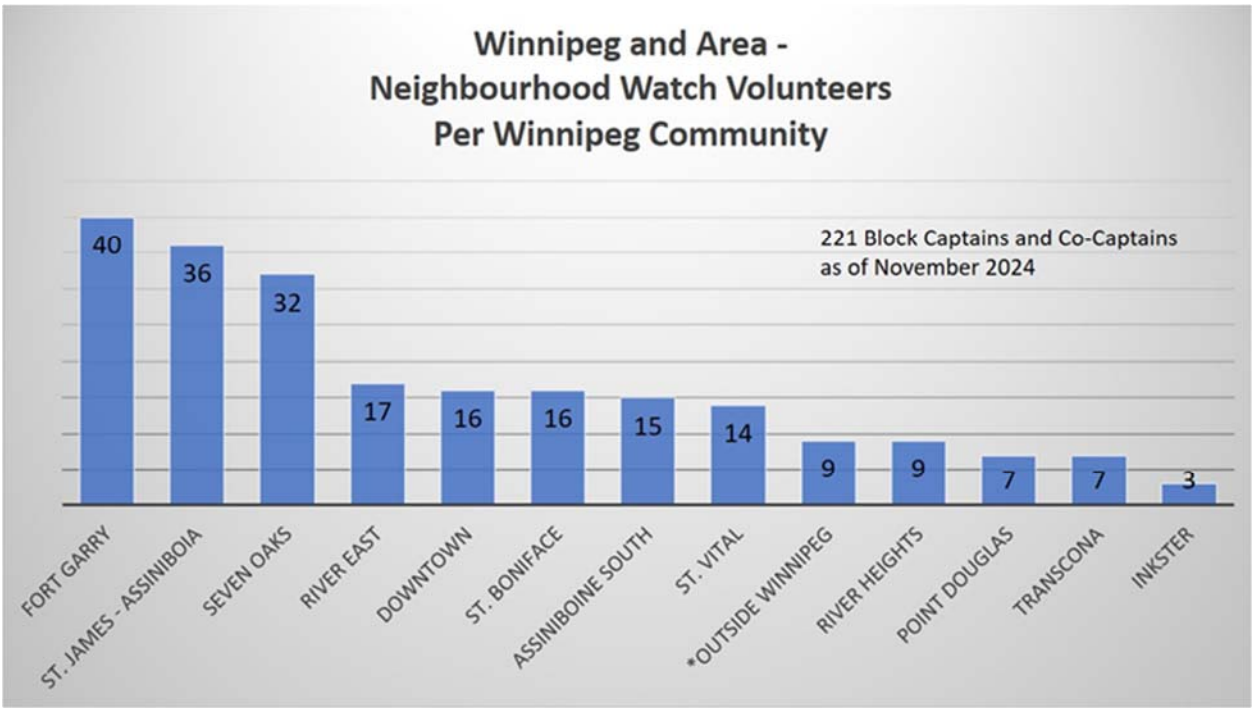

Winnipeg and Area -
Neighbourhood Watch Volunteers
Per Winnipeg Community
221 Block Captains and Co-Captains
as of November 2024
40
36
32
17
16
16
15
14
9
9
7
7
3
FORT GARRY
ST. JAMES - ASSINIBOIA
SEVEN OAKS
RIVER EAST
DOWNTOWN
ST. BONIFACE
ASSINIBOINE SOUTH
ST. VITAL
*OUTSIDE WINNIPEG
RIVER HEIGHTS
POINT DOUGLAS
TRANSCONA
INKSTER

WHO DO I CALL?

After a Fire

Important Phone Numbers

Canadian Red Cross ..... **1(888)800-6493**

EIA After hours **204-945-0183**

Emergency Clothing/Furniture

Acorn Family Place **204-560-3141**
202-222 Furby St

Fort Garry Women's Resource Centre..**204-477-1123**
1150– A Waverly St

North End Women's Centre's
UP SHOPPE.....**204-582-3494**
382 Selkirk Ave

North End Women's Centre.....**204-589-7347**
394 Selkirk Ave

North Point Douglas Woman's Centre.**204-947-0321**
221 Austin St

Resource Assistance for Youth **204-783-5617**
125 Sherbrook Ave

Salvation Army–Weetamah Centre..... **204-946-9490**
324 Logan Ave

Siloam Mission.....**204-956-4344**
300 Princess St

211 Manitoba 211
*free, confidential 24/7 (**non-crisis**) community/social resource info line.*
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

@WpgSafety winnipegsafety.ca

Winnipeg

Winnipeg Committee For Safety

Disclaimer: These resources are provided for information purposes only. The WCFS does not necessarily endorse the resources listed.

Food Banks & Emergency Groceries

Agape Table **204-783-6369**
364 Furby St

Bear Clan Patrol Inc. **204-306-8571**
190 Disraeli Fwy

Chalmers Neighbourhood Renewal Corp ... **204-219-6986**
9 am – 5 pm 180 Poplar Ave

Manitoba Harvest **204-982-3663**
1085 Winnipeg Ave

Oak Table **204-416-2240**
109 Pulford St

St. Matthews-Maryland-
Community Ministry..... **204-774-1846**
641 St. Matthews St

Housing Supports

Steve Perchyshyn Fire Rescue House ... **204-415-6916**

www.winnipegrentnet.ca includes most recent rental listings in Winnipeg

Spence Neighbourhood Association (SNA)
Homelessness Outreach Worker..... **204-783-5000**
615 Ellice Ave

Daniel McIntyre/St Matthews
Community Association Inc **204-202-6932**
823 Ellice Ave

West Central Women's Resource Centre **204-774-8975**
640 Ellice Ave

Affordable Support

See **mb.211.ca** for a full listing of affordable or subsidized housing options in Winnipeg.

Identification

Citizens' Bridge..... **204-927-2332**
607 Selkirk Ave

Indigenous Services Canada, Treaty/Status Cards
Manitoba Regional Office..... **1(833) 983-5910**
361 Hargrave St

Manitoba Health Cards..... **204-786-7101**
300 Carlton St

Manitoba Métis Federation **204-586-8474**
50 Henry Ave

MPI Identification Card **204-985-7000**

SEED Winnipeg **204-927-9935**
80 Salter St

WHO DO I CALL?

Youth

Mental Health/Addiction Supports

Black Youth Helpline **1-833-BYH-8650**
Child & Adolescent Eating Disorder Program (HSC) .. **204-958-9660**
First Nations & Inuit Hope for Wellness Helpline.... **1-855-242-3310**
Kids Help Phone (24/7) **1-800-668-6868**
or text '**CONNECT**' **to 686868**
MB Addictions Helpline - Youth Addictions Service ... **1-877-710-3999**
MB Addictions Helpline..... **1-855-662-6605**
MB Adolescent Treatment Center (MATC) **204-958-9660**
National Eating Disorder Information Center ... **1-866-NEDIC-20**
Manitoba Suicide Crisis Line **1-877-435-7170**
Teen Talk (non-crisis)..... **204-784-4010**
Voices: Manitoba's Youth in Care Network..... **204-982-4956**
..... **1-866-982-4956**
The Link - Youth Mobile Crisis Service **204-949-4777**
or **1-888-383-2776**

Safe Spaces/Shelters

Huddle (Ages 12-29)

Broadway 533 Broadway Ave ..... **204-228-6387** ext **533**
Ka Ni Kanichihk 102-765 Main St **204-594-6500**
NorWest 945 Notre Dame Ave..... **204-221-9800** ext **945**
South Central 2-17 St. Mary's Rd **204-255-6497**

The Link - Emergency Shelter/Youth Resource Centre (age 12-17)
..... **1-888-477-1804**
159 Mayfair Ave
Ndinawe/Tina's Safe Haven (age 24 & under)..... **204-417-7233**
472 Selkirk Ave

Resource Assistance for Youth (age 29 & under) ... **204-783-5617**
125 Sherbrook St

Rossbrook House (age 6-24) **204-949-4090**
After 4pm & weekends **204-949-4094** 658 Ross Ave

West End 24 (WE24) (age 13-26) **204-333-9681**
11pm-7am, Everyday, Dec-March 430 Langside St
Fri/Sat & all school holidays the rest of the year)

Sexuality/Sexual Health

Nine Circles Community Health Centre **204-940-6000**
Sexuality Education Resource Centre (SERC) **204-982-7800**
Rainbow Resource Centre (LGBT2SQ+) **204-474-0212**
Women's Health Clinic **204-947-1517**

Victim Supports

MB Advocate for Children & Youth **204-988-7440**
..... **1-800-263-7146**
Child and Family Services Manitoba **204-945-6964**
Child Protection Centre **204-787-2811**
Child Victim Supports Services **204-945-0662**
Cybertip.ca **1-866-658-9022**
Klinic - Sexual Assault Crisis Counselling **204-786-8631**
New Directions - TERF ..... **204-786-7051** ext. **5311**
(for sexually exploited youth)
Winnipeg Crime Stoppers ..... **204-986-8477 (TIPS)**

211 Manitoba **211**
*free, confidential 24/7 (**non-crisis**) community/social resource info line.*
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

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Winnipeg

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Free Showers

Ma Mawi Wi Chi Itata Centre **204-925-6816**
363 McGregor St

Main Street Project **204-982-8229**
Shower and two sinks for those accessing the shelter or drop-in Mon-Sun 7am-7pm — 75 Martha St

Resource Assistance for Youth **204-783-5617**
(ages 29 and under) — 125 Sherbrook St
Showers and basic needs available on drop-in basis: Mon-Fri, 1pm-3pm

Siloam Mission **204-956-4344**
Showers available for people staying at the shelter
300 Princess St

Union Gospel Mission **204-943-9904**
Showers available to men and women: Mon-Fri: 2pm-4pm — 320 Princess St
Clothing is also available

West Central Women's Resource Centre **204-774-8975**
Showers available to women-identified people — 640 Ellice Ave
Shampoo kit available, feminine hygiene products available

211 Manitoba **211**
*free, confidential 24/7 (**non-crisis**) community/social resource info line.*
mb.211.ca

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Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

@WpgSafety — winnipegsafety.ca

Winnipeg — Winnipeg Committee For Safety

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WHO DO I CALL?

Street Outreach

Everyone deserves to be treated with respect and dignity, regardless of if they are housed or not. The resources below can support people who are experiencing homelessness and other barriers.

Amoowigamig Public Washroom ..... 715 Main St
7 days/week: 7 am-11 pm Hygiene and harm reduction supplies available

Bear Clan
North End / Downtown **204-306-8571**
West Broadway **204-794-3568**

Homeless Outreach Community Support (HOCS) (WRHA) **204-794-3804**

Ma Mawi Wi Chi Itata Centre **204-330-3300**
Outreach van — 445 King St

Main Street Project Van Patrol **204-982-8245**
12am-8pm daily

Mama Bear Clan **204-947-0321**
Patrol North Point Douglas and Main St on Fridays

Mobile Assist and Connect Team (MAC247) **204-958-4640**

Ndinawemaaganag Endaawaad Inc **204-417-7233**
Outreach Van: 4:30 pm - midnight

North Point Douglas Women's Centre **204-947-0321**
221 Austin St N

Resource Assistance for Youth **204-391-2209**
Mon-Fri 5:30pm-9pm 125 Sherbrook St

Sage House **204-943-6379**
Mon-Thurs: 1pm-5pm, Fri: 1pm-9pm 422 Dufferin Ave

St Boniface Street Links **204-615-5557**
..... **204-294-7637**
311 Provencher Blvd

Salvation Army (outreach van) **204-946-9402**
11pm-4am (when below -15) 180 Henry St

Street Connections **204-981-0742**
Mon-Fri 6pm-11pm, Sat: 5pm-10:30pm 496 Hargrave St
Nurse available in van

West End 24 (WE24) ..... **204-333-9681 (cell)**
Office ..... **204-783-5000** ext **111**
Youth ages 13-26 11pm-7am 430 Langside St

Free Laundry

Acorn Place **204-560-3141**
Laundry available for people with children under age 6 222 Furby St
Mon, Tues, Thurs & Fri - 9 - 4 pm / Wed – 1 - 4 pm

Andrews Street Family Place **204-589-1721**
Laundry available to community members 220 Andrews St
Mon-Fri: 9:30am-4:30pm
Must bring own soap, limit 2 loads per household, daily

Ma Mawi Wi Chi Itata Centre **204-925-6816**
363 McGregor St

North Point Douglas Women's Centre **204-947-0321**
Drop-in Mon/Wed/Fri: 9am-5pm 221 Austin St

Resource Assistance for Youth ..... **204-783-5617** ext **810**
For youth age 29 and under 125 Sherbrook St
Call to pre-book (1 week in advance)
Laundry soap provided

Sunshine House **204-783-8565**
For 2SLGBTQIA+ community 646 Logan Ave
Laundry available during drop-in hours:
Mon-Wed 2pm-4pm
Please call ahead to confirm

West Central Women's Resource Centre **204-774-8975**
Laundry available to women-identified people 640 Ellice Ave
Mon-Wed 2pm -4:30pm
Sign-up ahead of time

WHO DO I CALL?

Safe Spaces and Shelter Supports

Having access to shelter helps ensure our safety, security and dignity. If you or someone you know needs to access a safe space, please see the resources below and call for more information.

Note: Some shelters' addresses are omitted to ensure the privacy and protection of people who access them.

Youth

Huddle (Ages 12-29)

Broadway 533 Broadway Ave ..... **204-228-6387** ext **533**
Ka Ni Kanichihk 102-765 Main St **204-594-6500**
NorWest 945 Notre Dame Ave .....**204-221-9800** ext **945**
South Central 2-17 St. Mary's Rd **204-255-6497**

The Link-Youth Resource Centre **204-477-1804**
Emergency Shelter (Age 12-20) 159 Mayfair Ave

Ndinawe/Tina's Safe Haven..... **204-417-7233**
(Age 24 & under) 472 Selkirk Ave

Rossbrook House (Age 6-24) **204-949-4090**
3:30pm-12am Mon-Fri 658 Ross Ave
24 hours weekends and holidays

West End 24 (WE24) (Age 13-30)..... **204-333-9681**
11pm-7am 430 Langside St

Adults

1 Just City - A Warm Sleep **204-416-2240**
109 Pulford St

Augustine United Church..... **204-284-2250**
Open Jan, Feb, Mar (9pm-6:30am, daily) 444 River Ave

Canadian Mental Health Association
.....**204-982-6100** ext **930**
930 Portage Ave

Daniel McIntyre/St Matthews Community Association
..... **204-774-7005**
823 Ellice Ave

Rainbow Resource Centre (2SLGBTQIA+) **204-474-0212**
170 Scott St

Main Street Project..... **204-982-8260**
637 Main St

N'Dinawemak **204-943-1803**
190 Disraeli Fwy

The Salvation Army (Booth Centre) **204-946-9402**
180 Henry Ave

211 Manitoba **211**
*free, confidential 24/7 (**non-crisis**) community/social resource info line.*
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

@WpgSafety winnipegsafety.ca

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Disclaimer: These resources are provided for information purposes only. The WCFS does not necessarily endorse the resources listed.

Siloam Mission **204-956-4344**
300 Princess St

SonRise Village (The Salvation Army) **204-946-9471**
(shelter for individuals with children)

Sunshine House (2SLGBTQIA+) **204-783-9565**
646 Logan Ave

Spence Neighbourhood Association **204-333-9681**
430 Langside St

St. Boniface Street Links **204-294-7637**

Men

Manitoba First Nations Family Violence Prevention:
Circling Buffalo **1-877-977-0007**
209-1075 Portage Ave

Klinic Community Health (Men's Evolve) **204-784-4059**
167 Sherbrook St

The Haven (Salvation Army Winnipeg Centre of Hope)
..... **204-946-9410**
72 Martha St

Thrive Community Support Circle **204-775-9934**
3rd floor – 406 Edmonton St

Wahbung Abinoonjiiag **204-925-4610**
225 Dufferin Ave

West Central Women's Resource Centre:
Family Violence Prevention,
Men's Circle Program .....**204-774-8975** ext **209**
640 Ellice Ave

Women and Children Only

Alpha House **204-982-2011**
(Non-crisis, year long residential program)

Bravestone Centre Inc **204-275-2600**

House of Peace (newcomer women) **204-942-5535**

Ikwe-Widdjiitiwin Inc (24 hours) **204-977-0007**
..... **1-800-362-3344**

Indigenous Women's Healing Centre **204-989-8240**

Klinic Community Health (Women's Evolve)
..... **204-784-4059**
167 Sherbrook St

North End Women's Centre **204-589-7347**
394 Selkirk Ave

Velma's House **204-560-3007**
566 Bannatyne Ave

Wahbung Abinoonjiiag **204-925-4610**
225 Dufferin Ave

West Central Women's Resource Centre
..... **204-774-8975 640**
640 Ellice Ave

Willow Place Shelter (24 hours) **204-774-8975**

A Woman's Place **204-940-6624**

WHO DO I CALL?

Sexual Violence

If you or someone you care about has experienced sexual violence, there are confidential, non-judgemental services designed to support you and your healing.

Crisis/Counselling Services

Klinic Sexual Assault Crisis Counselling
Crisis line **204-786-8631**
In-person counselling **204-784-4059**

Heartwood Healing Centre **204-783-5460**

Mount Carmel Clinic **204-582-2311**

New Directions - Families Affected by Sexual Assault (FASA) ..... **204-786-7051** ext. **5262**

Women's Health Clinic - Counselling ..... **204-947-2422** ext. **204**

Teen Clinic (24hr crisis line) **240-786-8686**
Sexual assault crisis line **204-786-8331**

Cultural Services

Ka Ni Kanichihk - Heart Medicine Lodge
(For Indigenous women and those who identify as women)
..... **204-594-6500** ext. **107**
..... **1-888-953-5264**
Text: **204-809-8587**

Health Services

Sexual Assault Nurse Examiner (SANE)
(Available at Health Sciences Center 24/7 for people of any age or gender who have been sexually assaulted) **204-787-3942**
After hours ..... **204-932-6900 (pager)**
Health Sciences Centre Children's Emergency Dept **203-787-2306**

Law Enforcement

Winnipeg Police Service - Sex Crimes Unit
(to speak with a detective in confidence)
..... **204-986-6245**

Legal Services

Community Legal Education Association **204-943-2382**

The Law Phone-in and Lawyer Referral Program **204-943-2305**

Legal Help Centre **204-258-3096**

Post-secondary Support Services

Canadian Mennonite University
On Campus Counselling **204-487-3300**

Red River College
Notre Dame Campus **204-632-3966**
Exchange District Campus **204-949-8375**

University of Manitoba Sexual Violence Resource Centre **204-474-6562**

University of Winnipeg Sexual Violence Response Team **204-230-6660**

**Note: if your post-secondary institution is not listed, please contact the institution to inquire about services available.*

211 Manitoba 211
*free, confidential 24/7 (**non-crisis**) community/social resource info line.*
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

@WpgSafety winnipegsafety.ca

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Sexual Harassment Hotline

Ending a tenancy due to sexual violence
MB Justice Victim Services **204-945-6851**
1-866-4-VICTIM (1-866-484-2846)

Manitoba Human Rights Commission
..... **204-945-3007**

Safe Work Manitoba **204-957-7233**

sexualharassmenthelp@communitylegal.mb.ca

Sexual Harassment Support Services

Employment Standards **204-945-3352**
(to speak with someone about interpersonal violence leave for employees) **1-800-821-4307**

Sexually Transmitted Infections (STI) Testing

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

Nine Circles Community Health Centre .. **204-940-6000**

Youville Community Health Centre **204-255-4840**

Women's Health Clinic
Birth Control & Pregnancy **204-947-1517**

STI testing can be done at any WRHA Connected Care ACCESS clinic. Please visit www.wrha.mb.ca/locations-services/walk-in-connected-care/ for more info)

Third Party Reporting

*Third party reporting is a process where a survivor is able to pass on information about the sexual assault they experienced to the police without having to speak directly to the police or make a formal report. In this process the survivor completes a form with the support of a trained counsellor, and this information is sent off to police without the survivor's identifying information.

If the police would like to speak directly with the survivor, they will reach out to the community organization that filed the Third Party report. The counsellor would then reach out to the survivor. Survivors always have the choice to speak with police or not.

Third Party Reports of sexual assault can be made through the following partnering agencies:

Ka Ni Kanichihk - Heart Medicine Lodge
..... **204-953-5820**

Klinic Community Health..... **1-888-292-7565**
To book an in-person appointment ... **204-784-4049**
To complete a third-party report
over the phone **204-786-8631**

Mount Carmel Clinic – Sage House..... **204-943-6379**

Pluri-Elles (in French) **204-233-1735**

Victim services

MB Justice Victim Services..... **204-945-6851**
1-866-4-VICTIM (1-866-484-2846)

MB Justice - Compensation for Victims of Crime
..... **204 945-0899**
1-800-262-9344

MB Justice - Domestic Violence Support Service
(24/7)..... **1-877-977-0007**

Winnipeg Police Service
Victim Services **204-986-6350**

Other Help Lines

Cybertip.ca..... **1-866-658-9022**
(for reporting the online sexual exploitation of children)

Kids Help Phone **1-800-668-6868**
or text CONNECT to 686868

Seniors Abuse Support Line (9-5) **1-888-896-7183**

Winnipeg Crime Stoppers ..... **204-786-8477 (TIPS)**

CRISIS SERVICES

Domestic Violence Crisis Line (24/7)
..... **1-877-977-0007**

Klinic Crisis Line (24/7)..... **204-786-8686**
*(*Video Relay Service available)* **1-888-322-3019**

Klinic Sexual Assault Crisis Line (24/7)
*(*Video Relay Service available)* **204-786-8631**
1-888-292-7565
TTY: 204-784-4097

Suicide Prevention & Support Line (24/7)
..... **1-877-435-7170**

Klinic Trafficking Hotline (24/7) **1-844-333-2211**

Canadian Human Trafficking Hotline
..... **1-833-900-1010**

WHO DO I CALL?

For Seniors

STAYING ACTIVE

Active Aging in MB 204-632-3947

City of Winnipeg Leisure Guide 311

Creative Retirement Manitoba.....204-481-5030
(online learning)

Volunteer Manitoba.....204-477-5180

TRANSPORTATION

Canadian Cancer Society -
Transportation Service..... 1-888-939-3333

Winnipeg Transit (TeleBus) 204-287-RIDE (7433)

Winnipeg Transit Plus.....204-986-5722
(formerly Handi-Transit)

WRHA HEALTHY AGING RESOURCE TEAMS

Downtown/Point Douglas Healthy Aging... 204-940-8140

River East/Transcona Healthy Aging 204-940-2114

St. James/Assiniboia South Healthy Aging .. 204-940-3261

GENERAL

211 Manitoba 211
(comprehensive resource list)

Indigenous Senior Resources Centre..... 204-586-4595

Age and Opportunity: Support Services
for Older Adults 204-956-6440

Caregiving with Confidence 204-452-9491
(supports for caregivers)

Long Term & Continuing Care Assoc of MB
.....1-855-477-9888

MB Association of Senior Centres..... 204-792-5838
(listing of community resources for seniors)

MB Pharmacare Program..... 204-786-7141

Winnipeg Crime Stoppers ..... 204-786-8477 (TIPS)

WRHA Home Care Intake Line..... 204-788-8330

MB Seniors & Healthy Aging Secretariat
(Seniors info line) 1-800-665-6565

DENTAL HEALTH

University of MB
Home Dental Care Program 204-831-3455

University of MB Deer Lodge Centre
Dental Care Program 204-831-2157

211 Manitoba 211
*free, confidential 24/7 (**non-crisis**) community/social resource info line.*
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

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FRAUD AWARENESS

Canadian Anti-Fraud Centre **1-888-495-8501**
(to report telephone, internet or letter fraud if you did not suffer financial loss)

Fraud Awareness MB Hydro **204-480-5900**

Manitoba Securities Commission..... **204-945-2548**

Manitoba Ombudsman **204-982-9130**
(to receive "ID shields" for credit/debit cards)

Winnipeg Police Service (non-emergency)
.....**204-986-6222**
(to report financial losses over $5000 due to fraud)

HOUSING

Good Neighbours Active Living Centre
Home Maintenance **204-806-1303**

Manitoba Housing - Subsidized Housing
.....**204-945-4663**

Options for Seniors.....**204-477-9888**
(Independent, Retirement and Assisted Living)

MB Rental Assistance.....**204-948-7368**

Safe Suite Initiative (Age and Opportunity)
.....**204-956-6440**
(55+ temporary safe housing for victims of abuse for up to 60 days)..... **1-888-333-3121**

INCOME ASSISTANCE

MB 55+ Income Supplement.....**204-945-2197**

Public Guardian & Trustee of MB **204-945-2700**

Service Canada (Old Age Security/Canada Pension Plan)
..... **1-800-277-9914**
..... TTY: **1-800-255-4786**

MENTAL HEALTH

Alzheimer Society of Manitoba **204-943-6622**

Aulneau Renewal Center (Counselling)
.....**204-987-7090**

WRHA Geriatric Mental Health Team (intake)
.....**204-982-0140**

Klinic Crisis Line (24/7) **204-786-8686**

Manitoba Suicide Prevention Hotline (24/7)
..... **1-877-435-7170**

ELDER ABUSE

Protection for Persons in Care **1-866-440-6366**
(to report abuse/neglect of people in designated care facilities)

Seniors Abuse Support Line (24hrs)... **1-888-896-7183**

MB Gov Elder Abuse Hotline **1-877-977-0007**

PHYSICAL HEALTH

Dial-a-Dietician..... **1-877-830-2892**

Family Doctor Finder..... **1-866-690-8260**
.....**204-786-7111**

Health Links - Info Santé (24hrs).....**204-788-8200**

Injury Prevention Program (IMPACT)..... **204-940-8300**

MB Poison Control..... **1-855-776-4766**

Meals on Wheels **204-956-7711**

WHO DO I CALL?

Safe WALK/Safe RIDE Programs

Do you sometimes feel uneasy about walking alone? Wish there was a FREE service that could help? There is!

Safe WALK and Safe RIDE programs are supportive services designed to safely assist you to your destination. With a quick call, professional and friendly staff from the following organizations can accompany you to where you need to go.

Note: each program operates within specific geographical boundaries. Please contact an organization for more details and ***call in advance*** to arrange your Safe WALK or Safe RIDE.

Bear Clan Patrol
North End/Downtown **204-306-8571**
West Broadway **204-794-3568**

Downtown Community Safety Partnership
Courtesy WALK **204-947-3277**

Exchange District Biz Patrol Safe WALK
8 am – 4 pm (Mon) **204-791-3161**
8 am – midnight (Tues–Sat)

West End BIz Patrol Safe WALK **204-229-2502**
8 am – 8 pm (Mon-Fri, Spring & Summer Sessions)
9 am – 4:30 pm (Mon-Fri, Fall & Winter Sessions)

Red River College Safe WALK
(Exchange District).....**204-949-8305**
7 am – midnight, daily
(Notre Dame Campus).....**204-632-2323**
7 am – 11 pm, daily

University of Manitoba Safe WALK
(Fort Garry Campus).....**204-474-9312**
(Bannatyne Campus).....**204-789-3330**
24 Hours/day, 7 days/week

University of Manitoba Safe RIDE
(Bannatyne Campus).....**204-789-3330**
(Fort Garry Campus).....**204-474-9312**
Daily to midnight (Mon-Fri)

University of Winnipeg Safe WALK.....**204-786-9272**
(Fall & Winter Sessions)
6 – 10 pm (Mon–Thurs) / 5:30 – 9:30 pm (Fri)

University of Winnipeg Safe RIDE.....**204-786-9272**
(Fall & Winter Sessions)
Daily to 10:45 pm (Mon–Fri)

211 Manitoba 211
*free, confidential 24/7 (**non-crisis**) community/social resource info line.*
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

@WpgSafety winnipegsafety.ca

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WHO DO I CALL?

Public Space Maintenance

We all have a role to play in keeping our city safe and clean. A clean and well-maintained public space shows that people care about the area and makes it less inviting for criminal activity to take place. If you spot areas in need of maintenance, please reach out to the resources below.

Download the *Know Your Zone* App to find out when snow clearing will take place in your area.

Garbage, Recycling, Illegal Dumping, Abandoned Furniture **311**

Graffiti
311 or Take Pride Winnipeg **204-956-7590**

MTS Public Payphone
Maintenance **204-225-5687**

Public Maintenance
Spring Clean Ups **311**

Shopping Cart Pick Up
Speedy Cart Services..... **204-786-7600**

Street Light Problems..... **311**
or Manitoba Hydro **204-480-5900**
TTY **204-360-6154**

Street/Sidewalk Repair..... **311**

Traffic Signal Burn Out **311**

Tree Line Inquiries **311**

Vacant/Derelict/Non-Secure Buildings..... **311**

Winnipeg Anti-Arson Hotline..... **204-986-1000**

Winnipeg Crime Stoppers..... **204-786-8477 (TIPS)**

Winnipeg Parking Authority **311**

Winnipeg Transit Shelter Vandalism **311**

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WHO DO I CALL?

For Parents and Caregivers

General

Ceridian Basic Needs Grant **1-866-313-2827**
Employment and Income Assistance (EIA) **204-948-4000**
EIA After Hours - Emergencies..... **204-945-0183** or **1-866-559-6778**
..... **TTY 1-800-855-0511**
Family Support Centre of Winnipeg **204-772-1923**
Family Dynamics Inc (Newcomer family support) **204-794-0648**
Healthy Start for Mom & Me **204-949-5350**
Manitoba 211 ..... **mb.211.ca** or call **211**
MB Parent Help Line **204-945-4777**
NEEDS *(Newcomers Employment & Educational Development Services)*
..... **204-940-1260**
Thrive Community Support Circle **204-772-9091**
Villa Rosa (for single, pregnant women)..... **204-786-5741**

Child Abuse/Exploitation

ANCR (All Nations Coordinated Response) **204-944-4200**
Canadian Centre for Child Protection **204-560-2083**
..... **1-800-532-9135**
Canadian Human Trafficking Hotline **1-833-900-1010**
Child Victim Supports Services..... **204-945-0662**
Winnipeg Police Service Sex Crimes Unit..... **204-986-6245**

Domestic Violence

Alpha House (Non-crisis)..... **204-982-2011**
Domestic Violence Hotline (Prov. of MB)..... **1-877-977-0007**
..... TTY **1-888-987-2829**
Ikwe-Widdjiitiwin Inc (24 hrs) **1-800-362-3344**
Men's Resource Centre ..... **204-415-6797** ext **207**
TEXT Crisis Line **204-792-5302**
Willow Place (24 hrs) **204-615-0311**

Gang Involvement

MB Justice Project Gang Proof Resource Line..... **1-800-691-4264**
OPK (OGIJIITA PIMATISWIN KINAMATAWIN)..... **204-795-1741**
Winnipeg Police Service Gang Hotline **204-986-4264**

Mental Health/Addictions

Centralized Intake Youth Addictions Service **204-958-9660**
Learning Disabilities Association of MB..... **204-774-1821**
Manitoba Adolescent Treatment Centre **204-958-9660**
Manitoba Suicide Line (24hrs) ..... **TEXT: 988** or **1-877-435-7170**
MDAM Postpartum Warm Line **204-391-5983**
Mood Disorder Assoc of Manitoba **204-786-0987**
Resource Assistance for Youth *(for youth age 29 and under)* .. **204-783-5617**
Seneca Mental Health Warm Line (7-11pm)..... **204-942-9276**
Winnipeg Youth Mobile Crisis Team (24 hrs) **204-949-4777**

Physical Health

Aboriginal Health and Wellness Centre of Winnipeg (AHWC)..... **204-925-3700**
Dial-a-Dietician..... **1-877-830-2892**
Family Doctor Finder.....**1-866-690-8260** or **204-786-7111**
Health Links - Info Santé (24 hrs)..... **204-788-8200**
MB Poison Control..... **1-855-776-4766**
Recreation & Leisure Services - Fee Subsidy Program..... **311**
email: cmsfeesub@winnipeg.ca

Sexuality

Rainbow Resource Center (2SLGBTQ+) **204-474-0212**
Sexuality Education Resource Centre (SERC) **204-982-7800**

211 Manitoba 211
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mb.211.ca

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WHO DO I CALL?

Mental Health and Addictions

Whether you are in crisis or just needing some additional support, these confidential resources are available to assist you in enhancing your mental health and wellness.

General

Anxiety Disorders Association of MB **204-925-0600**
..... **1-800-805-8885**

Black Youth Helpline **1-833-BYH-8650**

Behavioural Health Foundation **204-261-2080**

Canadian Mental Health Association (CMHA)
Winnipeg Phone Line **204-982-6100**

Centralized Intake for Child/Adolescent Mental
Health Program (MATC).....**204-958-9660**

Family Doctor Finder.....**204-786-7111**
..... **1-866-690-8260**

First Nations & Inuit Hope for Wellness Helpline
..... **1-855-242-3310**

Health Links.....**204-788-8200**

Huddle MB **204-594-6500**

Kids Help Phone (24/7/365) **1-800-668-6868**
..... **Text 'CONNECT' to 686868**

Klinic Community Health.....**204-789-4090**

Learning Disabilities Association of Manitoba
.....**204-774-1821**

MB Adolescent Treatment Center (MATC)
.....**204-958-9660**

MB Schizophrenia Society.....**204-786-1616**

The Link **204-452-0551**
(supporting families of youth, ages 13-24, to navigate the mental health/addictions system in MB)

Mental Health Advocate (CMHA).....**204-982-6100**

Mental Health Education Resource Centre (MHERC)
.....**204-942-6568**
..... **1-855-942-6568**

Mood Disorders Association of Manitoba (MDAM)
.....**204-786-0987**

MDAM Postpartum Warm Line **204-391-5983**

Nine Circles Community Health.....**204-940-6000**

Obsessive-Compulsive Disorder Centre of MB
.....**204-942-3331**

Protections for Persons in Care **204-788-6366**
(to report abuse/neglect of people in designated
care facilities) **1-866-440-6366**

Sara Riel Inc **204-942-9276**

Seniors Abuse Line **204-945-1884**
..... **1-888-896-7183**

Teen Talk (non-crisis) **204-784-4010**

Voices: Manitoba's Youth in Care Network
.....**204-982-4956**

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

Winnipeg Regional Health Authority
(Mental Health Services) **204-788-8330**

Addictions

Adult and Teen Challenge **204-949-9484**

Al-Anon/ Alateen.....**204-943-6051**

Alcoholics Anonymous MB Central Office ..**204-942-0126**

Cocaine Anonymous **204-250-2626**

Gamblers Anonymous.....**204-582-4823**

JibStop.....**204-904-7867**

Manitoba Addictions Helpline
(Rapid Access to Addictions Medicine - RAAM)
..... **1-855-662-6605**

Native Addictions Council of MB.....**204-586-8395**

Narcotics Anonymous **204-981-1730**

Problem Gambling Helpline **1-800-463-1554**

211 Manitoba 211
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mb.211.ca

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Thrive Community Support Circle.....**204-772-9091**

Youth Addictions Centralized Intake Service (MATC)
..... **1-877-710-3999**

Domestic/Intimate Partner Violence

Bravestone Centre Inc.....**204-275-2600**
(women and children only)

Evolve Family Violence Counseling **204-784-4059**

Ikwe-Widdjitwin Crisis Line (24/7) **1-800-362-3344**
(women and children only)

Indigenous Women's Healing Centre
(women and children only) **204-989-8240**

Men's Resource Centre.....**204-415-6797** ext. **250**

Provincial Domestic Abuse Line (24/7)
..... **1-877-977-0777**

Recovery of Hope (family counselling)
..... **1-888-617-7715**

Willow Place Crisis Line (24 hrs).....**204-615-0311**
(women and children only) ..... **(Text) 204-792-5302**

Eating Disorders/Disordered Eating

Child & Adolescent Eating Disorder Program (HSC)
.....**204-958-9660**

Eating Disorders Program
(Women's Health Clinic)..... **204-947-2422** ext. **137**

National Eating Disorder Information Center
..... **1-866-NEDIC-20**

Overeaters Anonymous..... **www.oa.org**

Family & Friends Support Groups

Al-Anon/ Alateen.....**204-943-6051**
(Free, drop-in, for family members and friends of alcoholics)

CMHA - Mental Health Education for Families Group
.....**204-982-6100**
(Drop-in, 8 week course for family and friends of person living with mental illness)

Families Anonymous Support Group
.....**204-237-0336**
(For adults who are concerned about someone close to them who is using or abusing alcohol or drugs)

Manitoba Schizophrenia Society Support Groups
.....**204-786-1616**

Eight Stages of Healing Group
(Free, drop-in, 10-week program for family and friends of people living with mental illness)

Family Support Group *(Free, Drop-in, Peer-led)*

'Name That Feeling" Group (Children)
(Free, Drop-in)

Strengthening Families Together Group
(Free, Drop-in, for families/friends of people living with psychosis)

MDAM - Family and Friends Group..... **204-786-0987**
(Free, Drop-in)

S.P.E.A.K. Suicide Prevention Education Awareness Knowledge.....**204-784-4064**
(Free, drop-in, monthly peer support group for adults bereaved by suicide)

Grief/Bereavement

Province-Wide Bereavement Support Line
.....**204-889-8525**
..... **1-800-539-0295**

S.P.E.A.K. Suicide Prevention Education Awareness Knowledge.....**204-784-4064**
(Free, drop-in, monthly peer support group for adults bereaved by suicide)

Harm Reduction

Street Connections.....**204-981-0742**

Sunshine House
(Mobile Overdose Prevention Site).....**204-914-8221**

CRISIS SERVICES

Addictions Services 1-855-662-6605

Human Trafficking Hotline (24/7) 1-844-333-2211

Kids Help Phone 1-800-668-6868

Klinic Crisis Line (24/7) 204-786-8686
..... 1-888-322-3019

Klinic Sexual Assault Crisis Line (24/7)...204-786-8631
..... 1-888-292-7565

Main Street Project (24 hrs).....204-982-8245

Manitoba Suicide Prevention Crisis Line (24/7)
..... 1-877-435-7170

Poison Control Centre..... 1-855-776-4766

WRHA Mobile Crisis Service (24hrs) 204-940-1781
.....TTY 204-779-8902

WRHA Crisis Stabilization Unit.....204-940-3633
.....TTY 204-957-7101

Youth Mobile Crisis Service/Crisis Stabilization
(24hrs).....204-949-4777
..... 1-888-383-2776

*AFM - Addictions Foundation of Manitoba
*CMHA - Canadian Mental Health Association
*MATC - Manitoba Adolescent Treatment Centre
*MDAM - Mood Disorders Association of Manitoba
*WRHA - Winnipeg Regional Health Authority

WHO DO I CALL?

Meal Supports

Everyone deserves access to regular, nutritious meals for optimal health and wellness. The resources below are available for individuals and families. Please note the dates and times of meal availability.

1JustCity Oak Table **204-416-2240**
Lunch: Mon-Thu 12pm-3pm — 107 Pulford St

1JustCity West Broadway Community Services **204-774-2773**
Food Bank: Mon 12pm-1:30pm — 222 Furby St
Lunch: Tue-Thu 12pm-1:30pm
Dinner: Mon-Thu 4:30pm-6pm

Adventist Community Services **204-338-1751**
Mon 1pm-4pm — 95 Stadacona
Tue-Fri 9:30am-12pm

Agape Table **204-783-6369**
Breakfast: Mon-Fri 7am-11am — 364 Furby St

Andrews Street Family Centre **204-589-1721**
Coffee & toast: — 220 Andrews St
Mon-Fri 9:30am-4:30pm

Broadway Neighbourhood Centre **204-772-9253**
Dinner (ages 6-17): — 185 Young St
Mon-Fri: 4–8 pm

Canadian Muslim Women's Institute .. **204-943-8539**
Halal Community Pantry — 201-61 Juno St

Central Neighbourhoods **204-558-5212**
Tue/Thu/Fri 5pm-9pm — 231 Isabel St

Chalmers Neighbourhood Renewal Corp
(Emergency hampers & meals) **204-219-6986**
9 am – 5 pm — 180 Poplar Ave

Crossways-In-Common **204-774-2773**
Lunch: Mon/Wed-Fri: Noon — 222 Furby St

Daniel McIntyre/St Matthews Community Association **204-202-6932**
Mon-Fri 1pm-6pm — 823 Ellice Ave

Family Life Centre Emergency Food Program **204-586-7790**
240 Pritchard Ave

Freedom House **204-504-9888**
Breakfast: Tue/Thu 10am-11am — 294 Ellen St

Harvest Manitoba **204-982-3663**
Mon-Fri: 9:15am-3:15pm — 1085 Winnipeg Ave
Sat 9:30am - 12:30pm)
Emergency food bank (ID required, please phone)

Holy Trinity Church **204-942-7465**
Lunch: Tue/Thu 11am-1pm — 256 Smith St

Huddle (ages 12-29)

533 Broadway **204-228-6387**
Mon-Thu 12:30pm-4:30pm

34 Higgins Ave **204-953-5820**
Mon-Fri 10am-7pm

945 Notre Dame Ave **204-221-9800**
Mon-Fri 11am-6:30pm; Sat 9:30am-5pm

2-17 St. Mary's Rd **204-255-6497**
Mon-Fri 10am-7pm

Immaculate Conception Parish **204-942-3778**
Lunch (Sept-May) — 181 Austin St N
Sun: 12:30pm-2pm

Indigenous Family Centre **204-586-8393**
Coffee: Mon-Fri 8am-4pm — 470 Selkirk Ave

Lighthouse Mission **204-943-9669**
Breakfast: Mon-Thu: 9am-11:15am — 669 Main St
Lunch: Mon-Thu: 1pm-3:15pm; Fri 1pm-4:15pm
Dinner: Fri 6pm-7:30pm
Harvest Food Bank: Thu 9am-11am

Ma Mawi Wi Chi Itata Centre

443 Spence St **204-925-0348**
Breakfast: Mon-Fri: 9am
Lunch: Mon-Fri 12:30pm
Dinner: Mon-Fri 5pm

318 Anderson St **204-925-0349**
Lunch: Mon-Fri 12:15pm
Dinner: Mon-Fri 5pm

211 Manitoba **211**
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mb.211.ca

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Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

@WpgSafety — winnipegsafety.ca

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363 McGregor St..... **204-925-6816**
Lunch: Mon-Fri: 12:15pm
Dinner: Mon-Fri 5pm

575 Larsen Ave..... **204-925-0358**
Lunch: 12:15pm
Snack: 5pm

Main Street Project..... **204-982-8229**
Breakfast: 9:30am 637 Main St
Lunch: 1:00pm
Dinner: 5:30pm

Missionaries of Charity..... **204-582-2773**
Breakfast: Mon/Wed/Fri/Sat: 9:30am-10:45am

N'dinawemak - Our Relatives..... **204-982-8229**
Breakfast: Daily 9:30am 190 Disraeli Fwy
Lunch: Daily 1pm

Nine Circles Community Health Clinic
..... **204-940-6000**
Mon-Fri 9am-5pm (snack) 705 Broadway

Ndinawe/Tina's Safe Haven..... **204-589-5545**
(for youth age 13-24) 472 Selkirk Ave
Lunch: Mon-Fri: 12pm
Dinner: Daily 5pm

North End Women's Centre **204-589-7347**
(snack available) 394 Selkirk Ave
Mon/Tue/Thu: 8:30am-4:30pm
Wed: 12pm-4:30pm
Fri: 8:30am-4pm

North Point Douglas Women's Centre.. **204-947-0321**
Mon-Wed/Fri: 221 Austin St N
9am-12pm; 1pm-4pm
Sat: 1pm-5pm (coffee & toast)

NorWest Co-op Community Food Centre
..... **204-615-3317**
Take-out meals: 103-61 Tyndall Ave
Mon/Wed/Fri 12pm-1:30pm;
Thu 5:30pm-6:30pm

One88 ..... **204-504-8118**
Breakfast: Wed 10am 188 Princess Street
Lunch: Tue 11:30am

Resource Assistance for Youth..... **204-783-5617**
(for youth 29 and under) 125 Sherbrook St
Mon-Fri: 1pm-4pm

Sage House (Women)..... **204-943-6379**
Cereal & Soup throughout the day 422 Dufferin Ave
Dinner: Tues/Thurs: 4pm

St Matthews Community Ministry..... **204-774-1846**
Mon/Tues/Thurs/Fri: 365 McGee St
1:30pm-4pm

The Salvation Army **204-946-9400**
Breakfast: 7:15am 180 Henry Ave
Lunch 11:45am
Dinner: 4:30pm (for those staying at the shelter)

Siloam Mission..... **204-956-4344**
Breakfast: 9am - 10am 300 Princess St
Lunch: 12pm-1pm 303 Stanley St
Dinner: 6pm-7pm

Sunshine House (2SLGBTQIA+) **204-783-8565**
Lunch: Mon/Wed 646 Logan Ave
2pm-4:30pm
6pm-8:30pm
Brunch: Sun. 11am-1pm
($2 per person, kids under 12 eat free)

The Welcome House..... **204-946-5352**
Bagged lunch: Wed 10am 188 Euclid Ave

Thrive Community Support Circle - Resource Centre **204-772-9091**
Mon/Wed/Thu/Fri 9am-3pm
3rd Floor - 406 Edmonton St

Union Gospel Mission..... **204-943-9904**
Breakfast: Mon-Fri 11:30 am 320 Princess St
Dinner: Mon-Fri 7:30pm

Velma's House (Women & Children) . **204-560-3007**
Lunch: 12:30pm 154 Sherbrook St
Dinner: 6pm

West Central Women's Resource Centre
Breakfast: Sat 10am **204-774-8975**
Lunch: Mon/Wed/Fri: 12pm 566 Bannatyne Ave
Dinner Tues/Thu: 5pm

Windsor Park United Church
(food cupboard) **204-256-8792**
1062 Autumnwood Dr

WHO DO I CALL?

Human Trafficking-Exploitation Supports

Exploitation occurs when a person (adult or youth) experiences forced labour (including sexual labour) and/or human trafficking. It can occur online and offline and involves coercion, manipulation and psychological control.

If you or someone you know is being exploited, please know that free, confidential and non-judgmental help is available.

All Nations Coordinated Response Network **204-944-4200**
835 Portage Ave

Canadian Human Trafficking Hotline **1-833-900-1010**

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

Counter Exploitation Unit - Winnipeg Police Service
..... **204-986-3464**

Cybertip.ca..... **1-866-658-9022**
(Tool for reporting the online sexual exploitation of youth)

Dream Catchers **204-784-4042**
870 Portage Ave

Ka Ni Kanichihk Inc..... **204-953-5820**
455 McDermot Ave

Klinic Human Trafficking Hotline..... **1-844-333-2211**

Ndinawemaaganag Endaawaad Inc.
Outreach Team **204-417-7233**

Need Help Now..... **www.needhelpnow.ca**
(Removing an online sexual image)

New Directions ..... **204-786-7051** ext **5311**
717 Portage Ave

North End Women's Centre..... **204-589-7347**
394 Selkirk Ave

Our Place Safe Space..... **204-774-7005**
(Daniel McIntyre St Matthews Community Association)
823 Ellice Ave

Sage House **204-943-6379**
(Mon.-Fri. 1pm-5pm) 422 Dufferin Ave

Sex Crimes Unit - Winnipeg Police Service..... **204-986-6245**

Sex Workers Winnipeg Action Coalition
..... **sexworkwinnipeg.com**

Street Connections..... **204-981-0742**
496 Hargrave St

Sunshine House..... **204-783-8565**
For 2SLGBTQIA+ community 646 Logan Ave

Winnipeg Crime Stoppers .....**204-786-8477 (TIPS)**

211 Manitoba 211

*free, confidential 24/7 (**non-crisis**) community/social resource info line.*

mb.211.ca

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