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# Inkster Community Area

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A Program and  
Services Guidebook  
for Families

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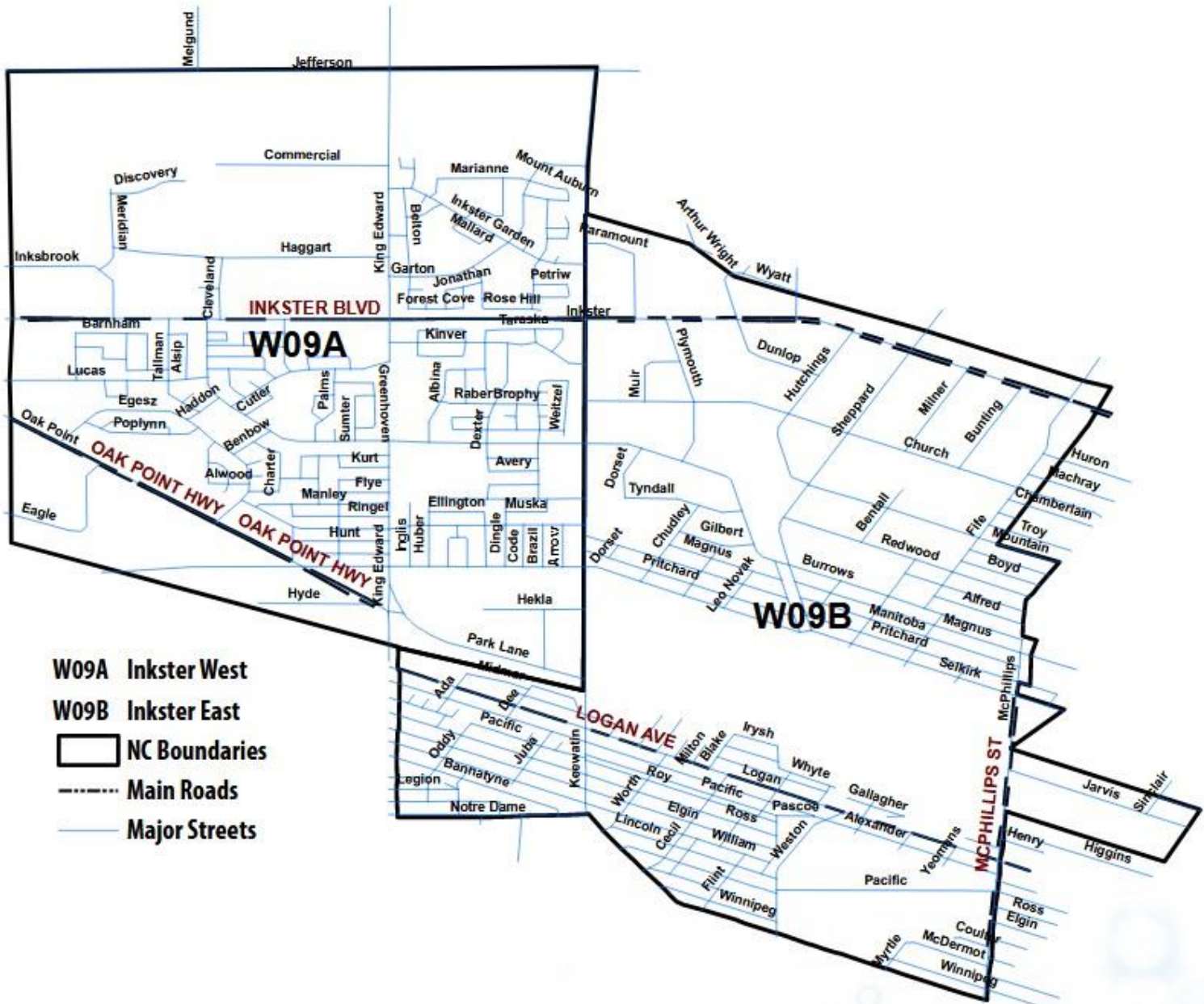
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# INKSTER COMMUNITY AREA MAP



Inkster Community Area Profile, 2015  
 Winnipeg Regional Health Authority (WRHA)

## **Low-cost or Free Clothing, furniture and household items**

### **MCC Thrift Shop (Furniture Only)**

18 Keewatin St  
204-694-3669

### **Salvation Army**

1424 McPhillips St  
204-586-2556

### **Resource Centre/Clothing Depot**

14-1411 Fife St  
204-632-5992

### **Up Shoppe**

382 Selkirk Ave  
204-582-3494

### **Once Upon a Child**

1330 Ellice  
204-786-2229

### **Value Village**

942 Jefferson Ave  
204-694-6844

## **Food Banks**

### **Agape Table**

175 Colony St  
204-783-6369

### **Siloam Mission**

300 Princess St  
204-956-4344

### **Winnipeg Harvest**

204-982-3663

For food assistance 204-982-3660

Must provide Winnipeg Harvest with your Manitoba Health Card.

Special Requests items– Baby Formula, special baby food and toiletries, baby cereal (pablum), jar baby food, diapers.

## **FREE- Community Meal Program Sites**

Community Food Centre

103-61 Tyndall Ave

204-615-3117

Offers Free lunch between 12:00 and 1:30 on Monday, Wednesday and Fridays

Many free programs available see website or visit for more information

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

# HEALTH SERVICES

## Emergency Services

**CALL 911**

- Police
- Ambulance
- Fire Department
- Poison Treatment

## Non - Emergency Services

- Police 204-986-6222
- Ambulance 204-986-6336
- Fire 204-986-6380

## Hospitals

The hospitals in our community are

### **Seven Oaks**

2300 McPhillips St

For an urgent inquiry 204-632-7133

For patient inquiry call 204-632-3224

### **Children's Emergency-HSC**

700 William Avenue

204-667-1560

## Mental Health Services

### **Access NorWest**

785 Keewatin St

204-938-5900

### **A Women's Place**

200-323 Portage Ave.

204-9406624

### **Crisis Response Centre**

817 Bannatyne Avenue

Open 24 hours a day, 7 days a week

204-940-1781

### **First Nations and Inuit Hope for Wellness Help Line**

1-855-242-3310

### **Klinic Crisis Line**

24 hour telephone crisis line

204-786-8686

1-888-322-3019 Toll free 24/7

**Manitoba Suicide Prevention & Support Line**

1-877-435-7170

24 hour counseling and support

**Mood Disorders Association of Manitoba**

100-4 Fort St

204-786-0987

**Postpartum Depression Association of Manitoba**

Texting line: 204-391-5983

**The Youth Hub**

103-61 Tyndall

204-221-9800 or 204-938-5920

**Youth Crisis Stabilization System**

204-949-4777 or 1-888-383-2776

**Women's Health Clinic**

419 Graham Ave

204-947-1517

**Canadian Mental Health Association**

930 Portage Ave

204-982-6100

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

**Medical Services****Access NorWest**

785 Keewatin St

204-938-5900

**Blue Bird Clinic**

100-97 Keewatin St

204-935-5830

**24 hr Breastfeeding Hotline**

204-788-8667

**Dial a Dietitian**

204-788-8248

**Public Health Inkster Office**

785 Keewatin

204-938-5938

**Envoy Medical Centre**

481 William Ave

204-786-4444

**Family Doctor Finder**

Phone: 204-786-7111

To find a Doctor in your neighborhood who is accepting new patients

**Health Links**

Phone: 204-788-8200

24 Hours a day

A health nurse who will answer your health question

**Manitoba Poison Centre**

Phone: 1-855-776-4766 or 1-855-7POISON

**Mobile MD's**

Book in-home medical visits

Phone: 204-977-6898

**My Right Care**

To help Winnipeggers choose the right care option when sick or injured

Visit [www.myrightcare.ca](http://www.myrightcare.ca)

**Walk In Clinics****Access NorWest- Connected care**

785 Keewatin St

204-938-5900

Hours may vary call in advance to confirm hours of operation



## **Dental Services**

Manitoba Health Insurance **does not pay** for dental services

### **Dental Services at a lower cost:**

#### **Healthy Smile Happy Child**

204-789-3500

Email: [ddemare@chrim.ca](mailto:ddemare@chrim.ca);

[hshcinfo@chrim.ca](mailto:hshcinfo@chrim.ca)

#### **S.M.I.L.E. plus Program**

#### **The Machray School Dental Clinic**

320 Mountain Ave

204-940-2090

For children under 18 years of age

#### **Access Downtown**

640 Main St

204-940-3816

## **Eye Care**

Manitoba Health Insurance **does not** cover all eye care expenses.

If you are under 19 years of age or 65 and over you may receive one complete routine eye exam every 2 years. For more information call 204-786-7334

## **Addictions**

### **Addictions Foundation of Manitoba (AFM)**

www.afm.mb.ca  
1031 Portage Ave  
204-944-6200

Offers education, prevention and treatment services to reduce harm associated with alcohol, drug and gambling use

### **Al-Anon/Alateen**

[www.al-anon.org](http://www.al-anon.org)

Support group for friends and families of problem drinkers

### **Behavioral Health Foundation (BHF)**

www.bhf.ca  
35 ave de la Digue  
204-269-3430

Offers education, prevention and treatment services to reduce harm associated with alcohol, drug and gambling use

### **Insight Mentor Program, Nor'West Co-op Community Health**

www.noorwestcoop.ca/mind-spiriti/mentor-program  
785 Keewatin St  
204-938-5998

Offers free support for pregnant and new mothers with substance use problems

### **Manitoba Addictions Helpline**

www.MBAddictionHelp.ca  
River Point Centre 146 Magnus Ave  
1-855-662-6605

Free, confidential referral to adult addiction services by phone, in person or online

### **Problem Gambling Hotline (24hr)**

www.straphaelcentre.ca  
St Raphael Wellness Centre  
225 Vaughn St 2<sup>nd</sup> Floor  
204-956-6650

1-800-463-1554

Offers free pre and post addictions treatment program for individuals and families

### **Rapid Access to Addictions Medicine Clinic (RAAM)**

*Crisis Response Centre* 817  
Bannatyne Avenue  
*River Point Centre* 146 Magnus Ave  
1-855-662-6605

Drop-in clinics for people looking to get help with high risk substance use and addictions.

### **Youth Addictions Centralized Intake Service**

1-877-710-3999

## CHILDCARE

The Manitoba Child Care Program is committed to accessible, high quality child care for children 12 weeks to 12 years old

### **Online Child Care Registry**

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

Phone: 204-945-0776

### **Subsidy Information Services**

Phone: 204-945-0286

### **Child Care Website**

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

# SCHOOLS

## **ELEMENTARY/MIDDLE SCHOOLS**

### **Brooklands School**

K-5

1950 Pacific Ave W

204-633-9630

St James School

Division

<https://www.sjasd.ca>

### **Cecil Rhodes School**

Nursery-9

1570 Elgin Ave W

204-783-9012

Off campus available  
for grades 7/8/9

### **Ecole Stanley Knowles School**

Nursery-8

2424 King Edward St

204-694-0483

### **Garden Grove School/Ecole Garden Grove**

Nursery-6

2340 Burrows Ave

204-633-6477

### **Lord Nelson School**

Nursery-6

820 McPhillips St

204-586-9625

### **Meadows West School**

Nursery-8

150 Inkster Garden Dr

204-694-6755

### **Shaughnessy Park School**

Nursery-8

1641 Manitoba Ave

204-586-8376

### **Tyndall Park School**

Nursery-6

2221 King Edward St

204-633-0065

### **Prairie Rose Elementary School**

Nursery-6

105 Lucas Ave

204-663-4092

### **Weston School**

Nursery-6

1410 Logan Ave

204-775-2591

## **HIGH SCHOOLS**

### **Adolescent Parent Centre**

Grade 9-12

136 Cecil St

204-775-5440

### **Sisler High School**

9-12

1360 Redwood Ave

204-589-8321

### **Technical Vocational High School**

9-12

1555 Wall St

204-786-1401

Ask about **off campus program**

### **The Resources for Adolescent Parents (RAP) program**

**Programs** for pregnant and parenting young women

717 Portage Avenue

204 786-7051 ext. 2200

E-mail:

[RAP@newdirections.mb.ca](mailto:RAP@newdirections.mb.ca)

## **PRIVATE SCHOOLS**

### **Dasmesh School**

K-12

1770 King Edward St

204-633-6670

For more information on which school is in your catchment area go to <https://www.winnipegdsd.ca> or call 204-775-0231

# FAMILY RESOURCES

## **Family Outings**

For information on *free things* to do in Winnipeg check out the website <https://wpgforfree.ca>

Leisure Guide Information at [www.winnipeg.ca](http://www.winnipeg.ca)

## **Healthy Parenting Winnipeg**

<https://healthyparentingwinnipeg.ca/>

The Healthy Parenting Winnipeg website is part of the WRHA Population and Public Health Program's service to Winnipeg families. On this site you will find credible local parenting and public health information.

## **Healthy Baby Sites**

The Healthy Baby Program-Baby Feathers is a FREE program that offers prenatal benefits

Prenatal benefit phone line - 204-945-1301

Health information, education, and support to families.

- Women (and partner) who are pregnant, or have a child under the age of 1, are eligible to attend.
- Bus tickets to get to the program and on-site childcare are provided.
- Each program site has an Outreach Worker, Public Health Nurse, and a Nutritionist.

**Wednesdays** at The Willow Centre, located beside the Community Food Centre  
103-61 Tyndall Ave  
204-615-3117  
1:30-3:30

## **Manitoba Parent Zone- Healthy Child Manitoba**

<http://www.manitobaparentzone.ca/>

Parent line for questions about parenting

1-877-945-4777

## **Inkster Parent Child Coalition**

FREE programs for families in the Inkster area with children 0-6 years to attend together.

Each Bright Start program site has an IPCC facilitator, Public Health Nurse and Primary Care provider

A FREE healthy snack is provided at all IPCC programs

### **Tuesdays Bright Start**

1:30pm-3:30 pm  
Access NorWest  
785 Keewatin St

### **Thursdays Bright Start**

9:30am-11:30am  
Weston Memorial Community Centre  
1625 Logan Ave

### **Fridays Bright Start**

9:30am-11:30am  
Gilbert Park Gym  
45 C Gilbert Ave

### **Parent Connect**

1:30pm-3:30pm  
NorWest on Alexander  
1880 Alexander

 **For more info check out Facebook link**

<https://www.facebook.com/Inkster-Parent-Child-Coalition-IPCC-268225120022250/>

## **Women's Health Clinic-Mothering/Parenting**

204-947-2422 Ext-113

Outreach, one-on-one and group support for women experiencing emotional changes after introducing a baby into their life, including Coping with Change sessions.

## **Community & Neighborhood Recreation Centre's**

### **Brooklands Active Living Centre**

1960 William Ave W  
204-632-8367

### **Tyndall Park Community Centre**

2255 King Edward St  
204-632-4916

### **Northwood Community Centre Rink**

1415 Burrows Ave  
204-582-7555

### **Weston Memorial Community Centre**

1625 Logan Ave  
204-783-3698

### **Philippine Canadian Centre of Manitoba**

737 Keewatin St  
204-775-4928

Each of the Centres listed in the above offer many programs and activities that are free and operate on a drop-in basis.

For certain programs there may be a fee or registration cost to participate. There is usually a fee for children and youth to participate in organized sports programs (soccer, baseball, hockey, basketball, and Leisure Guide programs).

***If families cannot afford to pay the sports program registration fee, there is a financial assistance available called Socio-Economic Assistance Grant Applications***

## **Resource Centre's**

### **Blake Gardens Resource Centre**

312 Blake St  
204-940-8499

### **NorWest on Alexander**

1880 Alexander Ave  
204-940-2662

### **Community Food Centre**

103-61 Tyndall Ave  
204-615-3117

### **Youth Hub**

106-61 Tyndall Ave  
204-221-9800  
204-938-5920

### **Gilbert Park**

7-35 Gilbert Avenue  
204-982-4429

For more information about what each resource center offers check out the NorWest Coop Community Health website at <https://norwestcoop.ca/>



## **Libraries/ Family Literacy**

### **Sir William Stephenson Library**

#### **Public Library**

765 Keewatin St  
204-986-7070

### **Mobile Library**

12 Blake Street  
Every other Wednesday, 2:30-4:30  
pm (year-round)

More information can be found at the Winnipeg Public Library website at  
<https://wpl.winnipeg.ca/library/>

## **Free Public Access to Computers**

### **Blake Gardens Resource Centre**

312 Blake St  
204-940-8499

### **NorWest on Alexander**

1880 Alexander Ave  
204-940-2662

### **Community Food Centre**

103-61 Tyndall Ave  
204-615-3117

### **Sir William Stephenson Library**

#### **Public Library**

765 Keewatin St  
204-986-7070

### **Gilbert Park**

7-35 Gilbert Avenue  
204-982-4429

### **Youth Hub**

106-61 Tyndall Ave  
204-221-9800  
204-938-5920

Computers and Internet are available at these centers. Please call to confirm  
hours of operation

# FINANCES

## **Banks and Credit Unions**

### **Assiniboine Credit Union**

1038 Keewatin St  
204-958-8588

### **Belgian-Allegiance Credit Union**

930 Jefferson Ave  
204-927-0450

### **BMO Bank of Montreal**

1083 McPhillips St  
204-985-2530  
ATM  
1858 King Edward St

### **CIBC**

ATM  
1445 Logan Ave

### **Crosstown Civic Credit Union**

1450 McPhillips St  
204-594-1190

### **Nesco Financial**

ATM  
1030 Keewatin S

### **RBC Royal Bank**

ATM  
1050 Keewatin St

### **TD Canada Trust**

850 Keewatin  
204-988-2481  
ATM  
1300 McPhillips Ave  
1050 Keewatin St

## **Employment and Income Assistance**

<https://www.gov.mb.ca/fs/eia/>  
204-948-4000

**After Hours EMERGENCY EIA Line** 204-945-0183

The Employment and Income Assistance Program (EIA) provides financial help to Manitobans who have no other way to support themselves or their families. This includes benefits from the Rent Assist Program that helps with housing costs. For people who are able to work, EIA will help them go back to work by providing supports to employment.

## **Saving Circle**

<http://seedwinnipeg.ca/programs/detail/saving-circle>  
204-782-8793

A program that helps low income individuals and families save for needed assets while building money management skills.

# HOUSING

## **Manitoba Housing Authority (MHA)**

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

269 Dufferin Ave

204-945-3431

Manitoba Housing Authority helps families, seniors, and single people with low income to find houses with lower rent.

## **Rental Housing**

### **Winnipeg Rehabilitation Corporation (WHRC)**

60 Frances St

204-949-2880

[info@whrc.ca](mailto:info@whrc.ca)

## **Indigenous Specific Housing Providers**

### **Dakota Ojibway First Nations Housing Authority Inc.**

#### **Family Housing**

11 Arden St

204-988-5375

### **Kanata Housing Corporation**

202-2055 McPhillips Ave.

Phone: 338-6261

### **Kinew**

394 McGregor St

204-956-5093

## **On Line Rental Registries**

### **Winnipeg Rental Network**

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

Winnipeg Rental Network (WRN) offers a web-based database that will make it easier for people to find affordable rental housing.

## **Emergency Shelters**

### **Youth**

#### **Ndinawe Safe Home at Youth Resource Centre**

472 Selkirk Ave  
204-586-2588

#### **24-Hour Youth Drop-In at Rossbrook House**

658 Ross Ave  
204-949-4090

### **Adult**

#### **Main Street Project**

75 Martha St  
204-982-8245

#### **Siloam Mission**

Meals & recreation  
located at: 303 Stanley St  
204-956-4344  
Doors open: 8:00 am

Shelter located at: 300 Princess St.  
opens at 8:00pm

#### **The Salvation Army Booth Centre**

180 Henry Ave.  
204-946-9402  
204-946-9400 (Administration Office)

Open 24/7

## **PHONE 311**

311 is a non-emergency service. Available 24 hours a day, 7 days a week, 365 days a year. Contact if you request for service (e.g. sewer back up), request for information (e.g. permits, pools/libraries), concerns (e.g. parking tickets, snow removal), and request to register for city programs (e.g. leisure guide)

OR

Visit <https://www.winnipeg.ca/interhom/> for 311 self-service. Online resource that offers more ways to get information and access City services.

## **211 Manitoba e-Health Services**

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

211 Manitoba provides information on health and social services throughout the province. The information is provided by the services/organizations listed in the database

While efforts have been made to include as many programs and services as possible, this guide is not complete, nor can the accuracy of information be guaranteed. The writers of this guide do not personally endorse any of the programs listed or assume responsibility for any incorrect information. For more information about any program or service listed in this guide, please contact the service provider.