle Brandon

701 Rosser Ave, Brandon

Ph: 204-717-6565

youask@huddlebrandon.ca

<https://www.huddlemanitoba.ca>

Huddle Broadway

533 Broadway

Ph: 204-228-6387

huddlebroadway@cmhawpg.mb.ca

<https://www.huddlemanitoba.ca>

Mon-Fri - 12pm-6pm, MB Health Card needed, Free

Huddle Ka Ni Kanichihk

34 Higgins Ave

Ph: 204-953-5820

<https://www.huddlemanitoba.ca>

Huddle Norwest

945 Notre Dame Ave

Ph: 204-221-9800

youthhub@norwestcoop.ca

<https://www.huddlemanitoba.ca>

Mon-Fri - 11am-6pm, Free

Huddle Selkirk

806 Manitoba Ave, Selkirk

Ph: 204-482-9814

huddle.selkirk@peguisfirstnation.ca

<https://www.huddlemanitoba.ca>

Huddle South Central

Unit A-17 St. Mary's Rd

Ph: 204-255-6497

hubfeedback@youville.ca

<https://huddlemanitoba.ca/find-a-location/huddle-south-central/>

Marymound

443 Scotia St

Ph: 204-949-4777

info@marymound.com

<https://marymound.com>

Free, MB Health Card needed

New Directions

717 Portage Ave

Ph: 204-786-7051

info@newdirections.mb.ca

<https://newdirections.mb.ca>

Free, Mon-Fri 8:30am-4:30pm

Nobody's Perfect - Public Health

Ph: 204-231-3208

info@nobodysperfect.ca

<https://nobodysperfect.ca/>

North End Community Renewal Corporation (NECRC)

509 Selkirk Ave

Ph: 204-927-2330

housinggrants@necrc.org

<https://necrc.org>

Free, Mon-Fri - 9am-4:30pm

North End Community Resource Centre - PATH**Program**

Ph: 204-927-2300

One 88 Community Church

Ph: 204-505-8118

One Voice One Team

1809-201 Portage Ave

Ph: 204-926-8891

info@onevoiceoneteam.org

<https://onevoiceoneteam.org>

Charges starting at \$15 for workshops, under 30 years of age, Mon-Fri - 9am-4pm

Recovery & Beyond

Various Locations

Ph: 204-340-3405

info@recovery-beyond.com

<https://recovery-beyond.com>

Call or text the number as well as 204-995-2464

Resource Assistance for Youth (RaY)

125 Sherbrook St

Ph: 204-783-5617

info@rayinc.ca

<https://rayinc.ca/>

Thrive Community Support Circle - Drop-In

406 Edmonton St., 204-775-9934

Offers free basic needs kits, access to supports for health, volunteering, usage of phone, computer and fax access.

Villa Rosa

784 Wolseley Ave

Ph: 204-786-5741

info@villarosa.mb.ca

<https://www.villarosa.mb.ca/>

West Central Women's Resource Centre

640 Ellice Ave

Ph: 204-774-8975

info@wccwrc.ca

<https://wccwrc.ca/dropin/>

Bagged meals Monday, Wednesday and Friday at 12pm, Tuesday and Thursdays at 5pm and breakfast available on Saturdays at 10am

West End Resource Centre

823 Ellice Ave

Ph: 204-202-6932

info@westendresourcecentre.org

<https://www.westendresourcecentre.org/>

Winnipeg Leisure Guide

Ph: 311

cms-programleader@winnipeg.ca

<https://www.winnipeg.ca/recreation-leisure/recreation-programs>

Winnipeg Public Library

Ph: 204-986-3981

<https://winnipeg.ca/library>

Work 2 It Program - New Directions

717 Portage Ave

Ph: 204-786-7051,5256

try@newdirections.mb.ca

<https://www.newdirections.mb.ca>

Referrals will be received from Probation Officers who can submit the application via email to try@newdirections.mb.ca, forms are available on website or picked up at the front desk

Youville Community Health Centre

6-845 Dakota St

Ph: 204-255-4840

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

Counselling/Peer Support

Aulneau Renewal Centre

Ph: 204-987-7090

Aurora Family Therapy Centre

5-491 Portage Ave

Ph: 204-786-9251

<https://www.aurorafamilytherapy.com>

Centre Renaissance Centre

Ph: 204-256-6750

Counselling - Youville

6-845 Dakota St

Ph: 204-255-4840

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

Futures Forward - Peer Support

614-294 Portage Ave

Ph: 204-987-8661

<https://futuresforward.ca/>

Between the ages of 15-29 years old with experience in CFS care

Heartwood Healing Centre

Ph: 204-783-5460

In-Person Counselling - Klinik

167 Sherbrook St

Ph: 204-784-4090

klinik@klinik.mb.ca

<https://klinik.mb.ca/in-person-counselling/>

Jewish Child and Family Counselling Services

Ph: 204-477-7430

Open to all faiths and cultural groups

Peer Connections Manitoba (PCM)

100-4 Fort St

Ph: 204-786-1616

info@peerconnectionsmb.ca

<https://peerconnectionsmb.ca/>

Peer Support Services - Sara Riel

101-66 Moore Ave

Ph: 204-237-7165

intake@sarariel.ca

<https://sarariel.ca/1-2-1-peer-outreach/>

Psychotherapy - CMHA

<https://cmha.ca/brochure/psychotherapy/>

Teen Talk

167 Sherbrook St

Ph: 204-982-7801

thefactsoflife@serc.mb.ca

<https://teentalk.ca/>

Thrive Community Support Circle

406 Edmonton St

Ph: 204-772-9091

Free therapy for anyone. Intake form required, can do in-person.

<https://thrivecommunitysupportcircle.com/>

Toward Recovery - CMHA

<https://cmha.ca/brochure/toward-recovery/>

Wa-Say Healing Centre

388 Donald St, Winnipeg MB R3B 2J4

Ph: 204-774-6484

Wa-Say Healing Centre primarily (but, not solely) assists former Indian Residential Schools students and their families in accessing appropriate levels of emotional health and wellness support services

Disabilities

ADDitude Magazine

<https://www.additudemag.com/category/parenting-adhd-kids>

ADHD experiences, parenting, treatment, webinars, and more

CADDAC: Canadian ADHD Awareness

<https://caddac.ca/programs-and-events/#webinars>

Child friendly ADHD videos and webinars for parents, register for free online parenting courses about ADHD and executive functions

Canadian Council on Rehabilitation and Work

1080 Portage Ave

winnipeg@ccrw.org

<https://ccrw.org/>

Care Possible

Ph: 204-975-3080

support@carepossible.ca

<https://www.carepossible.ca/>

Offers to find or offer help for respite support, elder care, personal support, home care, and more

Clinical Health Psychology - Shared Health

PZ-350, 771 Bannatyne Ave

Ph: 204-787-7424

<https://www.wrha.mb.ca/psychology>

Disability Tax Credit

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Must fit eligibility criteria, and complete the online or paper application form with medical practitioner

Employability Assistance for People with Disabilities (EAPD)

Ph: 204-945-0575

eapd@gov.mb.ca

<https://www.gov.mb.ca/wd/ites/vrmanual/index.html>

Must have a diagnosed psychiatric disability, SIN, provides employment support and referrals

Healing Choices - FASD Booklet (AFM)

Healthy Minds Learning: Rolling with ADHD

<https://healthymindslearning.ca/rollingwith-adhd>

20 ADHD introductory video, free 8-module series

Kelty Mental Health

<https://keltymentalhealth.ca/adhd>

Learn about ADHD, symptoms, and ideas of what could help in home and school environments

Manitoba Accessibility Fund

<https://accessibilityMB.ca>

Manitoba Possible

1857 Notre Dame Ave

Ph: 204-975-3010

<https://www.manitobapossible.ca/>

Financial Support

Community Financial Counseling Services (CFCS)

516-294 Portage Ave

Ph: 204-989-1900

<https://www.cfcs.mb.ca/>

Free, provides financial literacy, income tax preparation, financial counselling

Community Unemployed Help Centre (CUHC)

102B-275 Broadway

Ph: 204-942-6556

info@cuhcmb.ca

<https://cuhc.mb.ca/>

Provides information, assistance, advice, and representation to individuals dealing with EI and EIA

Credit Counselling Society

1-888-527-8999

[Credit Counselling Society - Bankruptcy Help & Debt Consolidation Canada](#)

EIA Centralized Intake Services

1-111 Rorie St

Ph: 204-948-4000

mgi@gov.mb.ca

<https://www.gov.mb.ca/fs/eia>

Free, apply online/call/go in-person

Futures Forward

614-294 Portage Ave

Ph: 204-987-8661

<https://futuresforward.ca>

Free, Current or Former Youth-in-Care from 15.5 to 29, Mon-Fri - 8:30am-4:30pm

Get Your Benefits - Manitoba College of Family Physicians

5/6-915 McLeod Ave

Ph: 204-218-8139

info@mcfp.mb.ca

<https://www.gov.mb.ca/health/primarycare/providers/getyourbenefits.html>

Income Tax Debt - Grant Thornton

94 Commerce Drive

Ph: 204-926-3472

nathan.bell@ca.gt.com

<https://gtdebt solutions.com/en/debt-help-resources/articles/income-tax-debt-relief>

Income Tax Refunds - Financial Consumer Agency of Canada

1-866-461-3222

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/refunds.html>

Legal Rights for Youth - Income Assistance

1-855-875-8867

<https://legalrightsfor youth.ca/financial-help/income-assistance>

Free, Mon-Fri - 11am-2pm

Manitoba Theatre for Young People - Financial Assistance

2 Forks Market Rd

Ph: 204-947-0394

theatreschool@mtyp.ca

<https://mtyp.ca/financial-assistance>

Free, theatre for children and young people, fill out registration form online, ages 3-18

Persons with Disabilities Benefit

Ph: 204-948-6773

Living with disabilities, need to be eligible by meeting the requirements at

<https://www.gov.mb.ca/fs/manitobasupports/the-program/who-is-eligible.html>, 18+, have financial need, for Indigenous people use

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

Supporting Employment and Economic Development (SEED)

80 Salter St

Ph: 204-927-9935

info@seedwinnipeg.ca

<https://seedwinnipeg.ca>

Free, book an appointment by calling Ph: 204-927-9945 or email AtoB@seedwinnipeg.ca, Mon-Fri - 9am-4:30pm

The Working Centre

<https://www.theworkingcentre.org>

Provides housing and financial support for youth

YMCA-YWCA Financial Assistance

3550 Portage Ave

Ph: 204-889-8052

info@ymanitoba.ca

<https://www.ymca.ca/what-we-offer/financial-assistance>

Free, Mon-Fri - 6am-10:30pm, Sat-Sun - 7am-8pm

Youth Parliament of Manitoba

<https://www.ypmanitoba.ca/session/financial-aid>

Does require payment, general financial aid help, YPM is able to offer partial or full waivers on the registration cost of Session for youth who may not be eligible for the scholarships

Education

Apprenticeship Manitoba

111 Lombard Ave

Ph: 204-945-0575

apprenticeship@gov.mb.ca

<https://www.gov.mb.ca/aesi/apprenticeship/>

Assiniboine College

87-1313 Broder St

Ph: 204-694-7111

admissions@assiniboine.net

<https://assiniboine.net/>

Booth University College

290 Vaughan St

Ph: 204-947-6701

admissions@boothuc.ca

<https://boothuc.ca>

Brandon University

270 Brandon

Ph: 204-487-3300

admissions@brandonu.ca

<https://www.brandonu.ca/>

Canadian Armed Forces Paid Education Programs

<https://forces.ca/en/paid-education/>

Canadian Armed Forces Programs for Indigenous Peoples

<https://forces.ca/en/programs-for-indigenous-peoples>

Canadian Mennonite University (CMU)

500 Shaftesbury Blvd

Ph: 204-487-3300

<https://www.cmu.ca/>

CDI College

280 Main St

Ph: 204-889-1712

<https://cdicollege.ca>

Inner City Youth Alive - Engage Education

418 Aberdeen Ave

Ph: 204-582-8779

engage@icya.ca

<https://www.icya.ca/engage-education>

Labour Program

266 Graham Ave

<https://www.canada.ca/en/employment-social-development/corporate/portfolio/labour.html>

Manitoba Institute of Trades and Technology (MITT)

130 Henlow Bay

Ph: 204-989-6512

<https://mitt.ca>

Manitoba Trades and Technology

130 Henlow Bay

Ph: 204-989-6500

admissions@mitt.ca

<https://mitt.ca/>

Mediation Services

302-1200 Portage Ave

Ph: 204-925-3410

<https://www.mediationserviceswpg.ca>

Northwest Law Enforcement Academy

200-1821 Wellington Ave

Ph: 204-953-8300

study@northwestlaw.ca

<https://nwlea.ca/>

Providence University College

294 William Ave

Ph: 204-433-7488

info@prov.ca

<https://www.prov.ca/programs-courses/university-college/prov-downtown/>

Red River College Polytech

2055 Notre Dame Ave

Ph: 204-632-2327

diversity@rrc.ca

<https://www.rrc.ca>

Shelter U

290 Vaughan St

Ph: 204-924-4856

<https://boothuc.ca/programs/academic-innovations/pilot-projects/shelter-university/>

Université de Saint-Boniface

200 De La Cathedrale Ave

Ph: 204-237-1818

info@ustboniface.ca

<https://ustboniface.ca/>

University of Manitoba

66 Chancellors Cir

Ph: 204-474-8256

admissions@umanitoba.ca

<https://umanitoba.ca>

University of Winnipeg

515 Portage Ave

Ph: 204-786-7811

admissions@uwinnipeg.ca

<https://www.uwinnipeg.ca>

Winnipeg Adult Education Centre

Various Locations

Ph: 204-775-0231

communications@wsd1.org

<https://www.winnipeg.sd.ca/winnipegadultedcentre>

Women in the Canadian Armed Forces

<https://forces.ca/en/women-in-caf/>

Employment

ACCES Employment

<https://acesemployment.ca/>

Canada Jobs

<https://www.canadajobs.com>

Canadian Armed Forces

<https://forces.ca/>

Career Builder Canada

<https://www.careerbuilder.ca>

Connect Employment Services

308-131 Provencher Blvd

Ph: 204-474-1959

info@connectemployment.ca

<https://connectemployment.ca>

Free, those with a disability, call or email, Mon-Fri - 8:30am-4:30pm

Economic Development Council for Manitoba Bilingual Municipalities (CDEM)

200-614 Des Meurons St

Ph: 204-925-2320

cdem@cdem.com

<https://www.cdem.com>

Free, employment workshops and training for immigrants and youth, Mon-Fri - 9am-12pm and 1pm-5pm

Eluta

<https://m.eluta.ca/jobs-in-Winnipeg-MB>

Employment Solutions for Immigrant Youth

249 Notre Dame Ave

Ph: 204-944-8833

info@exchangedistrict.org

<https://www.exchangedistrict.org>

Free, MB Health Card needed, counseling and employment services, Mon-Fri - 8:30am-3:30pm

EZ Workforce

804 Sargent Ave

Ph: 204-786-6370

<https://ezworkforce.ca>

Free, temporary labour solutions

Glassdoor

<https://www.glassdor.ca/index.htm>

Indeed

<https://ca.indeed.com>

IT Jobs

<https://www.itjobs.ca/en>

Job Bank

<https://www.jobbank.gc.ca/home>

Jobs on Market (JOM)

Ph: 204-948-5627

For EIA clients

Jobs.ca

<https://www.jobs.ca>

Knox Employment Entry Program (KEE)

400-406 Edmonton St

Ph: 204-953-2453

admin@keewinnipeg.com

<https://www.keewinnipeg.com>

Free, supports finding entry-level employment, Mon-Fri - 9am-4pm

Level It Up

Ph: 204-807-7295

info@levelitupmb.ca

<https://www.levelitupmb.ca>

LinkedIn

<https://ca.linkedin.com>

Manitoba Construction Sector Council

Ph: 204-272-5093

<https://www.mbcsc.com>

Manitoba Government - Job Opportunities

<https://manitoba.ca/govjobs>

Manitoba Government - List of Programs with the MB Gov't

<https://manitoba.ca/govjobs/info/programs.html>

Manitoba Jobs and Skills Development Centre

100-111 Lombard Ave

Ph: 204-945-0575

mjsd@gov.mb.ca

<https://www.gov.mb.ca/wd/ites/contact.html>

Call for appointments or questions

Manitoba Park's Green Team

<https://www.gov.mb.ca/jec/syeo/index.html>

Free, youth ages 16-29, work in provincial parks and rural areas, apply using form online and drop off at 258 Portage Ave 4th Floor

Metis Employment and Training

300-150 Henry Ave

Ph: 204-586-8474,2731

met@mmf.mb.ca

<https://www.mmfemployment.ca>

Free, need Metis citizenship card, Mon-Fri - 8:30am-4:30pm

Monster

<https://www.monster.ca>

Mosaic Newcomer Family Resource Network

397 Carlton St

Ph: 204-774-7311

mosaicinfo@mosaicnet.ca

<https://www.mosaicnet.ca>

Free, helps newcomers, apply online, Mon-Fri - 8:30am-4pm

Neeginan Education, Training & Employment Services Inc. (NETES)

181 Higgins Ave

Ph: 204-989-7110

<https://cahrd.org>

Free, Indigenous Youth, Mon-Fri - 8:30am-4:30pm

Opportunities for Employment (OFE)

300-294 Portage Ave

Ph: 204-925-3490

ofe@ofe.ca

<https://www.ofe.ca>

Free, 18+, need SIN, Mon-Thurs - 8:00am-4:00pm with Fri being appointment only

Osborne Village Resource Centre (OVRC)

107 Osborne St Unit 1

Ph: 204-989-6503

info@ovrc.ca

<https://ovrc.ca>

Charges \$65 per course for programming, Mon-Fri 8am-4pm, register online and book an appointment by phone

Pinnacle Staffing Solutions

394 Graham Ave

Ph: 204-943-8649

<https://pinnacle.jobs>

Free, placement agency

Randstad Canada

1310-220 Portage Ave

Ph: 204-943-5211

<https://randstad.ca>

Free, placement agency

Reaching E-Quality Employment Services (REES)

305-1200 Portage Ave

Ph: 204-832-7337

<https://www.re-es.org>

Free, ages 17-29, physical disabilities and health conditions, online form to be completed

Sara Riel - Employment Services

101-66 Moore Ave

Ph: 204-237-9263

info@sarariel.com

<https://sarariel.ca/our-services/employment-service-orientation/>

Seven Oaks Employment Program

930 Jefferson Ave

Ph: 204-697-5967

settlement@7oaks.org

<https://www.7oaks.org/programs/settlement>

Staffmax Staffing & Recruiting

201-1661 Portage Ave

Ph: 204-956-7090

<https://staffmax.ca>

Free, placement agency

STEP Services

Ph: 204-945-6892

stepservices@gov.mb.ca

<https://www.gov.mb.ca/csc/step>

Free, 16+ attending school, need CRC/Child Abuse Registry Check, must register online

Summit Search Group

18-201 Portage Ave

Ph: 204-957-5500

<https://summitsearchgroup.com>

Free, placement agency

Technical Vocational High School

1577 Wall St E

Ph: 204-775-0231

<https://www.winnipegssd.ca/page/9744/career-education>

Free, career education

Trade Up Manitoba

<https://www.tradeupmanitoba.com>

Work Force (Program of Youth for Christ Winnipeg)

467 Manitoba Ave

Ph: 204-589-4024

info@yfcwinnipeg.ca

<https://workforceyfc.weebly.com>

Free, ages 12-25, weekday programs with possibility of getting paid

Workers Compensation Board of Manitoba

333 Broadway

Ph: 204-954-4321

wcb@wcb.mb.ca

<https://www.wcb.mb.ca>

Workopolis

<https://www.workopolis.com>

Youth Employment Services Manitoba (YES Manitoba)

614-294 Portage Ave

Ph: 204-987-8661

reception@yesmb.ca

<https://yesmb.ca>

Free, youth ages 16-29, need SIN, Mon-Fri - 8:30am-4:30pm

Food Security

1JustCity West Broadway

102-222 Furby St

Ph: 204-774-2773

info@1justcity.ca

<https://www.1justcity.ca/wb>

Free, basic needs and indoor meals Mon-Thurs - 12-2pm
& Fri - 10am-11am

Acorn Family Place

202-222 Furby St

Ph: 204-560-3141

admin@acornfamilyplace.ca

<https://acornfamilyplace.ca>

Free, MB Health Card needed, Mon-Fri - 9am-4pm, Wed
- 1pm-4pm

Agape Table Winnipeg

364 Furby St

Ph: 204-788-6369

<https://agapetable.ca>

Free, MB Health Card needed, Mon-Fri - 7am-11am

Andrews Street Family Centre

220 Andrews St

Ph: 204-589-1721

Free, MB Health Card needed, 17+, 15 free emergency
food packages each day

Broadway Neighbourhood Centre Harvest

185 Young St

Ph: 204-772-9253

info@thebnc.ca

<https://thebnc.ca>

Free, MB Health Card needed, call Harvest MB to
request food to be picked up at BNC

Crisis Pregnancy Centre

650 Broadway Ave W.

Ph: 204-772-192

<https://www.familysupportcentre.ca/>

Free, provides baby supplies such as formula, food,
diapers, & maternity clothing. Mon/Tue/Thurs: 10am-
4pm, Wed & Fri 10 am - 2 pm

Christmas Cheer Board

895 Century St

Ph: 204-989-5680

<https://www.christmascheerboard.ca>

Free Christmas hamper, MB Health Card needed

Crossways in Common

222 Furby St

Ph: 204-774-2773

Bagged lunches from Monday-Friday starting at 1pm
and Wednesday and Sunday's arrangements for
emergency hampers after hours (call for inquiries)

Direct Farm Manitoba

PO Box 3641

Ph: 431-482-1822

<https://www.directfarmmanitoba.ca>

Free, MB Health Card needed, holds farm markets once
a week on Wednesdays

Family Life Centre

240 Pritchard Ave

Ph: 204-586-7790

Food Matters Manitoba

422 Notre Dame Ave

Ph: 204-943-0822

info@foodmattersmanitoba.ca

<https://foodmattersmanitoba.ca/>

Free, Mon-Fri - 9am-3pm

Freedom House

294 Ellen St

Ph: 204-504-9888

info@freedomhousewpg.ca

<https://freedomhousewpg.ca>

Free, MB Health Card needed, Mon-Thurs - 9am-2:30pm

Gateway House

490 Keenleyside St

Ph: 204-989-6580

east@gatewaywinnipeg.com

<https://east.gatewaywinnipeg.com/home-missions>

Free, MB Health Card needed, register at 204-982-3671
for an appointment

Good Food Club

748 Broadway

Ph: 204-774-7201

office.coordinator@westbroadway.mb.ca

<https://westbroadway.mb.ca/programs/good-food-club>

Free, MB Health Card needed, Mon-Thurs - 10am-4pm

Harvest Manitoba

1085 Winnipeg Ave

Ph: 204-982-3663

appointments@harvestmanitoba.ca

<https://www.harvestmanitoba.ca>

Free, MB Health Card needed, register at 204-982-3671 for an appointment

Holy Cross Parish

252 Dubuc St

Ph: 204-233-7367

office@holycrossparish.ca

<https://holycrossparish.ca>

Free food bank, coffee, soup kitchen, Mon-Fri - 8:30am-12pm

Hope Centre Health Care Inc.

240 Powers St

Ph: 204-589-8354

hopece@mymts.net

https://hopecentrehealthcare.com/?page_id=21

Free, MB Health Card needed, need to call Harvest MB to book an appointment, Mon-Fri - 9am-12pm & 1pm-4pm

Knox United Church

400 Edmonton St

Ph: 204-942-4579

admin@knoxwinnipeg.ca

<https://knoxwinnipeg.ca>

Free bi-weekly food bank, MB Health Card needed, register with Harvest Manitoba, Mon-Fri - 8:30am-4:30pm

Lighthouse Mission- Food Centre

669 Main St

Ph: 204-943-9669

info@lighthousemission.ca

<https://lighthousemission.ca/>

Free meals being offered Monday-Thursday 9am-11:15am, 1pm-3:15pm, and Fridays from 1-4pm and 6-7:30pm

Magnus Eliason Recreation Centre

430 Langside St.

Ph. 204- 783-5000

Mon-Fri 6:30pm- 9:30pm

Free, healthy meals for youth ages 12-18, safe rides home or bus tickets given each night.

Ma Mawi Wi Chi Itata Centre

443 Spence Ave

Ph: 204-925-0300

https://www.mamawi.com/july2021_foodkits/

Meals offered Monday-Friday from 11am-1pm and 4pm-6pm and Saturday from 11am-1pm (for food and basic needs deliveries only)

Missionaries of Charity

167 Aikins St

Ph: 204-582-2773

<https://missionariesofcharity.org/index.html>

Monday-Saturday take and go breakfasts from 9:30am-10:45am

North End Women's Centre

394 Selkirk Ave

Ph: 204-589-7347

<https://newcentre.org/>

Monday-Friday 10am-4pm or until out of stock of bagged lunches and other basic needs: snacks, feminine supplies, hygiene kits and harm reduction.

NorWest Community Food Centre

103-61 Tyndall Ave

Ph: 204-615-3117

<https://norwestcoop.ca/community-food-centre/>

Free community lunches on Mondays, Wednesdays and Fridays from 12pm-1:30pm

Oak Table

107 Pulford St

Ph: 204-416-2240

<https://oaktable.ca/>

Lunch served Monday-Thursday from 12-2pm and Friday breakfast at 10am (Registration required for breakfast)

Salvation Army

324 Logan Ave

Ph: 204-946-9490

weetamah@salvationarmy.ca

Free, Mon-Fri - 9am-3pm, meals given monthly and need to call for upcoming dates

Siloam Mission

300 Princess St

Ph: 204-956-4344

info@siloam.ca

<https://www.siloam.ca/what-we-do/>

Springs Inner City

648 Burrows Ave

Ph: 204-586-6213

info@springs-innercity.org

<https://springschurch.com/inner-city/>

Free, breakfast with message every Weds at 9:30am,
Food bank every Thurs at 10:30am, Youth night with hot
meal every Fri at 7:30-8:30pm, 1 appt only each month
for food bank, emergency food call 204-586-6213,
register with Harvest MB for food bank

Union Gospel Mission

320 Princess St

Ph: 204-943-9904

<https://ugm.ca/get-help/programs/new-westminster-resource-centre>

Breakfasts served at 11am, supper served at 7pm (for
50 people each day) and drop-in services from 2-4pm
every day for showers and available food (20 people
every 30 mins)

Gambling

Coming Out A Winner - Gambling and Families

Ph: 1-800-463-1554

<https://afm.mb.ca/programs-and-services/gambling/>

Coming Out A Winner - Gambling and Seniors

Ph: 1-800-463-1554

<https://afm.mb.ca/programs-and-services/gambling/>

Gambling - Addictions Foundation of Manitoba

Ph: 1-800-463-1554

<https://afm.mb.ca/programs-and-services/gambling/>

GamTalk - Online Support for Gambling Issues

info@gamtalk.org

www.gamtalk.org

How Much Do You Know About the Games You Play?

Ph: 1800-463-1554

www.mbill.ca

The Fellowship of Bettors Anonymous

755 Golspie St

Ph: 204-694-5231

info@bettors-anonymous.ca

www.bettorsanonymous.org

When Gambling Isn't Fun Anymore

Ph: 1-800-463-1554

www.mbill.ca

Grants

Hockey Manitoba

<https://www.hockeymanitoba.ca/members/grants-funding>

Offers 4 grants with individual applications

Outward Grant Watch

<https://manitoba.grantwatch.com>

Partners with Youth

<https://www.manitoba.ca/wd/ites/youth/partnerswithyouth.html>

Income assistance

Seven Oaks Metis Council

<https://sevenoaksmetiscouncil.com/youth-29%3C>

Ages 29 and younger

The Children's Hospital Research Institute of Manitoba

<https://www.chrim.ca/funding-opportunities>

Operating grants, travel grants, small grants, undergraduate summer studentships

United Way Winnipeg - Youth United

<https://unitedwaywinnipeg.ca>

Harassment and Violence

Evolve Men's Program – Klinik

167 Sherbrook St

Ph: 204-784-4070

klinik@klinik.mb.ca

<https://klinik.mb.ca/in-person-counselling/evolve/>

Klinik - Sexual Assault

167 Sherbrook St

Ph: 204-784-4090

<https://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>

Klinik Sexual Assault Line

Ph: 204-786-8631

Manitoba Domestic Violence Support Services

05 Broadway #1410

Ph: 204-943-2382

<https://www.gov.mb.ca/justice/about/contact.html>

Provides a list of helpful services & who to contact for victims of DV. Open Monday- Friday 8am-4pm.

You Have Options: Help After Sexual Assault

1410-405 Broadway

Ph: 204-945-0662

<https://manitoba.ca/justice/victims>

Health

Access Downtown

640 Main St

Ph: 204-940-3638

<https://wrha.mb.ca>

Free, MB Health Card needed, Mon-Fri - 9am-4:30pm

AIDS/STD Information Line

Ph: 204-945-2437

Are You at Risk for Heart Disease and Stroke - Heart&Stroke

Ph: 1-888-473-4636

<https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors>

Breast Health - CancerCare Manitoba

5-25 Sherbrook St

Ph: 1-855-952-4325

<https://www.cancercare.mb.ca/screening/info/breast>

CancerCare Manitoba Resource

5-25 Sherbrook St

Ph: 204-788-8626

<https://www.cancercare.mb.ca/screening/info>

CancerCare Manitoba Resource - Colon Cancer

5-25 Sherbrook St

Ph: 1-855-952-4325

<https://www.cancercare.mb.ca/screening/info/colon>

Children's Hospital

840 Sherbrook St

Ph: 204-787-2071

<https://hsc.mb.ca>

MB Health Card needed

Concordia Hospital

1095 Concordia Ave

Ph: 204-667-1560

<https://concordiahospital.mb.ca/>

MB Health Card needed

Dial-A-Dietician - Public Health

Ph: 204-788-8248

<https://misericordia.mb.ca/programs/phcc/dial-a-dietitian/>

Doctor House Calls

647 Broadway

Ph: 204-582-2362

<https://whitecrosshealthcare.ca>

Free, MB Health Card needed, Mon-Fri - 9am, Sat-Sun - 10am-6pm

Eating Disorders - CMHA

<https://cmha.ca/brochure/eating-disorders/>

Family Doctor Finder (Province of Manitoba)

Ph: 204-786-7111

<https://www.gov.mb.ca/health/familydoctorfinder/>

Find-a-Doctor Hotline

Ph: 204-786-7111

Four Arrows Regional Health Authority

338 Broadway

Ph: 204-947-2397

info@fourarrowssrha.org

<https://fourarrowssrha.org>

Free, Mon-Fri - 9am-5pm

Freestyle Libre

Ph: 1-888-205-8296

customercarefreestylecanada@abbott.com

<https://www.freestyle.abbott/ca-en/freestyle-libre-2.html>

Grace Hospital

300 Booth Dr

Ph: 204-837-0111

pr@ggh.mb.ca

<https://gracehospital.ca>

MB Health Card needed

Health Sciences Centre

820 Sherbrook Street

Ph: 204-787-3661

info@hsc.mb.ca

<https://hsc.mb.ca>

MB Health Card needed

Klinik Community Health

167 Sherbrook St

Ph: 204-784-4090

<https://klinik.mb.ca/>

Mon-Fri - 9am-7:30pm, Sat 10am-3:30pm, closed on Sundays, free

Lighthouse Medical Clinic

699 Broadway

Ph: 204-306-7555

lighthouse@lmcwinnipeg.com

<https://lighthousemedicalclinic.net>

Free except medical forms, MB Health Card needed,

Mon-Fri - 9am-5pm, Sat - 10am-2pm

Lighthouse Pharmacy

699 Broadway

Ph: 204-774-1223

lighthousepharmacy@lighthousepharmacy.net

<https://lighthousepharmacy.net>

Free except medical forms, MB Health Card needed,

Mon-Fri - 9am-5pm, Sat - 10am-2pm

Manitoba Health Links

Ph: 204-788-8200

MEDIGROUP Portage Clinic & Walk-In

330 Portage Ave #100

Ph: 204-942-0933

Mon-Fri – 8:30am-5pm*, Sat – 9am-3pm*

MB Health Card needed

**walk-ins close once capacity is reached*

Memorial Medical Clinic

595 Broadway

Ph: 204-775-7756

info@memorialmed.ca

<https://memorialmed.ca>

Free, MB Health Card needed, Mon-Fri - 9am-4pm

Millennium Healthcare

309 Balmoral St

Ph: 204-505-2977

info@millenniummedical.ca

<https://millenniummedical.ca/>

Free, Mon-Fri - 9am-5pm, MB Health Card needed

Millennium Pharmacy

309 Balmoral St

Ph: 204-504-3250

info@millenniummedical.ca

<https://millenniummedical.ca/>

Free, Mon-Fri - 9am-5pm, MB Health Card needed

Misericordia Health Care

99 Cornish Ave

Ph: 204-774-6581

info@misericordia.mb.ca

<https://misericordia.mb.ca/>

MB Health Card needed

Mount Carmel Clinic

886 Main St

Ph: 204-479-0203 or Ph: 204-582-2311

mthomson@mountcarmel.ca

<https://www.mountcarmel.ca/>

Mon-Fri - 9am-5pm, Free, MB Health Card needed,
drop-in on Thursday 4pm-8pm for youth 12-25 years old

Nine Circles Community Services

705 Broadway

Ph: 204-940-6000

communityengagement@nincircles.ca

<https://nincircles.ca>

Free, Mon-Fri - 9am-5pm

One Recovery LTD

591 Broadway

Ph: 204-772-4357

info@onerecoverymb.ca

<https://onerecovery.mb.ca>

Free, MB Health Card needed, Mon-Fri - 9am-3pm

Resources - Klinik

167 Sherbrook St

Ph: 204-784-4090

klinik@klinik.mb.ca

<https://klinik.mb.ca/about-klinik/resources/>

Seven Oaks General Hospital

2300 McPhillips St

Ph: 204-632-7133

<https://sogh.ca>

MB Health Card needed

South Sherbrook Health Care Centre & Walk-In

88 Sherbrook St

Ph: 204-774-7196

ssch@medigroup.ca

<https://mysherbrook.com>

Free, MB Health Card needed, Mon-Fri - 8am-5pm, Sat -
10am-4pm

St. Boniface General Hospital

409 Tache Ave

Ph: 204-233-8563

<https://stbonifacehospital.ca/>

MB Health Card needed

Victoria Hospital

2340 Pembina Hwy

Ph: 204-477-3148

<https://vgh.mb.ca/>

MB Health Card needed

WellHealth Clinic (formerly Manitoba Clinic)

790 Sherbrook St

Ph: 204-774-6541

<https://wellclinics.ca>

Free, MB Health Card needed, provides MB Health Card

West Broadway Community Organization

748 Broadway

Ph: 204-774-7201

office.coordinator@westbroadway.mb.ca

<https://westbroadway.mb.ca>

Free, harm reduction

White Cross Healthcare

647 Broadway

Ph: 204-786-8588

<https://whitecrosshealthcare.ca>

Free, MB Health Card needed, Mon-Fri - 9am-6pm, Sat - 10am-6pm

Youville Diabetes Centre

33 Marion St

Ph: 204-233-0262

<https://www.youville.ca/diabetes-centre/home>

Healthy Relationships

Canadian Forces Morale and Welfare Services (CFMWS)

Ph: 1-855-245-0330

<https://cfmws.ca/support-services/health-wellness/healthyrelationships/tip-sheets/healthy-connections>

Online service that offers helpful resources to healthy connections. Link to useful checklist.

Family Dynamics

401-393 Portage Ave

Ph: 204-947-1401

info@familydynamics.ca

<https://familydynamics.ca/>

Offers free services for families, helping the relationships. Open Monday- Friday 8:30 am- 4:30 pm

Family Support Centre

650 Broadway

Ph: 204-772-1923

info@familysupportcentre.ca

<https://familysupportcentre.ca>

Mon/Tues/Thurs - 10am-4pm, Wed/Fri - 10am-2pm,
Free, MB Health Card needed

South Winnipeg Family Information Centre

Ph: 204-284-9311

Housing

Canada-Manitoba Housing Benefit Youth Stream

<https://www.gov.mb.ca/housing/progs/cmhb/cmhb-youth.html>

Youth 17-26 transitioning out of CFS care

Chalmers Neighbourhood Renewal Corporation - Housing Support in Elmwood

180 Poplar Ave

Ph: 204-219-6986

housing@chalmersrenewal.org

<https://chalmersrenewal.org/>

Equal Urban Transition Care

275 Portage Ave

Ph: 204-954-2238

[Eagle Urban Transition Centre - Assembly of Manitoba Chiefs](#)

End Homelessness Winnipeg

209A-1075 Portage Ave

Ph: 204-942-8677

info@endhomelessnesswinnipeg.ca

<https://endhomelessnesswinnipeg.ca>

Free, must fill out application, 18+, Mon-Fri - 9am-4pm

Equal Housing Initiative

Ph: 431-800-5996

First Nations, Inuit, & Metis (FNIM) Program - SE Health

157-472 Madison St

Ph: 1-800-463-1763

info@fnhssm.com

<https://fnim.sehc.com>

Indigenous, Mon-Fri - 9am-5pm

Fre Maachi Traditional Housing

670 Main St

Ph: 204-589-1613

intakerapidsservices@mmf.mb.ca

<https://www.mmfrapidsservices.com>

Free, must fill out referral form and consent form

Housing Resources - End Homelessness

1065 Portage Ave

Ph: 204-942-8677

[202111-Housing-Resources.pdf](#)

Jessie Home Inc

Ph: 204-417-6688

info@mycharityfund.ca

<https://mycharityfund.ca/charity/479/jessie-home-inc>

Free, female ages 13-17

Manitoba Housing

352 Donald St

<https://www.gov.mb.ca/housing>

18+, complete application form

Ndinawe Youth Resource Centre

472 Selkirk Ave

Ph: 204-417-7233

info@ndinawe.ca

<https://ndinawe.ca>

Free, 16 beds available first come first serve, 24-hour shelter, ages 11-17

N'Dinawemak - Our Relatives

190 Disraeli Fwy

Ph: 204-943-1803

fnfao@manitobachiefs.com

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

Free, 24/7, 18+

New Journey Housing

305 Broadway

Ph: 204-942-2238

info@newjourneyhousing.com

<https://newjourneyhousing.com>

Free, Mon-Fri - 9:30am-5:00pm

Operation 50 Come Home

Ph: 613-230-4663 ext. 229

info@operationcomehome.ca

Free

Pan Am Place

88 Arthur St

Ph: 204-515-2048 ext. 10

csarifa@panamplace.com

Free, housing for youth and at-risk men, open 24 hours

Reach Youth Services

Ph: 204-294-7760

info@reachyouthservices.ca

<https://reachyouthservices.ca>

Free, must fill out a referral form online

Rent Assist

Ph: 204-948-7368

https://www.gov.mb.ca/fs/eia/rent_assist.html

EIA client with income lower than \$25,600

Rossbrook House

658 Ross Ave

Ph: 204-949-4090

mail@rossbrookhouse.ca

<https://rossbrookhouse.ca>

Free, ages 6-24, Mon-Fri - 8am-12am, Sat/Sun - 24 hours

Salvation Army

180 Henry St

Ph: 204-946-9402

info@wpgboothcentre.ca

<https://www.wpgboothcentre.ca>

Free, 18+, Mon-Fri - 8:30am-3:30pm, shelter open 24 hours

Salvation Army SonRise Family Shelter

Ph: 204-946-9471

24/7 overnight shelter for Families

Spence Housing Association

430 Langside

St. 204-783-5000

Assists with finding, keeping & maintaining.

Sara Riel - Respite Services

101-66 Moore Ave

Ph: 204-237-9263

intake@sarariel.ca

<https://sarariel.ca/our-services/seneca-respite-services/>

Siloam Mission

300 Princess St

Ph: 204-956-4344

info@siloam.ca

<https://www.siloam.ca>

Free, 18+, Mon-Fri - 8am-4:30pm

The Link

159 Mayfair Ave

Ph: 204-477-1804

info@thelinkmb.ca

<https://thelinkmb.ca>

Free overnight shelter, ages 12-21, 10 beds

Turning Leaf Support Services

565 Roseberry St

Ph: 204-221-5594

info@tllservices.ca

<https://turningleafservices.ca>

Free, must have an intellectual challenge and mental illness to complete online referral form

Willow Place

Ph. 204-615-0313

For women and their children who have experienced domestic violence

WE24/SNA-MERC

430 Langside St

Ph: 204-783-5000 ext. 111

Alternate: 204-333-9681

summer@spenceneighbourhood.org

<https://spenceneighbourhood.org/program/we24/>

Free, youth ages 13-26

Winnipeg Rental Network

509 Selkirk Ave

Ph: 204-417-2110

contact@winnipegrentnet.ca

<https://www.winnipegrentnet.ca/>

Indigenous

Aboriginal Health and Wellness Resource

181 Higgins Ave

Ph: 204-925-7504

<https://mb.211.ca/detail/44799275/>

NETES (Neeginan Education, Training and Employment Services, Inc. formerly CAHRD)

304-181 Higgins Ave

Ph: 204-989-7110

<https://netes.ca>

Eagle Urban Transition Centre

Ph: 204-956-0610

First Nation & Inuit Health Branch (NIHB)

Ph: 1-800-665-8507

Alternate Contact is Ph: 204-983-4571

First Nations and Inuit Wellness Help Line

Ph: 1-855-242-3310

Ka Ni Kanichihk Inc

Ph: 204-953-5820

101-1065 Portage Ave

admin@kanikanichihk.ca

Indigenous people, Velma's House requires 18+ female adults needing immediate safety

Ma Mawi Wi Chi Itata Centre

445 King St

Ph: 204-925-0300

info@mamawi.com

<https://www.mamawi.com>

Free, 21 and under and Indigenous

Manitoba Metis Federation Raid Housing

Ph: 204-589-1613

Native Addictions Council of Manitoba

160 Salter St

Ph: 204-586-8395

info@nacm.ca

www.nacm.ca

Native Women's Transition

667 Ellice Ave

Ph: 204-415-7384

nwtc@mts.net

<https://iwhc.ca>

Indigenous female and children, charge a per diem rate per room

Prosper Canada Resource

Ph: 1-877-568-1571

info@prospercanada.org

www.prospercanada.org

Rapid Access to Addictions Medicine Clinic (Aboriginal Health and Wellness Centre)

214-181 Higgins Ave

Ph: 204-560-7927

<https://sharedhealthmb.ca/services/mental-health/mha-services/raam-clinic/>

Resources for Indigenous Women and Girls - CMHA

930 Portage Ave

Ph: 204-982-6100

office@cmhawpg.mb.ca

Sagkeeng Employment and Training

208 Edmonton St

Ph: 204-943-6073

<https://sagkeeng.ca>

Urban Circle Training Centre

519 Selkirk Ave

Ph: 204-589-4433

www.urbancircletraining.com

Indigenous Organizations in Manitoba Directory

<https://www.gov.mb.ca/inr/publications/pubs/indigenous-organizations-in-manitoba.pdf>

Legal & Rights

Community Legal Education Association

Ph: 204-943-2382

community@communitylegal.mb.ca

<https://www.communitylegal.mb.ca/>

Provides free legal information. Free online information course. Access to quick legal links.

Community Legal Education Association - Sexual Harassment

301-441 Main St

Ph: 1-877-226-4366

sexualharassmenthelp@communitylegal.mb.ca

<https://www.communitylegal.mb.ca/>

Legal Aid Broadway

287 Broadway

Ph: 204-985-8500

info@legalaid.mb.ca

<https://www.gov.mb.ca/wage/>

Free drop in open to public. Online application, open Monday-Friday 8:30 am - 4:30pm.

Legal Help Centre

202-393 Portage Ave

Ph: 204-258-3096

info@legalhelpcentre.ca

<https://legalhelpcentre.ca/>

Provides free legal information. Drop in clinic is based on first come Tuesdays & Thursdays 1:00-4:00 pm.

Legal Resources - FGWRC

1150-A Waverly St

Ph: 204-477-1123

info@fgwrc.ca

www.fgwrc.ca

The Law - Belongs to the People

Ph: 204-943-2382

info@communitylegal.mb.ca

www.communitylegal.mb.ca

The Law Society of Manitoba - Concerns About Your Lawyer

Ph: 204-943-2382

info@communitylegal.mb.ca

www.lawsociety.mb.ca

Manitoba Human Rights Commission

700-715 Hargrave St

204-945-3007

<https://www.manitobahumanrights.ca/>

Mental Health

Anxiety Disorders - CMHA

<https://cmha.ca/brochure/anxiety-disorders/>

Anxiety Disorders Association of Manitoba (ADAM)

100-4 Fort St

Ph: 1-800-805-8885

adam@adam.mb.ca

<https://adam.mb.ca/>

Virtual or in-person services available

Bounce Back - CMHA

930 Portage Ave

Ph: 1-844-733-8181

bounceback@cmhawpg.mb.ca

<https://bouncebackmb.cmha.ca/>

13+ living in Canada, MB Health Card needed

Canadian Mental Health Association (CMHA)

930 Portage Ave

Ph: 204-982-6100

<https://www.cmhaacrossmb.ca>

Free, Mon-Fri - 8:30am-4:30pm, MB Health Card needed

Centralized Intake for Child and Youth Services

165 St Mary's Rd

Ph: 204-958-9660

<https://sharedhealthmb.ca/services/mental-health/child-youth-services/>

This program is based off of referrals but self-referrals are also accepted

Cognitive Behavioral Institute of Clinical Psychologists

Ph: 204-982-3810

<https://cbtmanitoba.com/services-and-fees/>

Province of Manitoba Health Care System does not cover these fees, but they may be covered under extended insurance packages through employment or purchase

Cognitive Behavioral Therapy with Mindfulness Program

<https://www.cbtm.ca>

Community Reinforcement and Family Training (CRAFT by CMHA)

930 Portage Ave

Ph: 204-982-6143

<https://www.cmhaacrossmb.ca/events/craft-community-reinforcement-family-training-for-mental-illness-12/>

Co-Occurring Disorders Initiative Outreach - CODI

Ph: 204-787-3283

<https://sharedhealthmb.ca/services/mental-health/mha-services/codi/>

Coping with Loneliness - CMHA

<https://cmha.ca/brochure/coping-with-loneliness/>

Cornerstone Counselling

302-1200 Portage Ave

Ph: 204-663-0050

<https://sites.google.com/view/cornerstonecounselling>

Based off of referrals but self-referrals are also welcome

Depression and Bipolar Disorder - CMHA

<https://cmha.ca/brochure/depression-and-bipolar-disorder/>

Feeling Angry - CMHA

<https://cmha.ca/brochure/feeling-angry/>

Grieving - CMHA

<https://cmha.ca/brochure/grieving/>

Health Sciences Centre - Mood and Anxiety Disorders Program

This program requires a referral from your primary care provider

I-Can Program - Strongest Families

Ph: 1-866-470-7111

<https://strongestfamilies.com/>

KidThink

407 Graham Ave 2nd Floor

Ph:(431) 830-3300

<https://kidthink.ca>

Free, MB Health Card needed

Manitoba Adolescent Treatment Centre

120 Tecumseh St

Ph: 204-477-6391

info@matc.ca

<https://matc.ca>

8am-8pm, need physician referral, 12-18 years old

Manitoba Adolescent Treatment Centre Crisis

120 Tecumseh St

Ph: 204-949-4777

info@matc.ca

<https://matc.ca>

Medications for Mental Illness - CMHA

<https://cmha.ca/brochure/medications-for-mental-illness/>

Mental Health and Addictions Library (Shared Health)

1031 Portage Ave

Ph: 204-944-6279

sh-mha-library@sharedhealthmb.ca

<https://sharedhealthmb.ca/services/mental-health/>

Mental Health Education Resource Centre (MERC)

100-4 Fort St

Ph: 204-942-6568

mherc@peerconnectionsmb.ca

<https://peerconnectionsmb.ca/mherc/>

Mental Health for Life - CMHA

<https://cmha.ca/brochure/mental-health-for-life/>

Mental Health Services - Jewish and Family Services

C200-123 Doncaster St

Ph: 204-477-7430

jcfs@jcfswinnipeg.org

www.jcfswinnipeg.org

Mental Health Services for Children, Youth, and Families

165 St Mary's Rd

<https://matc.ca/>

Mental Illness in The Workplace - CMHA

<https://cmha.ca/what-we-do/national-programs/workplace-mental-health/>

Mental Illnesses - CMHA

<https://cmha.ca/brochure/mental-illnesses/>

Mind Matters

3-1250 Waverly St

Ph: 204-477-8555

<https://www.mindmattersclinic.ca/>

Mood Disorders Association of Manitoba (MDAM)

4 Fort St

Ph: 204-786-0987

info@mood.mb.ca

<https://www.moodmb.ca>

Free, Mon-Fri - 9am-9pm

Mount Carmel Clinic

886 Main St

Ph: 204-582-2311

info@mountcarmel.ca

<https://www.mountcarmel.ca>

Mon-Fri - 9am-5pm, Free, MB Health Card needed, drop-in on Thursday 4pm-8pm for youth 12-25 years old

Myths About Mental Illness - CMHA

<https://cmha.ca/brochure/myths-about-mental-illness/>

Obsessive Compulsive Disorder - CMHA

<https://cmha.ca/brochure/obsessive-compulsive-disorder-ocd/>

Phobias and Panic Disorder - CMHA

<https://cmha.ca/brochure/phobias-and-panic-disorders/>

Post-Traumatic Stress Disorder - CMHA

<https://cmha.ca/brochure/post-traumatic-stress-disorder-ptsd/>

Preventing Suicide - CMHA

<https://cmha.ca/brochure/preventing-suicide/>

Rehabilitation and Recovery Service - CMHA

930 Portage Ave

Ph: 204-982-6100

office@cmhawpg.mb.ca

<https://www.cmhaacrossmb.ca/winnipeg/rehabilitation-and-recovery/>

Sara Riel

101-66 Moore Ave

Ph: 204-237-7165

info@sararielinc.com

<https://sarariel.ca>

Schizophrenia - CMHA

<https://cmha.ca/brochure/schizophrenia/>

Shared Health Mental Health and Wellness Resource Finder

<https://sharedhealthmb.ca/services/mental-health/mental-health-and%20wellness-resource-finder/>

St Boniface General Hospital - Adult Mental Health Program

<https://stbonifacehospital.ca/patient-care/clinical-programs/mental-health/>

This program requires a referral from your primary care provider

Stress - CMHA

<https://cmha.ca/brochure/stress/>

Stress Hacks

www.stresshacks.ca

Thrive Winnipeg Counselling

254 Edmonton St

Ph: 204-774-4184

www.thrivewinnipeg.com

Fee to counselling, can do in-person or virtual appointments, there are branches in Charleswood and St. Vital

University of Manitoba Psychology Service Centre

Ph: 204-474-9222

<https://umanitoba.ca/arts/psychological-service-centre>

Students offer a variety of psychological services to the public, supervised by registered psychologists

WHRA Community Mental Health Services - Intake

Ph: 204-788-8330

Youth Addictions Centralized Intake

165 St Mary's Rd

Ph: 1-800-710-3999

<https://sharedhealthmb.ca/services/mental-health/child-youth-services/>

Youth Advisory Council (Volunteer Opportunity WRHA)

Ph: 431-323-0665

ehalprin@whra.mb.ca

Newcomers

CHAI Immigrant Centre

188 Princess St

Ph: 204-415-2550

info@ccwpg.com

<https://ccwpg.com/>

Immigrant and Refugee Community Organization of Manitoba Inc (IRCOM)

95 Ellen St

Ph: 204-943-8765

info@ircom.ca

<https://ircom.ca>

Free, services for newcomers, 15+, Mon-Fri/Sun - 9am-5pm, must fill out application form here - <https://app.betterimpact.com/PublicOrganization/666bedd2-6ab6-467d-a96d-10c4a52ebc53/1>

Immigrant Centre - Settlement Services

100 Adelaide St

Ph: 204-943-9158

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

Manitoba Start

271 Portage Ave

Ph: 204-944-8833

frontdesk@manitobastart.com

<https://www.manitobastart.com>

Free, services for newcomers, ages 18-30, Mon-Fri - 8:30am-4:30pm, must bring PR card and Confirmation of Permanent Residence, CoPR passport, CoPR work/study, permit and passport refugee claim document with work permit or claim approved

MIRRORS - SHADE

<https://www.shadewinnipeg.org/mirrors>

N.E.E.D.S. Inc

251-A Notre Dame Ave

Ph: 204-940-1260

info@needsinc.ca

<https://www.needsinc.ca>

Free, services for newcomers, employment for ages 16-29, Mon-Fri - 8am-4:30pm

Our Families can Talk about Anything - SERC

167 Sherbrook St

Ph: 204-982-7800

info@serc.mb.ca

<https://serc.mb.ca/what-we-offer/programs-and-projects/our-families-can-talk-about-anything/>

Punjabi Community Health Services (PCHS MB)

Ph: 431-990-7247

info@pchsemb.com

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

Safe Housing and Directed Empowerment (SHADE)

[https://www.shadewinnipeg.org/directed-](https://www.shadewinnipeg.org/directed-empowerment)

[empowerment](https://www.shadewinnipeg.org/directed-empowerment)

Seven Oaks Immigrant Services

930 Jefferson Ave

settlement@7oaks.org

<https://www.7oaks.org/page/78/immigrant-settlement-services>

Older Adults (30+)

A&O Support Services for Older Adults

200-207 Donald St

Ph: 204-956-6440

info@aosupportservices.ca

<https://www.aosupportservices.ca/>

Care for the Caregiver - CMHA

<https://cmha.ca/brochure/care-for-the-caregiver/>

La Fédération de ainés de la francophonie manitobaine

123-400 rue Des Meurons

Ph: 204-235-0670

info@fafm.mb.ca

<https://www.fafm.mb.ca>

Seniors Abuse Support Line - Klinik

167 Sherbrook St

Ph: 1-888-896-7183

klinik@klinik.mb.ca

<https://klinik.mb.ca/wp-content/uploads/2015/07/Klinik-Seniors-Abuse-Pamphlet-12-0767.pdf>

WRHA Resource (Infographic)

<https://wrha.mb.ca/support-services-to-seniors/>

WRHA Resource (Resource Finder)

<https://wrha.mb.ca/support-services-to-seniors/seniors-resource-finders/>

Parents

Breastfeeding Your Baby - Public Health

<https://www.canada.ca/en/public-health/services/child-infant-health/breastfeeding-infant-nutrition.html>

Dragonfly Support Program

603 St Mary's Ave
Ph: 204-947-2422 ext. 544
dragonflyprogram@womenshealthclinic.org
<https://womenshealthclinic.org/services/dragonfly-support-program>

Families First (Province of Manitoba)

<https://www.gov.mb.ca/healthychild/familiesfirst/index.html>

Family Dynamics

401-393 Portage Ave
Ph: 204-947-1401
<https://familydynamics.ca/>

For the Sake of the Children

Ph: 204-945-1301
www.gov.mb.ca/familylaw/parenting/for-the-sake-of-the-children.html

Healthy Baby - Healthy Child Manitoba

Ph: 204-945-1301
<https://www.gov.mb.ca/fs/healthybaby/index.html>

Insight Program - Mentor Empower Support

https://www.gov.mb.ca/fs/fasd/pubs/insightsp_en.pdf

Maternal Health and Wellness

419 Graham Ave
Ph: 204-947-1517
www.womenshealthclinic.org

Milk Mentors - Youville

6-845 Dakota St
Ph: 204-255-4840
rbrown@youville.ca
<https://www.youville.ca/health-centre/prenatal>

Parent's Guide to Vaccinations - Public Health

<https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html>

Postpartum Depression - CMHA

<https://cmha.ca/brochure/postpartum-depression/>

Postpartum Depression - WRHA

<https://wrha.mb.ca/mental-health/postpartum-depression/>

Supporting A Loved One – CMHA

<https://cmha.ca/brochure/supporting-a-loved-one/>

Talk to Your Teens About Marijuana Use (Parent Action Pack)

<https://www.ccsa.ca/sites/default/files/2019-05/CCSA-Marijuana-Fact-and-Fiction-Infographic-2016-en.pdf>

Pre-Employment

Volunteer Manitoba

428 Portage Ave

Ph: 204-477-5180

<https://www.volunteermanitoba.ca/>

Concordia Hospital

1095 Concordia Ave

Ph: 204-661-7112

<https://concordiahospital.mb.ca/volunteers/application/>

Grace Hospital

300 Booth Dr

Ph: 204-837-0111

<https://gracehospital.ca/join-our-team/volunteers/opportunities/how-to-apply/>

Health Sciences Centre

Level 2 – MS208 - 820 Sherbrook St

Ph: 204-787-3533

volunteer@hsc.mb.ca
<https://hsc.mb.ca/careers/volunteers/opportunities/>

New Directions – For Children, Youth, Adults and Families

717 Portage Ave

Ph: 204-786-7051

<https://newdirections.mb.ca/volunteer/>

Broadway Neighbourhood Centre

185 Young St

Ph: 204-772-9253

<https://www.thebnc.ca/get-involved>

YMCA-YWCA of Winnipeg

301 Vaughan St

Ph: 431-275-0075

<https://tinyurl.com/5ccnjib7>

United Way

580 Main St

Ph: 204-477-5360

<https://unitedwaywinnipeg.ca/get-involved/volunteering-in-winnipeg/>

Resource Assistance for Youth (RaY)

125 Sherbrook St

Ph: 204-783-5617

<https://rayinc.ca/act/volunteer/>

Recreation

Birds Hill - Cedar Bog Self-Guiding Trail (Winter)

Ph: 204-645-6740

www.manitobaparks.com

Birds Hill - Interpretive Park Map

Ph: 204-645-6740

www.manitobaparks.com

Birds Hill - Nimowin Self-Guiding Trail (No Winter)

Ph: 204-645-6740

www.manitobaparks.com

Birds Hill - Pine Ridge Self-Guiding Trail

Ph: 204-645-6740

www.manitobaparks.com

Canada Map Sales - Maps Across Canada

Ph: 1-877-627-7226

www.canadamapsales.com

City of Winnipeg - Recreation Fee Assistance Program

<https://www.winnipeg.ca/recreation-leisure/recreation-facility-admission-passes-rentals/recreation-fee-assistance-program>

Grand Beach - Ancient Beach Self-Guiding Trail

Ph: 204-754-5040

www.manitobaparks.com

Grand Beach - Interpretive Park Map

Ph: 204-754-5040

www.manitobaparks.com

Homeowners Manual - FireSmart Begins at Home

Ph: 204-945-2100

firesmart@gov.mb.ca

www.manitoba/firesmart

Manitoba Parks - Camper Guide

Ph: 204-945-6784

www.manitobaparks.com

Manitoba Parks - Career Guide

parks@gov.mb.ca

www.manitobaparks.com

Manitoba Parks - Rules and Regulations

Pembina Valley - Interpretive Park Map

Ph: 204-242-2950

www.manitobaparks.com

Protect Yourself from Severe Weather - MB Provincial Parks

Ph: 204-945-4772

www.manitobaparks.com

Recreation - Fee Assistance Program

395 Main St (6th Floor)

cmsfeesub@winnipeg.ca

www.winnipeg.ca/feeassistance

St. Malo - Tall Grass Parkland Self-Guiding Trail (No Winter)

www.manitobaparks.com

St. Norbert - Interpretive Map

200 Saulteaux Cres

Ph: 204-945-4236

www.manitobaparks.com

Resource Lists

211 Manitoba

<https://mb.211.ca>

Education Resources - FGWRC

1150-A Waverly St

Ph: 204-477-1123

info@fgwrc.ca

www.fgwrc.ca

Financial and Food Resources - FGWRC

1150-A Waverly St

Ph: 204-477-1123

info@fgwrc.ca

www.fgwrc.ca

Housing Resources - FGWRC

1150-A Waverly St

Ph: 204-477-1123

info@fgwrc.ca

www.fgwrc.ca

Kids Help Phone

Ph: 1-800-668-6868

Services and Supports - End Homelessness Winnipeg

200-1065 Portage Ave

Ph: 204-942-8677

info@endhomelessnesswinnipeg.ca

<https://endhomelessnesswinnipeg.ca/>

TTY Deaf Access Line

Ph: 204-779-8902

TTY Deaf Access Line

Ph: 204-957-7101

Winnipeg Outreach Network Resource Guide

[winnipeg-outreach-network-resource-guide.1052093204.pdf](#)

Winnipeg Services

Ph: 311

YouVille Resource List

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

Sexual Health

Curing Hepatitis C - CATIE

<https://www.catie.ca/essentials/hepatitis-c-basics>

HIV Basics - CATIE

<https://www.catie.ca/essentials/hiv-basics>

Pap Test - CancerCare

5-25 Sherbrook St

Ph: 204-788-8626

cervixcheck@cancercare.mb.ca

https://www.cancercare.mb.ca/screening/info?utm_source=getcheckedmanitoba.ca&utm_medium=vanityURL&utm_campaign=getcheckedmanitoba.ca&utm_id=getcheckedmanitoba

Safer Sex and Birth Control Methods - Women's Health Clinic

www.womenshealthclinic.org

Safer Sex Guide - CATIE

<https://www.catie.ca/prevention-safer-sex/general-safer-sex>

Sexuality Education Resource Centre MB (SERC)

167 Sherbrook St

Ph: 204-982-7800

info@serc.mb.ca

<https://serc.mb.ca/>

Syphilis - What You Need to Know - CATIE

<https://www.catie.ca/syphilis-0>

Street Outreach

Downtown Community Safety Partnership (DCSP)

Ph: 204-947-3277

Holding Communities, Building Stability (Main Street Project)

661 Main St

Ph: 204-982-8229

admin@mainstreetproject.ca

www.mainstreetproject.ca

Main Street Project

75 Martha St

Ph: 204-982-8229

admin@mainstreetproject.ca

<https://www.mainstreetproject.ca>

18+, drop-in from 9am-11:30am, 1:00pm-5:30pm,
7:00pm-7:30am, overnight shelter open from 7pm-
6:30am

Resource Assistance for Youth (RaY) Street Outreach

Ph: 204-391-2209

WE24

Ph: 204-333-9681

Teens (13-15)

Always' Puberty and Confidence Guide for Everyone

<https://www.always.com/en-us/about-us/empowering-girls-through-education-with-always>

Children, Youth and Anxiety - CMHA

<https://cmha.ca/brochure/children-youth-and-anxiety/>

Children, Youth and Depression - CMHA

<https://cmha.ca/brochure/children-youth-and-depression/>

My Tween and Me - BC Council for Families

Ph: 204-233-0262

<https://www.bccf.ca/program/program-4/>

Resources/Services for Children, Youth, Adults and Families (New Directions)

717 Portage Ave

Ph: 204-786-7051

info@newdirections.ca

<https://newdirections.mb.ca/>

Talking to Teens About Mental Health - CMHA

<https://cmha.ca/brochure/talking-to-teens-about-mental-health/>

Teen Clinic

<https://teenclinis.ca/about-us>

Transportation

All Access Taxi

Ph: 204-298-6663

managers@allaccesstaxiservice.com

<http://www.allaccesstaxiservice.com>

\$3.95

Cowboy Taxi Ltd

300-330 St. Mary's Ave

Ph: 204-800-2017

\$3.95

Dignity Transportation

1351 Notre Dame Ave

Ph: 204-783-3333

<https://www.dignitytransportation.com>

\$3.75

Duffy's Taxi

1034 Notre Dame Ave

Ph: 204-925-0101

manager@duffystaxi.com

\$3.95

GoCar Winnipeg

Ph: 204-999-1860

<https://gocarwinnipeg.com>

\$14-\$40 based on the zone area

iCab Winnipeg

834 Ellice Ave

Ph: 204-512-6666

support@icabapp.ca

<http://www.icabapp.ca>

Ikwe Safe Ride

ikwesaferride@hotmail.com

<https://ikwesaferride.wordpress.com/>

\$10 for shorter distances; safe rides for females and children

Ride Me Home Wpg

245 Rutland St

Ph: 204-978-3008

<https://www.yoweby.com/services.php>

\$3.95

Spence Neighbourhood Association

615 Ellice Ave

Ph: 204-783-5000

<https://spenceneighbourhood.org/>

Safe rides need to be aged 15-17 years old, Mon-Fri
11pm-2am

Spring Taxi

880 Logan Ave

Ph: 204-925-8888

\$3.95

Uber

<https://www.uber.com/ca/en/r/cities/taxi/winnipeg-mb-ca/>

Unicity Taxi

340 Hargrave Pl

Ph: 204-925-3131

info@unicitytaxi.mb.ca

<https://unicitytaxi.mb.ca>

\$3.95

Winnipeg Transit

Ph: 204-287-7433

https://winnipegtransit.com/navigo?dateTime=now&mode=depart_after

Cash - Adult - \$3.35, Youth - 16 and < - \$2.85, e-cash - PS
students - \$3.00, youth - \$2.20

WINNpass Application form

510 Main St

Ph: 311

<https://winpass.winnipeg.ca/>

Yellow Taxi Dispatch Ltd

1020 Selkirk Ave

Ph: 204-582-7777

\$3.95

Wellness

ABC's in Self-Care - Shared Health

Ph: 204-786-8880

<https://sharedhealthmb.ca/files/self-care-during-covid-19-pocket-card.pdf>

Helping Families - Manitoba Association of Home Economists

86 Fleetwood Rd

info@homefamily.net

<https://homefamily.net/>

Maia Wellness

100-70 Arthur St

Ph: 204-218-5254

<https://www.maiawellness.com.au/?srsltid=AfmBOoodD2WeMI1QjzaFkKR6PT->

[OC1kgKagm_J8QcvkSZugmth8_cyzX](https://www.maiawellness.com.au/?srsltid=AfmBOoodD2WeMI1QjzaFkKR6PT-OC1kgKagm_J8QcvkSZugmth8_cyzX)

Free, MB Health Card needed, Mon-Fri - 9am-5pm

Mindfulness

<https://cmha.ca/brochure/mindfulness/>

Monthly Action Calendars for Happier Living (Action for Happiness)

<https://actionforhappiness.org/all-calendars>

Well-Being Learning Centre - CMHA

930 Portage Ave

Ph: 204-982-6100

learningcentre@cmhawp.mb.ca

<https://www.cmhaacrossmb.ca/courses/>

Wellness News Choices for Healthy Living (Newsletter)

<https://www.wellnessnews.ca/>

What Is Your Path to Wellbeing? - WRHA

www.wellbeingguide.ca

Women

Evolve Women's Program - Klinik

167 Sherbrook St

Ph: 204-784-4059

klinik@klinik.mb.ca

<https://klinik.mb.ca/in-person-counselling/evolve/>

Fort Garry Women's Resource Centre (FGWRC)

1150-A Waverly St

Ph: 204-477-1123

info@fgwrc.ca

<https://fgwrc.ca/>

Manitoba Status

409-401 York Ave

Ph: 204-945-6281

<https://www.gov.mb.ca/wage/>

Helpful website for women to access.

Medical Services – Women's Health Clinic

419 Graham Ave

Ph: 204-947-1517

www.womenshealthclinic.org

The Elizabeth Fry Society

544 Selkirk Ave

Ph: 204-589-7335

<https://www.efsmanitoba.org>

Velma's House

154 Sherbrook St

Ph: 204-560-3007

idaniels@kanikanichihk.ca

www.kanikanichihk.ca

West Central Women's Resource Centre

640 Ellice Ave

Ph: 204-774-8975

info@wcwrc.ca

<https://wcwrc.ca>

Free, Mon/Wed/Fri - 9am-4:30pm, T/Th - 12:30pm-6pm,

Sat - 9am-12pm

Women's Health Clinic

419 Graham Ave 3rd Floor

Ph: 204-947-1517

whc@womenshealthclinic.org

<https://womenshealthclinic.org>

Free, MB Health Card needed, Mon-Thurs - 9am-8pm, Fri

9am-4pm, Sat - 10:30am-3pm