

# Useful Contacts in Winnipeg

Subject to change (see section headings for when last updated)

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

- pregnancy and parent-baby groups at 9 sites in Winnipeg, including interpreted sessions for newcomers to Canada.
- home visits can be requested by participants.

## **Healthy Baby: Manitoba Prenatal Benefit. . . . . 204-945-1301**

- receive benefits if you are of low or moderate income during pregnancy.

## **To find a FAMILY DOCTOR call Doctor Connection. . . . . 204-786-7111 1-866-690-8260**

## **Public Health Nurses updated Sept. 2022**

Public Health Nurses can make home visits to meet your family's health needs

<b>ACCESS Downtown East</b> 640 Main Street . . . . .	204-940-8711
<b>Downtown West</b> 755 Portage . . . . .	204-940-6669
<b>ACCESS Fort Garry/River Heights</b> 135 Plaza Drive . . . . .	204-940-2313
<b>ACCESS NorWest</b> 785 Keewatin Street . . . . .	204-938-5900 and 204-940-7100
<b>ACCESS River East</b> 975 Henderson Highway . . . . .	204-938-5000
<b>ACCESS St Boniface/St. Vital</b> 170 Goulet Street . . . . .	204-940-1692 and 204-940-1155
<b>ACCESS Transcona</b> 845 Regent Avenue West . . . . .	204-938-5555
<b>ACCESS Winnipeg West/St. James/Assiniboine South</b> 280 Booth Drive . . . . .	204-940-2040
<b>Point Douglas Community Health Centre</b> 601 Aikins Street . . . . .	204-940-2542 and 204-940-2025
<b>Seven Oaks</b> - 1050 Leila Avenue . . . . .	204-938-5600

## **Breastfeeding Hotlines updated Sept. 2022**

<b>Breastfeeding Hotline</b> [24 Hours] . . . . .	204-788-8667 toll free 1-888-315-9257
<b>Women's Hospital Breastfeeding Hotline</b> . . . . .	204-787-1166

## **Help Lines updated Sept. 2022**

<b>Health Links</b> [24 hours health information & answers to questions] . . . . .	204-788-8200 or 1-888-315-9257
<b>Kids Help Line</b> [24 Hours] . . . . .	1-800-668-6868 text 686868 "CONNECT"
<b>KLINIC Crisis Line</b> [24 Hours] . . . . .	204-786-8686 toll free 1-888-322-3019
<b>Sexual Assault Crisis Line</b> [24 Hours] . . . . .	204-786-8631
<b>Sexual Assault Crisis Line</b> [24 Hours] Toll free in Manitoba . . . . .	1-888-292-7565
<b>Manitoba Suicide Prevention and support</b> [24 Hours] . . . . .	1-877-435-7170
<b>Thrive Counselling</b> 7 days a week (answering machine services) . . . . .	204-774-4184
<b>Women's Shelters</b> (Willow Place and Ikwe only) . . . . .	1-877-977-0007
<b>WRHA Mobile Crisis Service</b> [24 Hours/7 days a week] . . . . .	204-940-1781
<b>WRHA Crisis Response Centre</b> [24 Hours] . . . . .	817 Bannatyne Avenue
<b>Crisis Pregnancy Centre</b> 650 Broadway Ave. . . . .	1-800-665-0570

# Health and Related Resources updated Sept. 2022

<b>Aboriginal Health &amp; Wellness Centre</b> 215 - 181 Higgins Avenue .....	204-925-3700
• medicine wheel teaching, variety of support programs	
<b>Access NorWest</b> 785 Keewatin Street .....	204-938-5900
• reproductive health and birth control counselling and parenting programs	
<b>Adoption Options Manitoba</b> 1313 Portage Avenue .....	204-774-0511
<b>Andrews Street Family Centre</b> 220 Andrews Street .....	204-589-1721
• food buying club, drop-in, support group for mothers	
<b>Aura Family Therapy Centre</b> , Therapy Offices, 5 <sup>th</sup> Floor - 491 Portage Avenue .....	204-786-9251
• provides individual, family and marriage counselling	
<b>Community Financial Counselling Services</b> 516 - 294 Portage Avenue .....	204-989-1900
• offers individual and group counselling in the areas of consumer credit, debt and money management, E.I.A. Education program	
<b>Family Dynamics</b> 401 - 393 Portage Avenue .....	204-947-1401
• individual, couple, and family counselling	
<b>FASD Family Support, Education &amp; Counselling Program</b> Unit 10 - 254 Stella Walk .....	204-582-8658
• intervention to children 0-6 who are diagnosed with FAS/FAE, & counselling to pregnant women with addictions	
<b>Fort Garry Women's Resource Centre</b> 104 - 3100 Pembina Highway [Outreach location] .....	204-477-1123
• peer counselling, information, referrals, and workshops	
<b>Hope Centre Health Care</b> 240 Powers Street .....	204-589-8354
• prenatal and postnatal classes, parenting groups, family planning, STD treatment and crisis counselling	
<b>KLINIC</b> 167 Sherbrook .....	Main switchboard 204-784-4090 or Crisis Line 204-786-8686
• counselling services, family planning, birth control information, and prenatal and postnatal counselling	
<b>KLINIC</b> 167 Sherbrook.....	Counseling Intake 204-784-4059
• offers sexual assault, family violence, incest, sexual abuse and sexual harassment counselling	
<b>Manitoba Association for Childbirth and Family Education (MACFE)</b> ...	204-330-2598 and 204-232-7602
• trained labour companions provide support to women during pregnancy and birth	
<b>Manitoba Harm Reduction Network</b> 545 Broadway Avenue .....	204-783-6184
<b>Midwives – College of Midwives of Manitoba</b> 230 - 500 Portage Avenue .....	204-783-4520
• care for women throughout pregnancy, delivering of infant and postpartum care of mother and infant	
<b>Mount Carmel Clinic</b> 886 Main Street .....	204-582-2311
• prenatal & postnatal care, testing, & STD treatment, nutrition, birth control, medical, and dental	
<b>New Directions for Children, Youth, Adult and Families, Inc.</b> 500 - 717 Portage Avenue .....	204-786-7051
• provides counselling, educational and vocational programs	
<b>North End Women's Resource Centre</b> 394 Selkirk Avenue .....	204-589-7347
• parenting programs, peer support groups, and individual counselling	
<b>Sexuality Education Resource Centre</b> 167 Sherbrook Street .....	204-982-7800
• services to immigrant/refugees in the areas of prenatal and postnatal care, AIDS/STD information	
<b>South Winnipeg Family Information Centre</b> Lower level - 800 Point Road .....	204-284-9311
• parenting programs and offers support and information regarding adoption	
<b>Thrive Community Resource Centre</b> 555 Spence Street .....	204-775-9934
• childcare, support groups, parenting courses, and prenatal classes	
<b>Villa Rosa</b> 784 Wolseley Avenue. ....	204-786-5741
• residence, prenatal & postnatal counselling, medical care for pregnant & postnatal single women & teens	
<b>Wolseley Family Place</b> 202-222 Furby St. ....	204-560-3141 and 204-947-1517
<b>Women's Health Clinic</b> 419 Graham Avenue .....	204-947-1517
• abortion, birth control counselling, pregnancy and eating disorders	
<b>Youville Community Health Resource Centre</b> 6 - 845 Dakota Street .....	204-255-4840
• programs on childbirth, family planning, individual counselling & parent support group	
<b>Youville Diabetes Centre</b> 33 Marion Street .....	204-233-0262

# Social Services updated Sept. 2022

<b>City of Winnipeg</b> .....	311
<b>Employment &amp; Income Assistance</b> General information [Monday - Friday 8:30 - 4:30p.m Applying for EIA 204-948-400 Questions about your file 204-948-2888	
<b>Employment &amp; Income Assistance</b> [Emergency after hours line only] .....	204-945-0183
<b>Government of Canada</b> information .....	1-800-622-6232
<b>Manitoba Government</b> information .....	204-945-3744 or 1-866-626-4862
<b>Manitoba 211</b> Government, health and social services.....	211

## Abuse & Violence

<b>Klinic Evolve Family Violence Counselling</b> – 870 Portage Avenue .....	204-784-4059
<b>North End Women’s Resource Centre</b> 394 Selkirk Avenue .....	204-589-7347
<b>Wahbung Abinoonjiiag</b> 225 Dufferin Avenue .....	204-925-4610
<b>Manitoba Association of Women’s Shelters</b> .....	1-877-977-0007

## Alcohol and Drug Abuse

<b>Aboriginal Health &amp; Wellness Centre</b> 215 – 181 Higgins Avenue .....	204-925-3700
<b>ACCESS NorWest InSight Mentor Program</b> 785 Keewatin Street .....	204-938-5998
<b>Addictions Foundation of Manitoba</b> (A.F.M.) 1031 Portage Avenue .....	204-944-6200
<b>Behavioral Health Foundation</b> 35 DeLaDigue Avenue St. Norbert .....	204-269-3430
<b>FASD Family Support Education &amp; Counselling of New Directions</b> 10 – 254 Stella Walk ..	204-582-8658
<b>Native Addictions of Manitoba</b> 160 Salter Street .....	204-586-8395

## Car Seat Safety

<b>MPI - Road Safety Programming Community Relations</b> .....	204-985-8737 Toll free 1-888-767-7640
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- provides routine inspection of car seat to ensure it was installed properly.

## Child Care

<b>Child Care Subsidy Program</b> 210 - 114 Garry Street [General inquiries] 204-945-8195 or 1-877-587-6224	
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- Call for subsidy inquiries for your area

## Employment / Education / Training

<b>Adolescent Parent Centre</b> 136 Cecil Street .....	204-775-5440
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- provides a specific high school program to pregnant or parenting adolescents

<b>Enhanced English Skills for Employment</b> 500 Shaftsbury Blvd .....	204-927-4375
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- serves immigrants who have education, experience in professions and skilled occupations. Helps clients reduce language and cultural barriers in the work place

<b>Taking Charge</b> 276 Colony Street .....	204-925-1100
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- delivers services that assist single parents on social assistance to find a job

<b>Winnipeg Adult Education Centre</b> 310 Vaughan Street .....	204-947-1674
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- provides academic upgrading at the high school level on a full or part-time basis for adults who have been out of school for one year or more

<b>Winnipeg Transition Centre</b> 200 - 686 Portage Avenue .....	204-338-3899
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- provides support and information on job search techniques to unemployed individuals actively seeking employment

## **Food**

<b>Lighthouse Mission</b> 669 Main Street .....	204-943-9669
<b>Union Gospel Mission</b> 320 Princess Street .....	204-943-9904
<b>Harvest Manitoba</b> 1085 Winnipeg Avenue .....	204-982-3660

## **Housing**

<https://gov.mb.ca/housing/progs/pdf/rent-supp-locations.pdf> complete list of locations and numbers

### **\*PROVIDES SUBSIDIZED HOUSING TO ONLY ABORIGINAL FAMILIES**

<b>*Dakota Ojibway First Nations Housing</b> 100 - 11 Arden Avenue .....	204.988.5375
<b>*Kinew Housing Inc.</b> 394 McGregor Street .....	204.956.5093
<b>S.A.M. Management 200 - 1080 Portage Ave 204.942.0991</b>	
<b>*Payuk Intertribal Co.op</b> 100 – 500 Balmoral St, c/o S.A.M. Management. ....	204.942.0991
<b>Greenheart Housing Co.op Ltd.</b> 279 Sherbrook St, c/o S.A.M. Management. ....	204.942.0991

**New Journey Housing** 200 – 305 Broadway Avenue .....

- resource centre for Newcomer housing

**Winnipeg Housing Rehabilitation Corporation** 104 - 60 Frances Street .....

## **Legal Help**

<b>Agassiz Community Law Office</b> 520 - 136 Market Avenue .....	204-985-5230
<b>Legal Aid Manitoba</b> 100 - 287 Broadway Avenue .....	204-985-8500

## **Parent / Child Resource Centres:**

<b>Child &amp; Family Services</b> .....	204-944-4200
<b>Child &amp; Family Services</b> [After hours] <b>EMERGENCY CALLS ONLY</b> .....	1-866-345-9241
<b>Elmwood Community Resource Centre</b> 545 Watt Street .....	204-982-1720
<b>MaMaWiWiChiltata Centre</b> 445 King Street Call to inquire locations and programs.....	204-925-0300
<b>St. George's School Parenting Centre</b> [For teens & adults] 151 St. George Road .....	204-253-2646

## **Rent a Breast Pump**

<b>Meyer's Drugs Ltd.</b> 483 William Avenue .....	204-943-1466
<b>Tache Pharmacy &amp; Medical Supplies</b> 400 Tache Avenue .....	204-233-3469



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