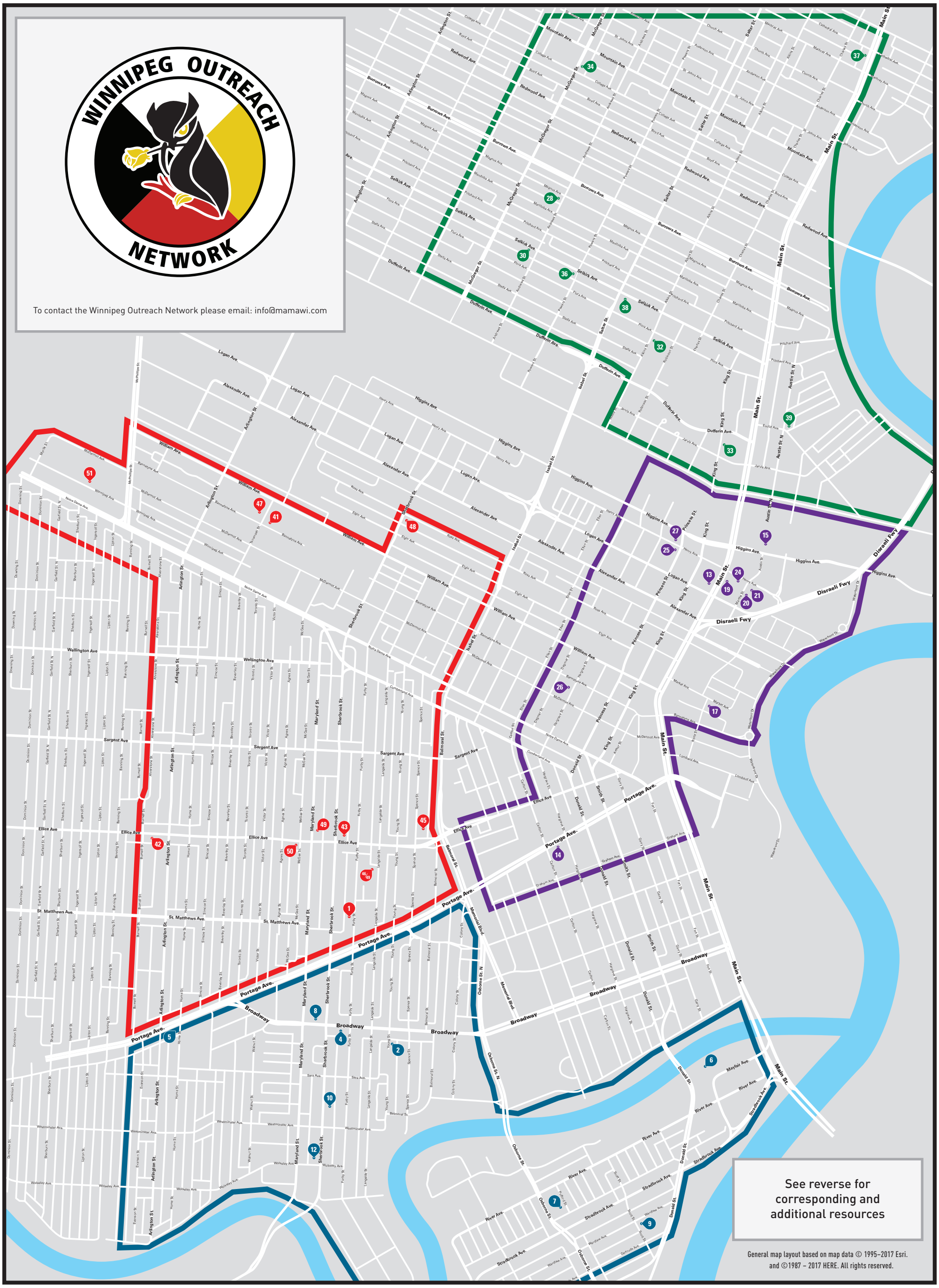
WINNIPEG OUTREACH NETWORK

To contact the Winnipeg Outreach Network please email: info@mamawi.com



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CANADIAN CENTRE for CHILD PROTECTION® Helping families. Protecting children.
ndinawe NDINAWEMAAGANAG ENDAAWAAD INC.
Social Planning Council of Winnipeg
Mount Carmel CLINIC
HOPE END HOMELESSNESS WINNIPEG
Children's Advocate
THE WINNIPEG FOUNDATION For Good. Forever.
MA MAWI WI CHI ITATA CENTRE INC. We all work together to help one another.
Macdonald Youth Services
CHILD AND FAMILY ALL NATIONS COORDINATED RESPONSE NETWORK ancr
SNA Spence Neighbourhood Association
GAIN Gang Action Interagency Network
SAGE HOUSE
Serving Women on Their Path of Change NORTH END WOMEN'S CENTRE
RaY
THE SALVATION ARMY Giving Hope Today

HOTLINES

- Sexual Assault Hotline (Klinic): 870 Portage Ave., 204-784-4089
- Suicide Prevention Hotline (Klinic): 870 Portage Ave., 204-784-4089
- Willow Place Shelter for Women and Children: 204-615-0311
- Sex Addicts Anonymous: 204-514-6310
- Crisis Response Centre: 817 Bannatyne Ave., 204-940-1781
- Men's Treatment Services: 146 Magnus Ave., 204-944-6209
- Human Trafficking Hotline: 1-800-222-8477
- Kids Help Phone: 1-800-668-6868
- 24-Hour Problem Gambling Toll Free: 1-800-463-1554
- Manitoba Addictions Hotline: 1-855-662-6605
- ANCR After Hours: 835 Portage Ave., 204-944-4200
- AIDS/STI Information Line: 204-945-2437 or 1-800-782-2437
- Klinic Crisis Line: 204-786-8686
- Manitoba Suicide Line: 1-877-435-7170
- Adult Mobile Crisis Unit: 204-940-1781
- Youth Mobile Crisis Team: 204-949-4777
- Ikwe-Widdjiitiwin (for Domestic Violence): 1-800-362-3344
- Teen Talk (non-crisis): 204-784-4010
- Winnipeg Police Non-Emergency: 204-986-6222
- Employment and Income Assistance — Intake: 204-948-4000
- Street Connections: 204-981-0742
- Residential Tenancies Branch: 204-945-2476
- Health Links: 204-788-8200
- Family Doctor Connection: 204-786-7111
- Addications Foundation of Manitoba: 204-944-6200 or 1-866-638-2561
- Manitoba Addictions Helpline: 1-855-662-6605
- Anxiety Disorders Association: 204-925-0600
- Winnipeg Harvest: 204-982-3660
- Sexual Assault Line (Klinic): 204-786-8631
- Domestic Violence Hotline: 1-877-977-0007
- Winnipeg Police Service Sex Crimes Unit: 204-986-6245
- Child Abuse Hotline: 204-944-4050
  or contact Winnipeg Police: 204-986-6245
- Paramedics Emergency Medical Services: 911
- Children's Advocate: 204-988-7440
- Alcoholics Anonymous Self Help Groups: 204-942-0126
- Victim Services: 204-945-6851
- Voices: Manitoba's Youth in Care Network: 204-982-4956 or 1-866-982-4956

ADDICTION SUPPORTS

DETOX CENTRES:

- 20 Main Street Project Detox: 71 Martha St., 204-982-8260
- Addictions Unit: 820 Sherbrook St., 204-787-3843
- Aurora Recovery Centre: 20025 Lakeside Rd., Gimli, Man., 1-844-515-7867

FIRST STAGE TREATMENT CENTRES:

- Teen Challenge: 414 Edmonton St., 204-949-9484
- Native Addictions Council (Pritchard House): 160 Salter St., 204-586-8395
- Addictions Foundation of Manitoba:
  Multiple locations throughout Manitoba, 204-944-6200
- Anchorage Addiction Program: 180 Henry Ave., 204-946-9401
- Eyaa-Keen Centre Inc: 547 Notre Dame Ave., 204-783-2976
- Nor West Coop: 785 Keewatin St., 204-938-5900
- St. Raphael Wellness Centre: 225 Vaughan St., 204-956-6650
- Teen Challenge: 414 Edmonton St., 204-949-9484
- 32 Indigenous Women's Healing Centre: 105 Aikins St., 204-989-8240
- North Point Douglas Women's Centre: 221 Austin St. N, 204-947-0321
- Behavioral Health Foundation: 35 Avenue De La Digue, 204-269-3430
- Peguis Al-Care Treatment Centre: Peguis, Man., 204-654-2666
- Laurel Centre (for women only): 104 Roslyn Rd., 204-783-5460
- Forward House: 407 Chalmers Ave., 204-661-8605
- Rosaire House Addiction Centre: The Pas, Man., 204-623-6425
- Sagkeeng Mino Pimatiziwin Family Treatment Centre:
  Sagkeeng, Man., 204-367-2172

SECOND STAGE TREATMENT CENTRES:

- Tamarack Recovery Centre: 60 Balmoral St., 204-775-3546
- Aurora Recovery Centre: 20025 Lakeside Rd, Gimli, Man., 1-844-515-7867
- Esther House (for women): 204-582-4043
- Addictions Recovery Inc: 93 Cathedral Ave., 204-586-2550
- Two Ten Recovery Residence (men only): 210 Maryland St., 204-219-5200
- Destiny House (for women): 204-415-2152 and 204-955-9210
- 38 North End Women's Centre: 394 Selkirk Ave., 204-589-7347
  Mon. 11:45am

COMMUNITY SUPPORT GROUPS:

- Alcoholics Anonymous: Main Office — 1856 Portage Ave., 204-942-0126
- Narcotics Anonymous:
  For various locations and dates please call 204-981-1730
- Crystal Meth Anonymous: 3 St. Vital Rd.
  Sat. at 8pm
- Al-Anon and Alateen Family Group: 107–2621 Portage Ave., 204-943-6051

YOUTH ADDICTION SERVICES:

- Centralized Intake Youth Addictions Service: 1-877-710-3999
- 47 Manitoba Adolescent Treatment Centre: 120 Tecumseh St., 204-477-6391
- Addictions Foundation of Manitoba:
  Multiple locations throughout Manitoba, 204-944-6200
- Resource Assistance for Youth (for youth age 29 and under):
  125 Sherbrook St., 204-783-5617

OPIATE CLINICS AND SUPPORTS:

- Opiate Addiction Treatment Services — Methadone Clinic OATS:
  968 Main St., 204-589-3999
- Phoenix Recovery Centre: 542 Selkirk Ave., 204-746-3649
- Clearview Addictions Rehabilitation Institute (C.A.R.I):
  641 Broadway, 204-784-2840
- Addictions Foundation of Manitoba: 204-944-6200 or 1-866-638-2561

STREET OUTREACH

- 10 Resource Assistance for Youth: 125 Sherbrook St., 204-391-2209
  5:30pm-9pm Mon.-Fri.
- 26 Street Connections: 496 Hargrave St., 204-981-0742
  6pm-12:30am Mon.-Thu., 5pm-11pm Fri.-Sat.
- 36 Ndinawe/Tina's Safe Haven: 472 Selkirk Ave., 204-781-2691
  11am-6:30pm Mon.-Fri., 6pm-1:30am Tues.-Sat.
- 33 Ma Mawi Wi Chi Itata Centre:
  445 King St., 204-791-4925 & 204-951-6781 *4pm-12am Mon.-Fri.*
- 46 West End 24 (WE24): 430 Langside St., 204-333-9681
- Community Homeless Assistance Team (CHAT):
  426 Portage Ave., 204-958-4640
- Main Street Project Van Patrol: 204-982-8245
  11:30pm-8am & 3:30pm-8am Jan. 1st – Apr. 1st
- Mama Bear Clan: 204-947-0321
- Bear Clan: 509 Selkirk Ave., 204-918-8958
- North Point Douglas Women's Centre: 221 Austin St. N, 204-947-0321
- Downtown Winnipeg Business Improvement Zone:
  429 Portage Ave., 204-958-4640
- WRHA — Homeless outreach community support (HOCS): 204-794-3804
- Sage House (through Mount Carmel): 886 Main St., 204-582-2311
  6pm-9pm Tues.-Thu.
- St Boniface Street Links:
  311 Provencher Blvd., 204-615-5557 or 204-294-7637
- Salvation Army: 180 Henry St. 204-946-9402
  11pm-4am (when below -15)

SHELTERS (FOR ADULTS)

- Willow Place Shelter for Women and Children: 204-615-0311
- Ikwe Crisis Centre: 1-800-362-3344
- Bravestone Centre Inc: St. Norbert, Man., 204-275-2600
- Red Road Lodge: 210-611 Main St., 204-880-0771
- 24 The Salvation Army (Booth Centre): 180 Henry Ave., 204-946-9400
- Sunrise Village (The Salvation Army) (shelter for individuals with children):
  204-946-9471
- 21 Main Street Project: 75 Martha St., 204-982-8260
- Pan Am Place (transitional housing for at-risk youth men):
  88 Arthur St., 204-515-2048
- Emergency Shelter for Men: 115 Pulford St., 204-415-6796 ext:250
- 25 Siloam Mission: 300 Princess St., 204-956-4344
- Augustine United Church: 444 River Ave., 204-782-3195
  Open Jan., Feb., and Mar., from 9pm-6:30am daily.

SHELTERS (FOR YOUTH)

- 6 Macdonald Youth Services Youth Resource Centre/Shelter (Age 12-17):
  159 Mayfair Ave., 204-477-1804
- 48 Rossbrook House (Age: 6-24): 658 Ross Ave., 204-949-4090
  Open daily 8am–midnight & 24 hours during weekends & school holidays
- 46 West End 24 (WE24) (Age: 13-26): 430 Langside St., 204-333-9681
  11pm-7am, Everyday December to March, Fri./Sat. & all school holidays the rest of the year
- 36 Ndinawe/Tina's Safe Haven (Age: 24 & under):
  472 Selkirk Ave., 204-417-7233

SHELTERS FOR WOMEN FLEEING FAMILY VIOLENCE

- Alpha House: 204-982-2011
  (Non-crisis, year long residential program)
- Willow Place: 204-615-0311
  (24 hours)
- Ikwe-Widdjiitiwin Inc: 204-987-2780 or 1-800-362-3344
  (24 hours)
- Nova House: Selkirk, Man., 204-482-1200
  (24 hours)

COMMUNITY SITES

- 45 Ma Mawi Wi Chi Itata Centre: 443 Spence St., 204-925-0348
  318 Anderson Ave., 204-925-0349
- 34 363 McGregor St., 204-925-6816
- 33 445 King St., 204-925-0300
- 10 Resource Assistance for Youth (for youth age 29 and under):
  125 Sherbrook St., 204-783-5617
  1pm-3pm Mon.-Fri.; 5:30pm-8:45pm Mon. & Wed.; 12pm-4pm Sat.
- 36 Ndinawe/Tina's Safe Haven:
  472 Selkirk Ave., 204-589-5545
- Chinese Cultural and Community Centre: 180 King St., 204-943-2627
- 48 Rossbrook House: 658 Ross Ave., 204-949-4090
- Win Gardner Place: 363 McGregor St., 204-989-4108
- Inner City Youth: 418 Aberdeen Ave., 204-582-8779
- Boys and Girls Club of Winnipeg: 929 Main St., 204-982-4940
- Andrews Street Family Centre: 220 Andrews St., 204-589-1721
- 38 North End Women's Centre: 394 Selkirk Ave., 204-589-7347
- 12 Wolseley Family Place: 691 Wolseley Ave., 204-788-8052
- 2 Broadway Neighborhood Centre: 185 Young St., 204-772-9253
- Circle of Life Thunderbird House: 715 Main St., 204-940-4240
- 49 Spence Neighborhood Association:
  615 Ellice Ave./430 Langside St., 204-783-5000
- 7 Men's Resource Centre: 115 Pulford St., 204-415-6797
- 50 West Central Women's Resource Centre: 640 Ellice Ave., 204-774-8975
- Kivalliq Inugit Services: 310 Burnell, 204-989-1021
- Indian Family Centre: 470 Selkirk Ave., 204-586-8393
- 16 Eagle Urban Transition Centre: 501-286 Smith St., 204-954-3050
- Turtle Island Rec. Centre (for children & youth): 510 King St., 204-986-7812
- Kivalliq Development Corporation: 310 Burnell St., 204-944-7110
- Winnipeg Clubhouse: 172 Sherbrook St., 204-783-9400
- Sunshine House: 646 Langside St., 204-783-8565
- 39 North Point Douglas Womens Centre: 221 Austin St., 204-947-0321
- Freight House: 505 Ross Ave., 204-772-4107
- Youth for Christ (for children & youth): 333 King St., 204-669-4205
- 8 Nine Circles Community Health Centre: 705 Broadway, 204-940-6000
- 4 Crossways in Common: 222 Furby St., 204-783-0128
- Ka Ni Kanichihk: 455 McDermot Ave., 204-953-5820
- Indigenous Family Centre: 470 Selkirk Ave., 204-586-8393
- Flora House: 739 Flora Ave., 204-586-5494
- North End Family Centre: 1344 Main St., 204-582-7927
- North Y Youth Centre: 363 McGregor St., 204-989-4109

MEDICAL

- 13 Access Downtown: 640 Main St., 204-940-1626
  Mon.-Thurs. 8am-6pm; Fri. 8am-5pm; Sat. 8:30am-4:45pm
- 41 Crisis Response Centre: 817 Bannatyne Ave., 204-940-1781
  Open 24/7
- Manitoba Health: 300 Carlton St., 204-786-7101
  Mon.-Fri. 8:30am-4:30pm
- Health Links: 204-788-8200
- 8 Nine Circles Community Health: 705 Broadway, 204-940-6000
  Drop-in Wed. 1pm-7pm
- Aboriginal Health and Wellness Centre: 181 Higgins Ave., 204-925-3700
- Healthy Child: 1-877-945-4777
- FASD/ Prevention Program: 1-888-848-0140
- Mount Carmel Clinic: 886 Main St., 204-582-2311
- 5 Klinic: 870 Portage Ave., 204-784-4090
- Women's Health Clinic: 419 Graham Ave., 204-947-1517
- Hope Centre Health Care: 240 Powers St., 204-589-8354
  Mon./Tues./Thurs./Fri. 9am-4pm; Wed. 10am-4pm
- Youville Centre Diabetes Centre: 33 Marion St., 204-233-0262
  Mon./Fri., 9am-5pm; Tues.-Thurs. 9am-9pm
- Youville Community Health Resource Centre:
  6-845 Dakota St., 204-255-4840
  Mon./Fri. 9am-5pm; Tues.-Thurs. 1pm-9pm
- Pan Am Clinic: 75 Poseidon Bay, 204-925-1550
- Envoy Medical Centre: 481 William Ave., 204-786-4444
  Walk-in Tues./Thurs. 9am-11am
- Family Doctor Connection: 204-786-7111
- QuickCare Clinic: 2-363 McGregor St., 204-940-1963

VICTIM/CRISIS SERVICES

- Klinic-Evolve Family Violence Counselling: 870 Portage Ave., 204-784-4090
- Klinic Crisis Line: 204-786-8686 or 1-888-322-3019
- Youth Mobile Crisis Service: 204-949-4777
- Youth Crisis Stabilization: 204-949-4777 or 1-800-383-2776
- Manitoba Suicide Crisis Line: 1-877-435-7170
- Crisis Response Centre: 817 Bannatyne Ave., 204-940-3633
- First Nations and Inuit for Wellness Helpline: 1-855-242-3310
- Seneca Mental Health Warm Line: 204-942-9276
  7pm-11pm
- Victim Services Winnipeg Law Courts: 408 York Ave., 204-945-6851
- Child Victim Supports Services:
  1410-405 Broadway, 204-945-0662
  Mon.-Fri. 8am-4:30pm
- Sexual Assault Crisis Counselling:
  204-786-8631 or in person 204-784-4049
- Aboriginal Court Worker Program: 311-408 York Ave., 204-945-0029
- Kids Help Phone: 1-800-668-6868
- Winnipeg Police Service Sex Crimes Unit: 204-986-6245

LGBT2SQ

- Like That Drop-in Program at Sunshine House:
  646 Logan Ave., 204-783-8565
  Mon./Wed. 6:30pm-8:30pm
- 9 Rainbow Resource Centre: 170 Scott St., 204-474-0212 ext. 201
  For Counseling: call Mon. 10am to book an appointment for the week;
  Youth group: Wed. 7pm-9pm
- Sexuality Education Resource Centre (SERC):
  200-226 Osborne St. N., 204-982-7800
- Rainbow Pride Mosaic (University of Manitoba Students):
  180 Helen Glass Centre, University of Manitoba, 204-890-4139
- Sage House (through Mount Carmel): 422 Dufferin Ave., 204-943-6379
  Mon.-Fri. 1pm-5pm
- 8 Nine Circles Community Health Centre: 705 Broadway, 204-940-6000
  Sexual Health Info Line: 204-945-2437
  Mon.-Fri. 9:30am-5pm

EXPLOITATION SERVICES

- Counter Exploitation Unit Winnipeg Police Service: 204-986-3464
- Sage House: 422 Dufferin Ave., 204-943-6379
  Mon.-Fri. 1pm-5pm
- 42 Our Place Safe Space (Daniel McIntyre St Matthews Community Association):
  823 Ellice Ave., 204-774-7005
  Fri. 4pm-7pm
- 33 Ma Mawi Wi Chi Itata Centre: 445 King St., 204-791-4925
- Dream Catchers: 870 Portage Ave, 204-784-4042
- TERF (for youth): 500-717 Portage Ave., 204-786-7051 ext. 5311
- 26 Street Connections: 496 Hargrave St., 204-981-0742
- Ndinawemaaganag Endaawaad Inc. Outreach Team: 204-781-2691
- Dignity House: 1977 Norris Rd., 204-421-5818
- Winnipeg Police Service Sex Crimes Unit: 204-986-6245
- All Nations Coordinated Response Network: 835 Portage Ave., 204-944-4200
- Ka Ni Kanichihk Inc: 455 McDermot Ave., 204-953-5820
- 38 North End Women's Centre: 394 Selkirk Ave., 204-589-7347
  Mon. 11:45am
- Cybertip.ca: 1-866-658-9022
- Need Help Now: www.needhelpnow.ca

SUPPORTS FOR FREE CLOTHING

- 25 Siloam Mission: 309 Princess St., 204-956-4344
  Appointment necessary, 1 time per week, 15 minute time allowance in clothing bank, open 9am-4pm Mon.-Thurs.
- 10 Resource Assistance for Youth: 125 Sherbrook St., 204-783-5617
  For youth age 29 and under, open Mon.-Fri. 1pm-3pm
- 12 Wolseley Family Place: 691 Wolseley Ave. (lower level), 204-788-8052
  Open Mon./Tues./Thurs./Fri. 9am-12pm and 1pm-4pm; Wed. 1pm-4pm
- Koats for Kids: 3172 Portage Ave., 204-586-5628
  Open Sept. to mid-Feb. Mon.-Thurs. 9am-4pm
- Adventist Community Services: 95 Stadacona Ave., 204-663-2278
  Open Mon. 1pm-4pm and Tues.-Fri. 9:30am-12pm

SUPPORTS THAT OFFER MEALS

- 2 Broadway Neighbourhood Centre: 185 Young St., 204-772-9253
  For youth age 6-12, Dinner: Mon.-Fri. 5pm
- Missionaries of Charity: 167 Aikins St., 204-582-2773
  Breakfast: Mon./Tues./Wed./Fri./Sat. 9:30am-10:45am
- 1 Agape Table: 364 Furby St., 204-783-6369
  Breakfast: Mon.-Fri. 8am-10:30am
- Union Gospel Mission: 320 Princess St., 204-943-9904
  Breakfast: Mon.-Fri. 11am; Dinner: Every day at 8pm
- 21 Main Street Project: 75 Martha St., 204-982-8229
  Every day 1pm (Soup), 4:30pm (Snack & Tea), 7:45pm (Small Snack)
- 45 Ma Mawi Wi Chi Itata Centre: 443 Spence St., 204-925-0348
  Mon.-Fri. at 9am, 12:30pm, & 5pm
  318 Anderson St., 204-925-0349
  Mon.-Fri. at 12:15pm & 5pm
- 34 363 McGregor St., 204-925-6816
  Mon.-Fri. at 12:15pm & 5pm
- 10 Resource Assistance for Youth (for youth 29 and under):
  125 Sherbrook St., 204-783-5617
  Mon.-Fri. 1pm-3pm; Mon./Wed. 5:30pm-9pm; Sat. 12pm-4pm
- 28 Andrews Family Centre (for families): 220 Andrews St., 204-589-1721
  Thurs. 12pm (Soup), Wed. 5pm-8pm
- 39 North Point Douglas Women's Centre: 221 Austin St. N, 204-947-0321
  Mon./Tues./Wed./Fri. 9am-12pm and 1pm-5pm (Coffee and Toast)
- 50 West Central Women's Resource Centre: 640 Ellice Ave., 204-774-8975
  Mon./Wed./Fri. at 9:30am and 12pm; Tues./Thurs. at 6:30pm
- 38 North End Women's Centre: 394 Selkirk Ave., 204-589-7347
  Mon. at 11:45am
- Sunshine House (directed at LGTBQ community): 646 Logan Ave., 204-783-8565
  Lunch Mon./Wed. 2pm-4:30pm, 6pm-8:30pm; Sun. 11am-1pm
- Immaculate Conception Parish: 181 Austin St. N, 204-942-3778
  Sun. 12:30pm-2pm
- Winnipeg Centre Vineyard Church: 782 Main St., 204-582-2900
  Tues. 10am-11:30am (Snacks); Thurs. 10am-11:30am (Lunch)
- Sage House: 422 Dufferin Ave., 204-943-6379
  Cereal and Soup: throughout the day; Supper: Tues./Fri. 4pm
- 4 Crossways-In-Common: 222 Furby St., 204-774-2773
  Mon./Wed./Thurs./Fri. 12pm
- Oak Table: 109 Pulford St., 204-416-2240
  Mon.-Thurs. 12pm-3pm
- 24 The Salvation Army: 180 Henry Ave., 204-946-9400
  Breakfast 7:15am, Lunch 11:45am, Dinner 4:30pm (for those staying at the shelter)
- 25 Siloam Mission: 300 Princess St., 204-956-4344
  303 Stanley, Breakfast 9am-10am, Lunch 12:30pm-1:30pm, Dinner 6:45pm-8pm
- 36 Ndinawe/Tina's Safe Haven:
  472 Selkirk Ave., 204-589-5545
  Lunch: Mon.-Fri. 12pm; Dinner: Every day 5pm (for youth age 13-24)
- St Matthews Community Ministry: 365 McGee St., 204-774-1846
  Mon.-Fri. 1pm
- 51 Winnipeg Harvest (Emergency food bank): 1085 Winnipeg Ave., 204-982-3663
  Mon.-Fri. 9:15am-2:45pm (must have some form of identification)
- 19 Lighthouse Mission: 669 Main St., 204-943-9669
  Mon.-Thurs. 7:30am and 2pm; Fri. 6:30pm

HOUSING SUPPORTS

- 17 Employment and Income Assistance (if having no source of income):
  Unit 1–111 Rorie St., 204-948-4000
- Residential Tenancies Branch: 1700–155 Carlton St., 204-945-2476
- Manitoba Housing: 352 Donald St., 204-945-4663
- Kinew Housing (Families): 394 McGregor St., 204-956-5093
- 10 Resource Assistance for Youth (for youth age 29 and under):
  125 Sherbrook St., 204-783-5617
- 36 Ndinawe/Tina's Safe Haven:
  472 Selkirk Ave., 204-589-5545
- 49 Spence Neighborhood Association: 615 Ellice Ave., 204-783-5000
- Wi Che Win (Housing First program): 800 Selkirk Ave., 204-940-4259
- Beaver Medicine Bundle (young 18+ who have exited CFS care): 204-925-7249
- Yellow Shawl Housing Program: 204-925-0300
- 50 West Central Women's Resource Centre: 640 Ellice Ave., 204-774-8975
- 7 Men's Resource Centre: 115 Pulford St., 204-415-6797
- 25 Siloam Mission: 300 Princess St., 204-956-4344
  Drop-in: 6:30am-8pm; closed for cleaning Mon.-Sat. 2pm-4pm
- 15 Doorways (for chronically and episodically homeless individuals):
  103–181 Higgins Ave., 204-925-3832
- 38 North End Women's Centre: 394 Selkirk Ave., 204-589-7347
  Drop-in: Mon.-Thurs. 8am-4:30pm; Fri. 8:30am-4pm
- 16 Eagle Urban Transition Centre: 200–275 Portage Ave., 204-954-3050
- Pan Am Place (transitional housing for men 18-29):
  88 Arthur St., 204-515-2048 ext:10
- 12 Wolseley Family Place: 691 Wolseley Ave. (lower level), 204-788-8052
  Drop-in: Mon./Tues./Thurs./Fri. 9am-4pm; Wed. 12pm-4pm
- 32 Indigenous Women's Healing Centre: 105 Aikins St., 204-989-8240
- Dakota Ojibway Tribal Council Housing Authority:
  100–11 Arden Ave., 204-988-5377, 1-866-856-3550
- New Journey Housing (immigrants and refugees):
  200–305 Broadway, 204-942-2238
- Welcome Place (immigrants and refugees): 521 Bannatyne Ave., 204-977-1000
- Alpha House (long-term shelter for women fleeing abusive relationships):
  204-982-2011
- Willow Place (emergency shelter for women fleeing violence):
  204-615-0311 ext. 0
- Crisis line: 204-615-0311 or 1-877-977-0007
- 39 North Point Douglas Women's Centre: 221 Austin St., 204-947-0321
  Mon./Tues./Wed./Fri. 9am-10am, 3pm-5pm; Sat. 1pm-4pm
- Winnipeg Rental Network: www.winnipegrentnet.ca
- 30 Elizabeth Fry Society: 544 Selkirk Ave., 204-589-7335
- John Howard Society: 583 Ellice Ave., 204-775-1514

PERSONAL RIGHTS

- 14 Children's Advocate Office: 346 Portage Ave., 204-988-7440
- 43 Gang Action Interagency Network: 302-583 Ellice Ave., 204-795-8957
- Manitoba Human Rights Commission: 700–175 Hargrave St., 204-945-3007
- Manitoba Ombudsman: 750-500 Portage Ave., 204-982-9130
- Voices: Manitoba's Youth in Care Network:
  61 Juno, 204-982-4956 or 1-866-982-4956

FREE LAUNDRY

- 28 Andrews Street Family Place: 220 Andrews St., 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.
- 37 North End Family Centre: 1344 Main St., 204-582-7927
  Laundry available: Mon./Tues./Thurs. 10am-4pm; Wed. 10am-3pm. Limit to 2 loads per day per household.
- Our Place/Chez Nous (The Cross) Drop-In: 676 Main St., 204-956-1359
  Volunteer run laundry service available: Tues., Wed., Thurs., 9am–11am
- 10 Resource Assistance for Youth (for youth age 29 and under):
  125 Sherbrook St., 204-783-5617
  Must be pre-booked (usually 1 week in advance). Laundry soap provided.
- Sunshine House: 846 Logan Ave., 204-783-8565
  Laundry may be available during drop-in hours: Mon.-Wed. 2pm-4pm. Please call ahead to confirm.
- 27 Union Gospel Mission: 320 Princess St., 204-943-9904
  Mon./Wed./Fri. 2pm-4pm
- 4 Crossways in Common: 222 Furby St., 204-774-2773
  Laundry available: Mon./Wed./Thurs./Fri. 1pm or 3pm sign-ups. Must sign up in advance.
- 50 West Central Women's Resource Centre: 640 Ellice Ave., 204-774-8975
  Laundry available to women-identified people and newcomer men in the WCWRC
- 12 Wolseley Family Place: 691 Wolseley Ave. (lower level), 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; Wed. 12pm-2:30pm
- 39 North Point Douglas Women's Centre: 221 Austin St., 204-947-0321
  Drop In: Mon./Tues./Wed./Fri. 9am-5pm
- 34 Ma Mawi Wi Chi Itata Centre: 363 McGregor St., 204-925-6816
  Mon.-Fri. 8:30am-6:30pm; Sat. 8:30am-3pm

FREE SHOWERS

- 50 West Central Women's Resource Centre: 640 Ellice Ave., 204-774-8975
  Showers available to women-identified people. Shampoo kit available, feminine hygiene products available.
- 27 Union Gospel Mission: 320 Princess St., 204-943-9904
  Showers available to men and women: Mon./Wed./Fri. 2pm-4pm. Clothing is also available at this time.
- 25 Siloam Mission: 300 Princess St., 204-956-4344
  Showers available for people staying at the shelter.
- 10 Resource Assistance for Youth (ages 29 and under):
  125 Sherbrook St., 204-783-5617
  Showers available on drop-in basis: Mon.-Fri., 1pm-3pm.
- Our Place/Chez Nous (The Cross) Drop-In: 676 Main St., 204-956-1359
  2 showers available. Towel, toiletries and clean underwear provided.
- 21 Main Street Project: 75 Martha St., 204-982-8245
  Shower and 2 sinks for those accessing the shelter or drop-in Mon.-Sun. 7am-7pm
- 34 Ma Mawi Wi Chi Itata Centre: 363 McGregor St., 204-925-6816

ACCESS SAFE SEX & SAFE DRUG SUPPLIES

- 21 Main Street Project: 75 Martha Ave., 204-982-8245
- Sunshine House: 646 Logan Ave., 204-783-8565
- 42 Daniel McIntyre/St. Matthews Community Association:
  823 Ellice Ave., 204-774-7005
- 10 Resource Assistance for Youth: 125 Sherbrook St., 204-783-5617
- Sage House: 422 Dufferin Ave., 204-943-6379
- 9 Rainbow Resource Centre: 170 Scott St., 204-474-0212
- 36 Ndinawe/Tina's Safe Haven:
  472 Selkirk Ave., 204-589-5545
- 5 Klinic: 870 Portage Ave., 204-784-4090
- 8 Nine Circles: 705 Broadway, 204-940-6000
- Aboriginal Health and Wellness Centre:
  215–181 Higgins Ave., 204-925-3700
- Street Connections: 496 Hargrave St., 204-981-0742

WEST END | NORTH END | BROADWAY | CENTRAL

OUTREACH VAN | WARMING SHELTER

