

# Downtown Family and Community Resources

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*This is a list of some of the resources and supports available in the Downtown and surrounding areas*  
For more information about services and/or assistance finding a specific resource visit: [mb.211.ca](http://mb.211.ca) or call your public health nurse

## Groups for families during pregnancy & babies to age 1

### **Healthy Start for Mom & Me 204-949-5350**

[www.hsmm.ca](http://www.hsmm.ca) \*\*check website for schedule updates\*\*

- Freight House Door #1-200 Isabel St.
- Knox United Church 400 Edmonton St (Newcomers to Canada)
- Wolseley 65 Walnut Street \*\*new location
- Magnus Eliason Rec. Centre 430 Langside St.

### **Healthy Baby**

[www.gov.mb.ca/healthychild/healthybaby/](http://www.gov.mb.ca/healthychild/healthybaby/)

\*\*call for schedules\*\*

### **West End Baby Circle 204-775-3869**

715 Telfer St. N (Valour Community Centre) & 640 Ellice (West Central Women's Resource Centre)

### **Building Healthy Families 204-560-1396**

Basement of 222 Furby St (Crossways Commons)

## Breast Feeding Support or Groups

### **Breastfeeding Hotline (24hrs) 204-788-8667**

24hr breastfeeding support and information

### **Breast feeding Buddies 204-940-6669**

755 Portage Ave (Wed 10-11:30am)

### **La Leche League 204-257-3509**

[www.lllc.ca](http://www.lllc.ca)

613 St. Mary's Rd at St. Mary's Rd United Church

(3<sup>rd</sup> Thursday of the month from 7-8:30pm)

274 Campbell at St. Aidans Church (2<sup>nd</sup>

Wednesday of the month from 7:30-9pm)

## Additional Pregnancy Supports

### **Pregnancy & Family Support Services 204-772-9091**

555 Spence St (May have formula & clothing)

### **Crisis Pregnancy Centre of Winnipeg 204-772-2828**

650 Broadway Ave (May have emergency clothing, formula, diapers, & furniture)

### **HSC Woman's Outpatient Depart. 204-787-1781**

735 Notre Dame Ave

### **Women's Health Clinic 204-947-1517**

## 3rd Floor – 419 Graham Ave Health Services

### **Health Links (24 hrs) 204-788-8200**

### **Family Doctor Finder 204-786-7111**

[gov.mb.ca/health/familydoctorfinder](http://gov.mb.ca/health/familydoctorfinder)

### **Downtown Public Health Nurses**

East 640 Main Street 204-940-8711

West 755 Portage Street 204-940-6669

### **Access Downtown 204-940-3638**

Call for availability for downtown residents

### **Visit [myrightcare.ca](http://myrightcare.ca) for a list of Walk-in Clinics and Walk-In Connected Care Clinics**

### Doctors that Make House Calls

### **Doctor House Calls (7 days/week) 204-582-2362**

### **Health Calls (Mon-Sat, 8am-6pm) 204-988-1900**

### **Envoy (Mon-Fri, 8am-6pm) 204-786-4444**

### Drop-in STI Testing

### **Klinic Community Health Centre 204-784-4090**

870 Portage Ave [www.klinic.mb.ca](http://www.klinic.mb.ca)

Drop in testing Tuesday-Thursday from 4-8pm

And Saturday 10am-4pm

\*Teen Clinic for ages 12-22 Monday 4-8pm

### **Nine Circles Health Centre 204-940-6000**

705 Broadway [www.ninecircles.ca](http://www.ninecircles.ca)

Call for an appointment or drop in testing available Wednesdays 12:30-7pm

## Family and Community Support and Activities

### **Better Fathering Group 204-782-7987** 794 Ellice Ave

Email [better\\_fathering@mtc.net](mailto:better_fathering@mtc.net) for program info

### **Crossways in Common/West Broadway Community**

### **Ministry 204-774-2773** 102- 222 Furby St

Drop in, free phone, laundry, showers, food cupboard, cooking, craft and computer

### **Communities 4 Families (Downtown Parent Child**

### **Coalition) 204-475-5755** 823 Ellice Ave

[www.communities4families.ca](http://www.communities4families.ca)

Check website for current Wiggle, Giggle & Munch schedule (parent & child program ages 1-4 years)

### **Central Neighbourhoods Association**

231 Isabel

Seniors social club, health and wellness drop-in groups, safety workshops, summer global food market, available for booking for use for community meetings and programs

### **Freight House 204- 986-5385** 200 Isabel St

Recreational, cultural and educational programs, fitness and weight room, Winnipeg Boys and Girls club drop in, prenatal and parenting groups.

### **Family Dynamics 204-947-1401** 401-393 Portage Ave

Counseling, behavior support, family child care training program, parent coach, in-home family support

*Updated July 2019*

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## **Family Community Centre 204-772-5928**

100-475 Sargent Ave  
Drop in, free phone, parenting groups, literacy groups  
other activities, and childcare available.

## **Magnus Eliason Rec Centre 783-5000**

430 Langside St  
Healthy Start for Mom and Me, after school and  
weekend drop in program for kids 6-12, youth drop in,  
Wiggle Giggle and Munch

## **New Directions for Youth & Families 204-786-7051**

500 - 717 Portage Ave  
A program of counseling, support and education to help  
children, youth & families develop vocational plans and  
life skills; programs for teen parents including summer  
programming.

## **St Matthews Church 204-774-1846**

641 St Matthew's  
Layettes, employment program & drop-in

## **West Central Women's Resource Centre 204-774-8975**

583 Ellice Ave wcvrc@mts.net  
Drop-in, community cupboard, free clothes, free phone,  
craft program, childcare, free computer, advocacy,  
sharing circle, access to sewing machines, EAL  
conversation circles.

## **Wolseley Family Place 204-788-8052**

\*\*moving to 222 Furby\*\*\*  
[www.wolseleyfamilyplace.com](http://www.wolseleyfamilyplace.com)  
Drop-in, clothing depot; emergency food; childcare;  
prenatal and parenting groups/Healthy Start for Mom  
and Me; cooking class

## **Villa Rosa 204-786-5741**

784 Wolseley Ave  
Provides pre-natal and post-natal services and supports  
to women who are pregnant or have recently given  
birth, in a residential environment.

## **Art City 204-775-9856**

616 Broadway  
Free, drop in, registration free programs for all ages and  
abilities check [www.artcityinc.com](http://www.artcityinc.com) for current schedules

## Spray Pads & Wading Pools

**Aberdeen Recreation Center** 415 Stella Ave (Wading  
Pool)

**Boyd Park** 1100 College Ave (Wading Pool)

**Burton Cummings CC** 960 Arlington St (Wading Pool)

**Central Park** Cumberland @ Qu'Appelle (Wading  
pool/Spray Pad)

**Dufferin Park** 605 Alexander Ave (Wading Pool)

**Freight House** 200 Isabel St (Spray Pad)

**Furby St** between Ellice & Sargent (Spray Pad)

**Home Playground** 772 Sargent Ave (Wading Pool)

**Jacob Penner** 780 Mcgee St (Wading Pool)

**John M King School** 525 Agnes St (Wading Pool)

**Lizzie Park** 242 Lizzie St (Wading Pool)

**MERC** 430 Langside St (Wading pool)

**Orioles Community Club** 444Burnell (Wading pool)

**Vimy Ridge Park** 821 Preston Ave (Wading pool/Spray  
Pad)

**Turtle Island Neighbourhood Center** 510 King St  
(Wading Pool)

## Recreation

### **Winnipeg Fee Subsidy Program for Recreation**

[winnipeg.ca/cms/recreation/leisure/feesubsidy.stm](http://winnipeg.ca/cms/recreation/leisure/feesubsidy.stm)

### **West Central Community Program 204-772-9315**

103-365 McGee St west\_cent@mts.net  
For 6-12 yrs @ John M. King, Wellington & Greenway  
schools.

## **YM/YWCA 204-947-3044**

301 Vaughan St [www.ywinnipeg.ca](http://www.ywinnipeg.ca)

## Financial

### **Employment and Income Assistance 204-948-4000**

(Mon-Fri 8:30am-4:30pm)

### **SEED Winnipeg 204-927-9935**

80 Salter Ave info@seedwinnipeg.ca  
Individual counseling, small business start-up, business  
management training, access to micro-enterprise loans,  
assistance with tax and more

## ID

### **Citizens Bridge 204-927-2332**

607 Selkirk Ave  
Assist with replacing/getting ID, opening bank accounts,  
drivers education course, financial workshops

## Food

### **Agape Table 204-783-6369**

364 Furby St.  
\$1 breakfast (Mon-Fri 8 - 10:30 am)  
Low cost grocery (Tue/Wed 12-2pm; Thurs 12-4)  
Food Bank (Tue & Thurs, call 204-982-3663 to register)

### **Good Food Club 204-228-8511**

640 Broadway  
Potlucks, workshops, outings, cooking classes, purchase  
fruits and veggies at low cost; check their facebook page  
for schedule updates; annual membership start at \$5.

### **Hands of Hope 204-261-8607**

429 Dufferin Ave

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Call to request furniture Monday-Friday 10am-12pm

## **Home Street Mennonite Church 204-783-1721**

318 Home St

Sunday morning coffee & conversation; Winnipeg Harvest pick up location; emergency food pantry call for availability

## **St. Matthew's-Maryland Community Ministry**

204-774-1846 641 St. Matthews Ave

Drop in Monday, Tuesday, Thursday, Friday 1:30-4; Winnipeg Harvest pick up; emergency food cupboard; Sacred Circle and soup; Nutrition Bingo; Seniors programs and art programs check calendar for updates

## **The Lutheran Urban Ministry 204-774-3143**

641 St. Matthew's Ave

Meal program, Sharing circles and groups.

## **Waves of Glory 204-772-1785**

364 Furby St

Winnipeg Harvest pick up; Sunday coffee and conversation; conversation groups; call for info.

## **Winnipeg Harvest 204-982-3660**

1085 Winnipeg (Emergency food bank available here

Monday-Friday 9:45-2:45, Saturday 10:15-2:15)

Call or email appointments@winnipegharvest.org to register at the closest food bank to you. Also have a Breakfast 2 Go weekend program for kids and gardening programs, call for more info.

## Free Voicemail

### **Connect 2: New Life Ministries 204-775-4929**

514 Maryland St.

## Women's Emergency Shelter

### **Manitoba Association of Women's Shelters**

**maws.mb.ca** Crisis line: 1-877-977-0007

### **Willow Place** crisis phone # 1-877-977-0007

Admin # 204-615-0313

### **Ikwe-Widdjitiwin** crisis phone # 1-877-977-0007

Admin # 204-987-2780

## Immigrant & Refugee Services or Supports

**Welcome Place 204-977-1000 [www.miiic.ca](http://www.miiic.ca)**

**Manitoba Interfaith Immigration Council Inc**

521 Bannatyne Ave

Services & support for refugee newcomers including settlement, reception, sponsorship, & youth mentorship.

### **NorWest Co-op Community Health 204-938-5900**

785 Keewatin St [www.norwestcoop.ca](http://www.norwestcoop.ca)

Provides resources including immigrant women's counseling and newcomer programs

### **Canadian Muslim Women's Institute 204-943-8539**

201-61 Juno St

Halal community pantry, English conversation group, employment referral services, parent's with preschoolers program, peer support, home visits, sharing circles, sewing training program and more

### **Mosaic Newcomer Resource Centre 204-774-7311**

397 Carlton St

English classes, family programs, children programs, summer camp, cultural support and childcare

### **West Central Womens Resource Centre 204-744-8975**

640 Ellice

English conversation circle, many other workshops, immigrant settlement services including programs and crisis counseling

### **Family Dynamics – Family support for Refugees**

**204-947-1401** 401-393 Portage Ave

Supports to meet family needs: advocacy, system navigation, counseling, referrals, skill building and neighborhood immigrant settlement workers

## For Indigenous Families

### **Snowbird Lodge Cultural Centre Programs/All Nations**

**Family Resource Centre 204-944-4100**

627 Erin St [anfrc@gov.mb.ca](mailto:anfrc@gov.mb.ca)

Family programs, parent programs, run by CFS All Nations Coordinated Response Network

### **First Nations Family Advocate Office 204-957-8450**

2<sup>nd</sup> floor – 286 Smith St

Works with parents, grandparents, care providers to support and advocate during their involvement with CFS; workshops, activities, sharing circles, support circles.

### **Kinew Housing Corp. 204-956-5093**

394 McGregor Street

Housing for Indigenous families.

### **Mother of Red Nation's Women's Council 204-942-6676**

300-141 Bannatyne Ave

Advocacy and support for Indigenous women, including training and learning opportunities, healing programs, workshops and other programs.

### **Ma Mawi Wi Chi Itata Centre 204-925-0348**

443 Spence St. (other locations on King, Anderson and

McGregor) Provides counseling & support for Indigenous and Inuit families including various workshop & programs.

*Updated July 2019*

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**West Central Womens Resource Centre 204-744-8975**  
640 Ellice

Drum and dance group, traditional activities including medicine picking, beading, sharing circles, sweatlodges; Red Road to Healing workshop

**Neeginan Centre (Aboriginal Health & Wellness Centre of Winnipeg) ahwc.ca**

Many different programs in the center including support programs, insight mentoring, primary care medical services, housing and family programs

**Northern Connections Medical Centre 204-940-8777**  
425 Elgin Ave

Medical clinic focusing on Indigenous clients from Winnipeg and from Northern communities

## Substance Use Support

**Addictions Foundation of Manitoba 204-944-6200**  
1031 Portage Ave

Support for dealing with issues related to the use of alcohol, drugs and gambling

**Manitoba Addictions Helpline 1-855-662-6605**

Free and confidential helpline that links one to programs suited to their situation

**www.mbadictionhelp.ca**

## CrisisHelp (in addition to 9111)

**Klinic 24 Hour Crisis 204-786-8686 /1-888-322-3019**

**Manitoba Suicide Line (24 hr) 1-877-435-7170**

**WRHA Mobile Crisis Response (24hr) 204-940-1781**

Phone support and in person support you/others with a mental health crisis where you are

**Crisis Response Centre (24hr) 817 Bannatyne Ave**

**Crisis Stabilization Unit (WRHA) 204-940-3633**

755 Portage Ave

**Domestic Violence Crisis Line (24hr) 1-877-977-0007**  
**(Protection Order Information)**

**Manitoba Justice Victim Services 1-866-484-2846**

**Child and Family Services All Nations Coordinated Response Network (24hr) 204-944-4200**

**Child and Family Services**  
**1-866-345-9241**

*Please visit the Canadian Mental Health Association to see a more complete listing of services in their **Mental Health Resources Guide for Winnipeg***

## Mental Health Resources

**Canadian Mental Health Association Manitoba and Winnipeg 982-6100**

930 Portage Ave

[mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/](http://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/)

Housing, employment and recovery supports

**Mood Disorders of Manitoba e-Health Services**

**www.mooodisordersmanitoba.ca**

**204-786-0987 or 1-800-263-1460**

Many programs, from phone support to drop in support groups, also recurring programs, family and youth programs, and post-partum specific programs/groups

**Salvation Army – The Haven 72 Martha St.**

204-946-9404

Residential living for men ages supporting mental health

**Mental Health Education For Families**

8 week course that helps family members cope with a mental illness

**S.P.E.A.K. Suicide Prevention Education Awareness Knowledge 784-4064**

Monthly peer support group for adults bereaved by suicide

**Artbeat Studio 4-62 Albert Street**

[artbeatstudio.ca](http://artbeatstudio.ca) 943-5194

Working art studio with mentorship for individual living with mental illness

**S.S.C.O.P.E. INC. [sscope.org](http://sscope.org) 204-987-6300**

1466 Arlington St

Casual and flexible employment support for people experiencing mental illness

## Counselling

If you are not in crisis and looking for professional counseling services, the following offer low-cost or free counseling:

**Aurora Counselling Centre:** 204-786-9251 (sliding scale)

**Aulneau Renewal Centre:** 204-987-7090

**Centre Renaissance Centre** 204-256-6750 (bilingual, sliding scale)

**Family Dynamics:** 204-947-1401 (formerly called Family Centre)

**Fort Garry Women's Resource Centre:** 204-477-1123

**Jewish Child and Family Counselling Services:** 204-477-7430 (open to all faiths and cultural groups)

**Klinic Community Health Centre:** 204-784-4059

*Updated July 2019*

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**Ma Mawi wi Chi Itata Centre (Aboriginal):** 204-925-0300

**Mount Carmel Clinic:** 204-589-9475

**North End Women's Centre:** 204-589-7374

**Pluri-elles:** 204-233-1735 (French)

**Women's Health Clinic:** 204-947-2422 ext 204

***First Nations & Inuit Hope for Wellness Help Line*** (toll-free, 24 hours/day) Call 1-855-242-3310 for immediate, culturally competent, crisis intervention telephone support for First Nations and Inuit people of all ages. Counselling is available in English & French; also in Cree, Ojibway & Inuktitut on request.