



ACCESS Transcona
 845 Regent Avenue W.
 Winnipeg MB R2C 3A9

Main Switchboard 204-938-5555
After Hours Services 204-788-8331

EMERGENCY SERVICES 911
Poison Helpline 1-855-776-4766

BREASTFEEDING SUPPORTS

Breastfeeding Hotline 204-788-8667
 La Leche League 204-257-3509

CRISIS LINES

Crisis Pregnancy Centre
 ▪ 650 Broadway Ave W. 1-800-665-0570/204-772-1923
 Food Crisis Line (Harvest) 204-982-3660
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 ▪ Crisis Line & Shelter 1-800-362-3344/204-987-2780
 Kids Help Phone 1-800-668-6868
 Clinic Crisis Lines 1-888-322-3019/204-786-8686
 ▪ Sexual Assault 204-786-8631
 ▪ Suicide 1-877-435-7170
 Mobile Crisis Services:
 ▪ Adult (no charge) WRHA 204-940-1781
 ▪ Youth MYS 1-888-315-9257/204-949-4777
 Willow House 204-942-3052
 Red Cross Personal Disaster Assistance 1-888-800-6493
 Health Links/Info Santé (24 hours) 1-888-315-9257
 ▪ Information on any health issue, staffed by nurses.

NON-EMERGENCY SERVICES

Ambulance 204-986-6336
 Children's Hospital Switchboard 204-787-2595
 Health Links 1-888-315-9257/204-788-8200
 Police Services 204-986-6222
 East Service District Centre
 ▪ 1750 Dugald Road 204-986-6262
 Resource Assistance for Youth (RAY) 204-783-5617
 Smoker's Help Line 1-877-513-5333
 Website: www.smokershelpline.ca

Public Health Resource List

December 2018

EDUCATION/EMPLOYMENT SERVICES

Community Unemployment Help Centre 204-942-6556
 Horizons Job Action Centre 204-988-6820
 New Directions 204-786-7051
 MB Adult Learning & Literacy 204-945-8247
 RETSD Literacy Links 204-667-7130 ext.2301
 Taking Charge (276 Colony Street) 204-925-1100
 Transcona Adult Learning Centre 204-958-9297
 Transcona Springfield Emp. Network 204-777-0302
 ▪ Network Employment for People w/Disabilities
 Urban Circle Training Centre 204-589-4433
 Family Services Intake for Housing 204-945-1335
 ▪ After Hours 204-945-0183

FINANCIAL SERVICES

Child Tax Benefit 1-800-387-1193
 Community Financial Counseling 204-989-1900
 Manitoba Child Benefit 1-800-563-8793
 Employment Insurance 1-800-206-7218
 Employment Income Assistance 204-948-4000
 Income Tax Preparation (free) (May – Nov) 204-989-1900
 Saving Circle Program-SEED 204-927-9935
 Rent Assistance 204-945-2197
 Sunshine Fund (camp subsidies) 204-784-1130

COUNSELLING SERVICES

Addictions Foundation of MB 204-944-6200
 Evolve - Clinic 204-784-4090
 Family Conciliation 204-945-7236
 Aurora Family Services Therapy Centre 204-786-9251
 Psychology Services Centre 204-474-9222
 ▪ U of M, Free psychological evaluations
 Women's Health Clinic 204-947-1517
 ▪ Free / Low cost birth control / Unplanned pregnancy counseling
 Winnipeg South Family Centre 204-284-9311

FAMILY RESOURCES

New Direction 204-786-7051
 ▪ 500-717 Portage Ave
 A Woman's Place 204-940-6624
 ▪ Domestic Violence Support & Legal Services
 Adventist Community Services 204-663-2278
 ▪ Free Clothing / Food Bank

Centre Flavie-Laurent Inc.
 ▪ Free Furniture 204-231-9513
 Child & Family All Nations: Open 24 Hours
 ▪ Intake 204-944-4200
 Child Care Information Services 204-945-0776
 ▪ Subsidy Information/Intake Line 204-945-0286
 Christmas Cheer Board 204-669-5369
 Plessis Family Resource Centre 204-777-1215
 ▪ 1190 Plessis Road
 Volunteer Manitoba 1-888-922-4545/204-477-5180
 Contact-Community Information 204-287-8827
 Canadian Centre for Child Protection 204-945-5735
 Elmwood YMCA-YWCA 204-668-8140
 ▪ 454 Kimberly Avenue
 Family Dynamics 204-947-1401
 ▪ HSW Parenting Advice
 Food Banks / Harvest Registration 204-982-3660
 ▪ 209 Yale Avenue W 204-222-1331
 Hands of Hope 204-261-8607
 ▪ Furniture / Household Items / Donate Items
 KidSport / Sport Manitoba 1-866-774-2220/204-925-5692
 Kinsmen Centennial Pool 311/
 ▪ 1101 Wabasha Street 1-877-311-4974
 Legal Aid Manitoba 204-985-8500
 ▪ Court Office Protection Orders 204-945-3454
 ▪ Maintenance Enforcement Program 204-945-7133
 ▪ Domestic Violence Victim Line 911 / 1-877-977-0007
 Leisure Guide 311
 Manitoba Housing Authority 204-945-4663
 Transcona Biz (<http://transconabiz.ca>) 204-222-8566
 Transcona Library 204-986-3950
 Green Manitoba
 ▪ Toxic Household Chemical (collection) 204-945-3268
 United Way & Koats for Kids 204-477-5360
 ▪ Kids help phone (24 hours) 1-800-668-6868
 (Canada) Information and support
 ▪ Clinic Crisis Line (24 hours) 1-888-322-3019/
 (Manitoba) Counseling and support for anyone in crisis 204-786-8631
 Manitoba Suicide Line (24 hours) 1-877-435-7170
 ▪ (Manitoba) Counselling and support for anyone thinking about suicide, or
 affected by suicide.
 Clinic Sexual Assault Crisis Line
 (24 hours) 204-786-8631 / 1-888-292-7565
 ▪ Support and information about sexual assault

Public Health Resource List

December 2018

Health and Social Services Near You



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PUBLIC HEALTH

- Child Health Clinic
- Communicable Disease
- Families First Program
- Immunization
- Infant Nutrition Classes
- Postpartum
- Breastfeeding Support
- Reproductive Health / Family Life Education

ADDITIONAL PROGRAMS / SERVICES

- Child & Family Services
- Community Development
- Community Home Care
- Community IV Clinic
- Community Mental Health
- Community Nutrition
- Dietitian
- Employment & Income Assistance
- Family Services & Consumer Affairs
- Manitoba Home Ostomy
- Primary Care Clinic
- Public Health Inspectors
- Healthy Aging Resource Team (HART)
- Speech & Language Pathology
- Supported Living

HEALTH RESOURCES

Health Links.....	204-788-8200
Dial-a-Dietitian.....	204-788-8248
Adolescent Health Service (Children's Hospital).....	204-787-2401
Undergrad Dental Clinic (low cost).....	204-789-3505
Machray School Dental Clinic.....	204-940-2090
Family Doctor Connection Line	204-786-7111
Envoy (house calls)	204-786-4444
Health Calls (house calls)	204-988-1900
Women's Health Clinic 419 Graham Ave.....	204-947-1517
Walk-In Connected Care Clinic	
▪ 363 McGregor St.....	204-940-1963
▪ 104-930 Jefferson Ave.....	204-940-8508
Panacea Medical Clinic 620 Dakota St.....	204-940-2211
Portage West Medical...3250 Portage Ave.....	204-940-8453
State's Quick Care 170-115 Vermillion Road.....	204-940-8319
Mental Health Crisis Response Center (CRC)	204-940-1781
▪ 817 Bannatyne Ave.	www.mb.211.ca

PARENTING GROUPS

Plessis Family Resource Centre	204-777-1215
Keenleyside Tenants Community Centre.....	204-667-4086
Dad's Groups	
▪ Better Fathers Inc.	204-782-7987
▪ Website.....	www.betterfathersinc.com
▪ Email:.....	better_fathering@mts.net
Family Dynamics (counselling).....	204-947-1401
Families Connecting 209 Yale Ave. W	204-947-2422, ext. 513
▪ Tuesday afternoons	
Thrive Community Support Circle.....	204-772-9091
RETSD Parent/Child Programs.....	204-667-7130 ext.2301
East Elmwood Community Centre	
▪ 490 Keenleyside.....	204-667-2777
Transcona East End Community Centre	
▪ 517 Pandora Ave E.....	204-222-8012
South Transcona Community Centre	
▪ 124 Borden Ave	204-986-7976
Stay & Play (RETSD Networker)	204-958-6412
▪ (Tuesday evening & Thursday morning).....	204-986-3955
Children's services	
Family Community Centre of Pregnancy & Family Support Services	
▪ (3-hour Respite)	
▪ 100-475 Sargent Ave.....	204-775-9934

TEEN / ADOLESCENT PARENT

Adolescent Parent Centre/School	
▪ 136 Cecil Street.....	204-775-5440
Child & Adolescent Mental Health	
▪ 165 St. Mary's Rd.....	204-958-9660
Elmwood Teen Clinic 505 Chalmers Ave.....	204-667-8823
▪ Tuesdays, 4-7:30pm (Fall & Winter)	
▪ Tuesdays 1-4:30pm (July & August)	
Klinik Teen Clinic 870 Portage Ave	
▪ Walk-in, Mon 4-8.....	204-784-4090
▪ STI (Tue, Wed, Thu: 4-8 / Sat 10-4)	
Murdoch MacKay High School	204-958-6460
Wee Bairsn Day Care	204-958-6489
Mount Carmel	204-582-2311
▪ Clinic Teen Clinic 886 Main St	
▪ Thursdays 4-8pm Drop-in only	
Ndinawe - Youth Safe House	204-417-7233
CFS – All Nations	204-944-4200
Rainbow Resource Centre.....	204-474-0212 ext. 201
▪ Website: www.rainbowresearchcentre.org	
Children and Youth Opportunities	
▪ Lighthouses Program.....	204-945-0973
Villa Rosa	204-786-5741
Women's Health - Teen Clinic	204-947-1517
▪ Thursdays 3-8pm	
Young Parents Connecting	204-223-9450
▪ 845 Concordia Avenue	
Youth for Christ (Teen Mom's Group "New Hope")	
▪ 333 King Street.....	204-669-4205
Youth Resource Centre	
▪ 159 Mayfair Ave.....	1-888-477-1804 / 204-477-1804
Youth Employment Services	204-987-8661
▪ 614-294 Portage Ave	