

Mental Health Resources

for Winnipeg



Canadian Mental Health Association
Manitoba and Winnipeg
Mental health for all

The Canadian Mental Health Association Manitoba and Winnipeg is dedicated to helping you find the mental health supports and services you need. Call or visit our website:

204-982-6100
<https://mbwpg.cmha.ca>



Supporting Mental Health, Well-Being and Recovery

The words mental health and mental illness mean different things.

Mental health is an important part of our sense of well-being. Just like we all have physical health, we all have our mental health to look after.

There are six common factors of good mental health including:

- A sense of purpose
- Positive relationships
- Feeling connected to others
- Feeling good about yourself
- Coping with stress
- Enjoying life

Our mental health is impacted by many things including: genetic factors, life experiences, home, school and work environments, physical health,

coping strategies, our relationships with others and the communities we live in.

A **mental illness** is a health problem that affects our thoughts, feelings, and behaviours. Mental illness disrupts a person's life and creates challenges. With the right supports, a person can get back on track to a path of recovery and wellness.

People can have poor mental health without a mental illness and someone living with a mental illness can have good mental health. The impacts of poor mental health and mental illness are common.

Everyone experiences challenges to their mental health at some point in their life. These struggles may be mild or severe and short-lived or long-term. In any case, remember that there are many kinds of

supports and services that can make a big difference in how you manage these challenges. These resources are here to help strengthen your mental health and support your recovery.

We know it can be difficult to find the right resource. That is why we publish this guide and offer assistance at the Canadian Mental Health Association Manitoba and Winnipeg.

If you need help finding the right resource contact:

**Canadian Mental Health Association
Manitoba and Winnipeg
Service Navigation Hub
Phone 204-775-6442 or visit us online
<https://mbwpg.cmha.ca/>**

One in three people in Canada will experience a mental illness during their lifetime. It is important to recognize that five in five of us have mental health.

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Crisis Services

A mental health crisis is any situation in which a person's mental health problem or mental illness prevents them from being able to cope in their usual ways, care for themselves or function in the community and/or puts them at risk of hurting themselves or others.

The following services are aimed at helping someone in a mental health crisis.

WINNIPEG EMERGENCY SERVICES OPERATOR – CALL 911

The operator will take details of your crisis situation and connect you with the appropriate Emergency Service – Ambulance, Police or Fire Department. 24/7 services available

Crisis Services

CRISIS RESPONSE CENTRE (CRC) – SHARED HEALTH

Offers walk-in services for individuals 18 years and older who are experiencing a mental health crisis. Visit 817 Bannatyne Avenue • 24/7 services available
<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>

MOBILE CRISIS SERVICE – SHARED HEALTH

Provides on-site or over the phone assistance to individuals and/or families and service providers to assist individuals experiencing a mental health crisis. 204-940-1781 • 24/7 services available
<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>

CRISIS STABILIZATION UNIT (CSU) – SHARED HEALTH

Provides short-term, community-based supportive care and treatment for individuals in psychiatric or psychosocial crisis who may be at risk of hospitalization. Referrals are welcome from mental health-care professionals working in crisis services, community (e.g. PACT) and hospital.
<https://sharedhealthmb.ca/services/mental-health/crisis-stabilization-unit/>

YOUTH CRISIS STABILIZATION SYSTEM

Provides free crisis supports to help stabilize youth including crisis line, resource centre and emergency shelter. 204-949-4777 or 1-888-383-2776 24/7 services available • <https://thelinkmb.ca/>

Crisis and Support Lines

CENTRE FOR SUICIDE PREVENTION

A national suicide education and prevention resource. <https://www.suicideinfo.ca/>
If you are thinking about suicide, or you're worried about someone else call toll-free, any time 1-833-456-4566 or visit <https://talksuicide.ca/>

DOMESTIC VIOLENCE INFORMATION CRISIS LINE

1-877-977-0007 (or text 204-792-5302 or 204-805-6682) • 24/7 services available

KIDS HELP PHONE NATIONAL LINE

1-800-668-6868 or text 686868 • 24/7 services available • <https://kidshelpphone.ca/>

KLINIC CRISIS LINE

Provides free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope. 204-786-8686 • 24/7 services available • <https://klinik.mb.ca>

MANITOBA SUICIDE PREVENTION & SUPPORT LINE

1-877-435-7170 • 24/7 services available
<https://reasontolive.ca/>

MANITOBA FARM, RURAL & NORTHERN SUPPORT SERVICES

Toll free: 1-866-367-3276 • 24/7 services available • <https://supportline.ca/>

NATIONAL INDIAN RESIDENTIAL SCHOOLS CRISIS LINE

For anyone experiencing pain or distress as a result of residential school experience. 1-866-925-4419 • 24/7 services available

SEXUAL ASSAULT CRISIS LINE

204-786-8631 • 24/7 services available
<https://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>

Non-Emergency Community Support / Harm Reduction

BEAR CLAN PATROL INC.

Provides personal security in the inner city in a non-threatening, non-violent and supportive way. 584 Selkirk Avenue 204-914-1708 • 185 Young Street 204-794-3568
<https://bearclanpatrol.org/>

COMMUNITY CONNECTIONS – MILLENIUM LIBRARY

Community Crisis Workers are available for one-on-one appointments. Information provided: shelter and housing, social assistance, jobs, counselling, mental health programs and services, health care, and income tax.
<https://wpl.winnipeg.ca/library/communityconnections/introduction.stm>

DOWNTOWN COMMUNITY SAFETY PARTNERSHIP

Teams provide non-emergency response, outreach and intervention in downtown Winnipeg. Call 211 • 24/7 services available • <https://www.dcspp.ca>

HOPE FOR WELLNESS HELPLINE

Available to all Indigenous people across Canada. • 1-855-242-3310 • 24/7 services available • <https://www.hopeforwellness.ca/>

ST. BONIFACE STREET LINKS

Outreach service and seasonal patrol that supports people struggling with homelessness in St. Boniface. 204-294-7637 • <https://stbonifacestreetlinks.com/>

STREET CONNECTIONS

A mobile public health service aimed at reducing spread of sexually-transmitted infections and other drug-related harms. 204-981-0742 • 496 Hargrave Street
<https://streetconnections.ca>

Hospitals / Emergency

GRACE HOSPITAL

300 Booth Drive • 204-837-0157

HEALTH SCIENCES CENTRE

700 William Avenue • Adults: 204-787-3167 • Children: 204-787-4244

ST. BONIFACE HOSPITAL

409 Tache Avenue • 204-237-2260

Hospitals / Urgent Care

CONCORDIA HOSPITAL

1095 Concordia Avenue • 204-661-7194

SEVEN OAKS GENERAL HOSPITAL

2300 McPhillips Street • 204-632-7133

VICTORIA HOSPITAL

2340 Pembina Highway • 204-477-3148

To see approximate Emergency Department, Urgent Care, Walk-in Clinic, and Access Centre wait times visit: <https://wrha.mb.ca/wait-times>

Emergency Shelter

MAIN STREET PROJECT

Provides 24-hour crisis services including detox, emergency shelter, overnight shelter, daytime drop-in services and short-term hostel accommodations for men and women. 204-982-8229 • Emergency Shelter located at: 637 Main Street
<https://mainstreetproject.ca/>

SILOAM MISSION - HANNAH'S PLACE EMERGENCY SHELTER

204-943-1748 • 300 Princess Street Hours of Operation 8:00 pm – 8:00 am
Intake daily at 9:00 pm. <https://siloam.ca/>

WILLOW PLACE

Willow Place is a Crisis Shelter for women and children who have experienced family violence. They offer a 24-hour crisis line, outreach and group counselling. 1-877-977-0007 or text 204-792-5302 • Men who experience domestic violence can call 204-615-0311 or the Domestic Violence Information Crisis Line at 1-877-977-0007
<https://willowplaceshelter.ca>

IKWE-WIDDJITIWIN

Offers shelter, support and counselling to women who are suffering from emotional, physical, or sexual abuse from their intimate partner or relative in the home. 1-800-362-3344 • <http://www.ikwe.ca/>

SALVATION ARMY WINNIPEG CENTRE OF HOPE

Provides short-term and longer-term accommodations for men, women and families. 204-946-9400 • 180 Henry Avenue

1JUSTCITY

Just a Warm Sleep Emergency warming centre open from November 1 to March 31 every night. 204-416-2240 • 107- Pulford Street • <https://1justcity.ca/>

N'DINAWEMAK – OUR RELATIVES' PLACE

An Indigenous led community resource offering 24/7 warming space at 190 Disraeli Freeway • 204-943-1803

WEST END 24 HOUR SAFE SPACE FOR YOUTH – WE24

Provides overnight space for youth ages 13-26 to rest, access basic needs, and link to resources. 204-333-9681 • 430 Langside Street – Nightly from 11:00 pm – 7:00 am
<https://spenceneighbourhood.org/program/we24/>

NAATAMOOSKAKOWIN

If you are experiencing homelessness, Naatamooskakowin can connect you to a housing support provider to help you overcome the barriers that have made it hard for you to stay housed in the past. Call 211 or visit <https://endhomelessnesswinnipeg.ca/coordinated-access/>



Finding a Doctor

If you or someone you know is experiencing a mental health problem, it is important to seek help early, see a doctor and be specific about your concerns to assess your overall health.

If you do not have a Family Doctor, contact **Family Doctor Finder** at 204-786-7111 or toll-free 1-866-690-8260 between 8:30 am and 4:30 pm (Monday to Friday). <https://gov.mb.ca/health/familydoctorfinder/>

Your doctor or nurse practitioner may prescribe treatment or refer you to a psychiatrist or other mental health professionals who may be part of your treatment team: social worker, psychiatric nurse, community mental health worker, occupational therapist or psychologist.

Housing

A safe, comfortable, affordable place to live is an important factor in emotional well-being. Listed below are resources that may help you find quality housing within your budget.

Manitoba Housing

Manitoba Housing owns and manages rental housing accommodations in many locations across Manitoba. Accommodations are available under the Social Housing Rental Program or the Affordable Housing Rental Program. Applicants must meet eligibility requirements and have incomes below the Program Income Limits for each program.

Contact Manitoba Housing at 204-945-4663 or toll free at 1-800-661-4663. For more information and application forms, visit: <https://gov.mb.ca/housing/>

Co-op Housing

Every member has a vote in how the co-op is run. There may be subsidies available for people who cannot afford the housing charges. For a listing of co-ops visit: <https://chfcanada.coop/about-co-op-housing/find-a-co-op/> or visit <https://gov.mb.ca/housing/progs/coophousing.html>

Private Market

This type of housing is not government operated. Rental units are owned and managed for profit by individuals and corporations. They must follow the regulations of the Residential Tenancies Act of Manitoba.

For information about your rights and responsibilities as a tenant or assistance in dealing with your landlord, call the Residential Tenancies Branch (a provincial government agency that assists tenants and landlords). 204-945-2476 (in Winnipeg) or Toll Free in Manitoba: 1-800-782-8403 • <https://manitoba.ca/cca/rtb/>

Non-Profit Housing

Non-profit housing organizations have developed affordable housing for people with low or moderate incomes.

- **WINNIPEG HOUSING REHABILITATION CORP. (WHRC)**
204-949-2880 • 104 – 60 Frances Street • <https://whrc.ca>
- **DAKOTA OJIBWAY TRIBAL COUNCIL HOUSING AUTHORITY INC.**
204-988-5357 • 130 – 200 Alpine Way Headingly MB • <https://dotc.mb.ca>
- **FOUNTAIN SPRINGS HOUSING**
Provides affordable housing for low to moderate income households with 18 suites designated for individuals with mental health issues. Clubhouse of Winnipeg
204-783-9400 • 172 Sherbrook Street • <https://clubhousewinnipeg.ca/>
- **KINEW HOUSING INC.**
204-956-5093 • 394 McGregor Street • <https://kinewhousing.ca>
- **RIVERWOOD HOUSE**
A 40-suite Supportive Recovery Housing facility for those in recovery from addictions, facing unstable housing, and desiring a substance free environment. 204-560-6004
325 Talbot Avenue • <https://www.riverwood.house>
- **S.A.M. MANAGEMENT** 204-942-0991 • 200 – 1080 Portage Avenue • <https://sam.mb.ca>
- **MURDOCH MANAGEMENT**
204-982-2000 • 757 Henderson Highway • <https://lifelease.ca/>
- **NORTH END COMMUNITY RENEWAL CORP** • Affordable housing initiatives. Main office: 509 Selkirk Avenue • 204-927-2330 • <https://necrc.org>
- **SPENCE NEIGHBOURHOOD ASSOCIATION**
A Spence neighbourhood initiative that includes home ownership, safety, image enhancement and employment. 204-783-5000 • 615 Spence Avenue
<https://spenceneighbourhood.org>
- **NEW LIFE MINISTRIES** • Affordable rental housing. 204-775-4929 • 514 Maryland Street • <https://newlifewinnipeg.com/>
- **NEW JOURNEY HOUSING** • A resource centre for newcomer housing in Manitoba. 204-942-2238 • 200 – 305 Broadway • <https://newjourneyhousing.com>
- **NORTH END HOUSING PROJECT INC.** • Provides affordable quality housing for Winnipeg's North End Community. By appointment only. Also owns the Steve Perchyshyn Fire Rescue House which provides temporary, transitional housing for families who lose their home to fire. 204-415-6916 • Unit C – 154 Selkirk Avenue
<https://nehp.ca/>

Mental Health Housing Programs and Services

- **REHABILITATION and RECOVERY SERVICE** • CMHA'S Rehabilitation and Recovery Program assists individuals to choose, get and keep housing in the community. CMHA also offers a Housing First program called Community Housing with Supports for individuals who have been unsheltered and struggling with homelessness. 204-982-6100 • 930 Portage Avenue
<https://mbwpg.cmha.ca/>
- **EDEN HEALTH CARE SERVICES** • Housing and Support program provides rent subsidized housing, residential care, psychological rehabilitation, and integrated community supports with a Christian emphasis. EDEN Winnipeg – Supportive Housing Program. For application inquires, call 204-325-5355
1055 Molson Avenue Winnipeg • <https://edenhealthcare.ca/housing-supports/>
- **FRIENDS HOUSING INC.** • Provides affordable supportive housing for people with a history of psychiatric illness as well as housing for young, low income, families. 204-953-1160 • 100 – 890 Sturgeon Road • <https://friendshousinginc.ca/>
- **WRHA - RESIDENTIAL CARE FACILITIES** • Care provided, on a voluntary basis, in licensed and approved group homes for adults with a psychiatric diagnosis who have not been able to manage independently. Access to these facilities is only for individuals receiving case management services from WRHA Community Mental Health Services. For inquires contact your community mental health worker or Central Intake at 204-788-8330
- **SALVATION ARMY - THE HAVEN**
A residential licensed facility that provides supervised residential living for men ages 18 – 55 experiencing mental illness 204-946-9404 • 72 Martha Street
- **SARA RIEL INC.** • Safe, stable and affordable housing with the goal of living independently and autonomously. 204-237-9263 • 66 Moore Avenue
<https://sarariel.ca>

Housing First

Housing First is a program that assists unsheltered or homeless individuals who are experiencing multiple housing barriers to access independent housing without requiring “housing readiness”.

To access Housing First in Winnipeg, reach out to the Coordinated Access program through End Homelessness Winnipeg's Naatamooskakowin which connects individuals to the access points for Housing First Services delivered by various organizations. Call End Homelessness Winnipeg at 204-942-8677 or visit <https://endhomelessnesswinnipeg.ca/>

Help for Families

Families can play a valuable role in supporting a family member with a mental health or addiction problem. In addition to coping with the practical issues of day-to-day living, families can experience guilt, stress, fear, grief, anxiety, self-doubt and uncertainty. The person with the mental illness benefits most from support and encouragement. Family members and friends who have a good understanding of the illness and treatment options will be better equipped to be supportive. Each family member may react differently to the situation. The person dealing with a mental illness must always be treated with dignity and respect.

Many self-help organizations offer information and support to families. See page 10.

Here are a few tips for families:

- Find out about mental health resources in the community.
- Keep a journal of notes about what has been happening, which can help you to see patterns, etc.
- Make a list of questions you may want to ask the doctor.
- Ask for information about the illness and the treatment.
- Offer choices to the person such as “Will you go to the hospital with me or would you prefer (name a friend) go with you?”
- Have a plan for dealing with crisis situations such as who to call, what services are available and who can support the person and family through a crisis.
- Make sure you are looking after yourself: maintain outside interests, gain support from others, seek counselling if necessary.

Supports, Services, and Education for Families

- **AURORA FAMILY THERAPY CENTRE**
Provides individual, relationship, family and group therapy as well as newcomer programs
204-786-9251 • 5th Floor – 491 Portage Avenue • <https://aurorafamilytherapy.com/>
- **CENTRE RENAISSANCE CENTRE INC.**
Counselling and support for children, individuals, families, couples and groups.
204-256-6750 • 844 Autumnwood Drive • <https://www.renaissancecentre.ca/>
- **FAMILY DYNAMICS** Provides a variety of services to support families.
204-947-1401 • 4th Floor, Portage Place • <https://familydynamics.ca/>
- **AULNEAU RENEWAL CENTRE** Offers counselling and other services to individuals and families. • 204-987-7090 • 228 Hamel Avenue • <https://aulneau.com/>
- **NEW DIRECTIONS THERAPY AND CLINICAL SERVICES**
A service to support individuals, groups and parents.
204-786-7051 • 717 Portage Avenue • <https://newdirections.mb.ca/>
- **THE LINK (formerly Macdonald Youth Services)**
This program is designed to support families and young people age 13-24 to navigate mental health and addictions services and supports in Manitoba. • 204-452-0551 (within Winnipeg) • 1-844-452-0551 (outside Winnipeg) • <https://thelinkmb.ca/>

Education and Support Groups

- **AL-ANON AND ALATEEN FAMILY GROUPS**
The Al-Anon Family Groups are for people who are worried about someone with a drinking problem, who share their experience, strength, and hope in order to solve their common problems. 204-943-6051 • <https://mbnwo-alanon.org>
- **CRAFT – Community Reinforcement and Family Training**
This program (provided as a partnership of CMHA and Bruce Oake Recovery Centre) is designed to help people supporting a loved one who is struggling with substance use. CRAFT is an approach for families who have a loved one struggling with substances, but who is not really interested in making changes or getting help. The aim of this program is to provide education, empowerment, and hope by developing alternative ways of interacting with your loved one that do not include nagging, pleading, or threatening. The goals of this program are: to improve your quality of life and to take care of yourself, to help your loved one discover and adopt a pleasurable and healthy lifestyle that is more rewarding than substance use and to be prepared and be patient. 204-982-6100 • <https://mbwpg.cmha.ca/>
- **CRAFT for Mental Illness - Community Reinforcement and Family Training**
This program is a skills-based program for families of people who struggle with mental illness. CRAFT teaches family members practical strategies to motivate change both in themselves and their significant other. Specific skills for learning include: understanding a loved one's triggers, positive communication and reinforcement strategies, problem-solving, self-care, precautions against violence and creating a safety plan and getting a loved one to accept help. 204-982-6100 • <https://mbwpg.cmha.ca/>

See pages 10 and 12 for other helpful resources for families.



Mental Health
is a universal
human right.

well-being

Recovery and Empowerment

Canadian Mental Health Association Manitoba and Winnipeg (CMHA)

Everything we do at CMHA is based on the belief that individuals with mental health and addictions issues can recover and create a quality life for themselves. Visit <https://mbwpg.cmha.ca/> or call 204-982-6100. Our comprehensive range of services includes:

MENTAL HEALTH AND ADDICTIONS SERVICE NAVIGATION
CMHA Service Navigation Specialists work to connect individuals, caregivers, and families to recovery-oriented supports and services within the entire mental health and addictions systems. Call 204-775-6442

REHABILITATION AND RECOVERY
Provides recovery supports to people 18 and over living with mental illness and addictions in a variety of ways. Through a step-by-step process, Recovery Workers help people to recover or discover meaningful roles in life. Whether it is a social goal, a housing goal, an educational goal, or an employment goal, participants are supported to develop wellness plans, gain self-awareness and insight about recovery, problem-solve an issue before a crisis develops, and respond to and manage stress.

COMMUNITY HOUSING WITH SUPPORTS
A Housing First Service that works with people who have experienced chronic or episodic homelessness to find and keep housing of their choosing in the community.

EMPLOYMENT WITH SUPPORTS
A short-term program that provides the tools and information for the achievement of satisfying and successful employment. Participants looking to join or return to the workforce are supported through a rapid employment approach. Drop-in appointments are available at 930 Portage Avenue, every Thursday between 10 a.m. and noon • 204-982-6100

WELL-BEING LEARNING CENTRE
Throughout the year, CMHA Manitoba and Winnipeg offers a variety of health and wellness related courses to all those with a desire to learn about and improve their mental health. Visit our website <https://mbwpg.cmha.ca> for course descriptions and to register.

RECOVERY SUPPORT GROUP
This recovery focused group meets every Thursday to discuss strategies to manage depression and anxiety. Drop-in anytime, no registration required. If you would like more information about our services please call 204-775-6442 or visit us online at <https://mbwpg.cmha.ca/>

TURNING PAGES

Turning Pages is a Cognitive Behavioural Therapy with mindfulness (CBTm) and peer support program, tailored for individuals 50+. The goal of the program is to improve mental health symptoms by providing education, skill building, social interaction and community connections. The program is 6 weeks in length. Cost is \$50 per person (fee waivers available based on need). For more information, please call 204-982-6138 or visit www.mbwpg.cmha.ca/

BounceBack® reclaim your health

BounceBack® is a free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. If you like having someone motivate and encourage you to reflect, the coaching program may be right for you. A trained BounceBack® coach will help you learn skills to improve your mental health in up to six telephone sessions over three to six months. Your coach will help you keep on track and offer support as you work through the program materials. You design your own program by selecting materials from 20 different modules. For more information, visit <https://bouncebackmb.cmha.ca/>

ARTBEAT STUDIO – STUDIO CENTRAL

Artbeat Studio Inc. runs unique community-based, self-directed, peer-supported programming. It provides social supports, a working art studio and gallery space, and mentorship for the purpose of fostering the recovery and empowerment of individuals living with mental illness. All programming is on a drop-in basis and free of charge. 204-943-8290 • Unit 251A – 393 Portage Avenue • <https://artbeatstudio.ca>

TURNING LEAF

A non-profit, charitable organization that provides person-centered crisis and treatment services to low and high-risk marginalized individuals living with mental illness and intellectual challenges in the community. 204-221-5594 • <https://turningleafservices.ca>

Income Assistance

Employment and Income Assistance (EIA) in Winnipeg

Based on a needs assessment, this service provides financial assistance to single-parent families, persons with disabilities, and individuals and families without employment so that they can provide for basic needs and get training and employment supports to achieve financial independence. For more information, visit the Province of Manitoba's Employment and Income Assistance online guide at: 204-948-4000 • <https://gov.mb.ca/fs/eia/>

DID YOU KNOW? EIA participants in the Persons With Disabilities category with approved volunteer plans will be provided a monthly financial benefit to assist with the costs of volunteering. See an EIA Case Coordinator for more information. <https://gov.mb.ca>

COMMUNITY FINANCIAL COUNSELLING SERVICES

Financial counselling and literacy, and income tax preparation <https://cfctaxes.com/>

SEED WINNIPEG INC.

Works to reduce poverty, help people to start businesses and save money. 204 927-9935 • 80 Salter Street <https://seedwinnipeg.ca/>

COMMUNITY VOLUNTEER INCOME TAX PROGRAM (CVITP)

Find a free tax clinic in your area by calling 2-1-1.



CLUBHOUSE OF WINNIPEG INC.

At Clubhouse, members make friendships and develop workplace skills while working side-by-side with staff in a fun, easygoing and supportive environment. Areas of opportunity include maintenance, clerical, administrative, and retail experience in the Thrift Shop. Clubhouse provides mentorship, recreation, arts, and fitness programming. 204-783-9400 • 172 Sherbrook Street www.clubhousewinnipeg.ca

OPPORTUNITIES FOR EMPLOYMENT/EMPLOYMENT SERVICES

Offers a range of services for job seekers to prepare individuals for the labour market and connect them with employers who are actively recruiting. • 204-925-3490 • 3rd Floor – 294 Portage Avenue • <https://ofe.ca>

SAIR TRAINING AND EMPLOYMENT PLACEMENT SERVICES (STEPS)

Specializes in assisting people with mental health, emotional or learning issues to identify, obtain and maintain employment. 204-474-2303 • 1 – 201 Scott Street • <https://steps2work.ca>

SARA RIEL INC. EMPLOYMENT SERVICES/WORK PLACEMENT FORCE

The Employment Program delivers service through: skill development, workshops, supported education, supported job search, marketing, worksite support and counselling and referral services. • 204-237-9263 • 66 Moore Avenue <https://sarariel.ca/>

CMHA EMPLOYMENT WITH SUPPORTS

A short-term program that provides the tools and information for the achievement of satisfying and successful employment. Participants looking to join or return to the workforce are supported through a rapid employment approach. Drop-in appointments are available at 930 Portage Avenue, every Thursday between 10 a.m. and noon • 204-982-6100

YOUTH EMPLOYMENT SERVICES (Y.E.S. Manitoba Inc.)

Youth Employment Services (Y.E.S. Manitoba Inc.) provides free employment services to youth, teaching job skills and supporting transition to employment with community and industry partners. 204-987-8661 • 614 – 294 Portage Avenue <https://yesmb.ca/>

Addictions

MANITOBA ADDICTIONS HELPLINE

Call 1-855-662-6605 (toll free), or visit <https://mbaddictionhelp.ca/> or in person (Monday to Friday, 8:30 am - 4:30 pm) at River Point Centre • 146 Magnus Avenue

ADDICTIONS FOUNDATION OF MANITOBA

Residential and Community Treatment – Adults and Youth Prevention and Education programs, Gambling Programs – province-wide 204-944-6200 • 1031 Portage Avenue <http://afm.mb.ca/>

ADDICTIONS RECOVERY INC.

Supportive housing for men recovering from addiction 204-586-2550 • <https://addictionsrecovery.ca/>

AL-ANON/ALATEEN CENTRAL SERVICES MANITOBA

Self-help group for individuals who are concerned about a family member or a friend's drinking • 204-943-6051 107 – 2621 Portage Avenue • <https://al-anon.org/>

ALCOHOLICS ANONYMOUS MANITOBA

Members share their experience, strength and hope in recovering from alcoholism • 204-942-0126 • 1856 Portage Avenue • Toll free 1-877-942-0126 • <https://aamanitoba.org/>

BEHAVIOURAL HEALTH FOUNDATION

Residential Treatment • 204-269-3430 • 35 avenue de la Digue, St. Norbert • <https://bhf.ca/>

COCAINE ANONYMOUS

204-250-2626 • <https://camanitoba.org/>

ESTHER HOUSE

Second stage housing for women recovering from addiction 204-582-4043 • <http://estherhousewinnipeg.ca/>

FAMILIES ANONYMOUS

A support group for adults who are concerned about someone close to them who is using or abusing alcohol or drugs <https://familiesanonymous.org/>

MAINSTREET PROJECT

Detoxification centre (non-medical), to complete an application call 204-982-8251 for male identified or 204-982-8222 for female identified • 637 Main Street • <https://mainstreetproject.ca/>

NARCOTICS ANONYMOUS

204-981-1730 • <https://mascna.org/>

NATIVE ADDICTIONS COUNCIL OF MANITOBA – PRITCHARD HOUSE

Residential Treatment – culturally-based programming 204-586-8395 • 160 Salter Street • <https://nacm.ca/>

NORTH END WOMEN'S CENTRE – ADDICTIONS RECOVERY PROGRAM

Operates transitional housing through the Addictions Continuing Recovery program at Chriss Tetlock Place and Betty Berg House. The housing is for women learning to live in recovery for up to one year. Intake for program and both houses is through addictions manager at 204-927-7347 • 394 Selkirk Avenue <https://newcentre.org/>

OVEREATERS ANONYMOUS

204-334-9008 • <https://oaheartofcanada.ca/>

PROBLEM GAMBLING HELPLINE

(Toll free): 1-800-463-1554 • 24/7 services available

ST. BONIFACE STREET LINKS

Operates Morberg House a 12 bed transitional residence for men overcoming homelessness, addiction, and mental health challenges. 204-294-7637 • 311 Provencher Blvd <https://stbonifacestreetlinks.com/>

ST. RAPHAEL WELLNESS CENTRE (SRWC)

SRWC is a not-for-profit community-based organization which offers pre- and post-treatment non-residential education and counselling programs for individuals and families affected by addiction. 204-956-6650 • 2nd Floor – 225 Vaughan Street info@srwc-mb.ca • <https://srwc-mb.ca/>

TAMARACK RECOVERY CENTRE

Second stage addictions residential treatment – adults 60 Balmoral Street • Intake: 204-775-3546 <https://tamarackrehab.org/contact-us/>

YOUTH ADDICTIONS CENTRALIZED INTAKE SERVICE

1-877-710-3999 • province-wide <http://mbaddictionhelp.ca/services/addiction-services-for-youth/>



Bruce Oake Recovery Centre is a non-profit residential addiction treatment program in the St. James/Crestview area in Winnipeg. Bruce Oake offers long-term live-in and community-based services to men seeking recovery from substance use disorder.

The 16-week program of integrated care is based on a biopsychosocial spiritual cultural model. Bruce Oake delivers daily individual and group counselling through various recovery techniques. The wholistic approach of the program incorporates peer support into 8 months of post-treatment outreach programming ensuring each participant is connected with a recovery community.

Also offers Family Education and Family Peer Support programs. For more information visit: <https://www.bruceoakerecoverycentre.ca/> or toll-free 1-866-612-6253.

Community Health Clinics and Centres

Community clinics offer a range of health services <https://wrha.mb.ca/locations-services/access-centres/>

ACCESS DOWNTOWN

204-940-3638 • 640 Main Street

ACCESS FORT GARRY

204-940-7100 • 135 Plaza Drive

ACCESS NORWEST

204-938-5900 • 785 Keewatin Street

ACCESS RIVER EAST

204-938-5000 • 975 Henderson Highway

ACCESS ST. BONIFACE

204-940-1150 • 170 Goulet Street

ACCESS TRANSCONA

204-983-5555 • 845 Regent Avenue West

ACCESS WINNIPEG WEST

204-940-2040 • 280 Booth Drive

WRHA POINT DOUGLAS COMMUNITY HEALTH CENTRE

204-940-2025 • 601 Aikins Street

HEALTH ACTION CENTRE

204-940-1626 • 640 Main Street

HOPE CENTRE HEALTH CARE INC.

204-589-8354 • 240 Powers Street <http://hopecentrehealthcare.com/>

KLINIC COMMUNITY HEALTH CENTRE

204-784-4090 • 167 Sherbrook Street <https://klinik.mb.ca/>

MOUNT CARMEL CLINIC

204-582-2311 • 886 Main Street <https://mountcarmel.ca/>

PRIMARY CARE CLINIC – WRHA

204-940-2000 • 1001 Corydon Avenue <https://wrha.mb.ca/primary-care/>

SAUL SAIR HEALTH CENTRE – SILOAM MISSION

204-956-4344 or 1-866-648-4673 • 300 Princess Street <https://siload.ca/service/saul-sair-health-centre/>

WOMEN'S HEALTH CLINIC

204-947-1517 or 1-866-947-1517
Locations: 3rd Floor, 419 Graham Avenue AND 346 Portage Avenue, Unit 2 (2nd Floor) <https://womenshealthclinic.org/>

YOUVILLE CENTRE

204-255-4840 • 6 – 845 Dakota Street <https://youville.ca/>

ABORIGINAL HEALTH AND WELLNESS CENTRE

204-925-3700 • 215 – 181 Higgins Avenue <https://ahwc.ca/>

CENTRE DE SANTÉ SAINT BONIFACE

204-940-3133 • 170 Goulet Street <http://centredesante.mb.ca/>

MA MAWI WI CHI ITATA CENTRE (WINNIPEG)

204-925-0300 • <https://mamawi.com/>

Community Mental Health Services provided by Shared Health and the Winnipeg Regional Health Authority

To access any of the following Community Mental Health Services for adults experiencing mental health problems call 204-788-8330 Central Intake Monday to Friday 8:30 am to 4:30 pm or visit <https://sharedhealthmb.ca/services/mental-health/> and <https://wrha.mb.ca/mental-health/community-services/>

• ADULT COMMUNITY MENTAL HEALTH PROGRAM

Provides Clinical Case Management services and supports in the 12 community areas throughout Winnipeg. <https://wrha.mb.ca/mental-health/community-services/>

• WRHA MENTAL HEALTH HOUSING SERVICES

Must be referred by a Community Mental Health Worker.

• PROGRAM OF ASSERTIVE COMMUNITY TREATMENT (PACT)

An outreach oriented comprehensive community treatment, rehabilitation, and support service designed to meet the needs of people with severe and persistent mental illness. <https://sharedhealthmb.ca/services/mental-health/pact/>

• CO-OCCURRING DISORDERS INITIATIVE (CODI)

Provides Clinical Consultation, Case Management, Dialectical Behavioural Therapy, and Specialized Treatment Services. <https://sharedhealthmb.ca/services/mental-health/codi/>

• EARLY PSYCHOSIS PREVENTION AND INTERVENTION SERVICE (EPPIS)

An early intervention service for adolescents and young adults experiencing a first episode of psychosis. 204-940-8771 • <https://sharedhealthmb.ca/services/mental-health/eppis/>

resilience

See HUDDLE for Youth Services on page 6



Care for All in Education

Mental Health Supports for Manitoba's Education Staff

CMHA Manitoba and Winnipeg's Care for All in Education Program, provides mental health and wellness resources specifically designed for staff working within the education sector.

Resources include a mental health resource web portal, a dedicated team of Wellness Support Specialists to assist in connecting education staff with mental health programming and services and customized wellness presentations for all professions within the education sector.

Our wellness support team is available to provide confidential, non-judgemental and trustworthy advice and service navigation from Monday to Friday (9:00 am to 7:00 pm) by phone at 1-877-602-1660, by email at info@careforallineducation.com or chat through our web portal contact form at <https://careforallineducation.com>



School-Based Mental Health Services

School divisions across Manitoba provide a variety of mental health-related services and programming for students. Services may be provided by school psychologists, clinical psychologists, guidance counsellors, and other specialized professionals.

Check with your child's school to find out what services are available in your school. The link below provides a listing of all schools in Manitoba and their contact information.

<https://edu.gov.mb.ca/k12/schools/index.html>

Youth Mental Health

Mental health struggles are common in children and youth. About 14 per cent of Manitoba youth are living with at least one mental illness or disorder. Addressing mental health in young people is important as most people living with a mental illness see their symptoms begin before age 18. Mental health struggles can affect children's education as well as how they form relationships with their peers and adults. The following programs and supports create opportunities for youth to increase: mental health literacy, social competence, awareness of mental health prevention strategies, coping strategies for responding to stress and celebration of youths' gifts.

CMHA Manitoba and Winnipeg Programs and Services

BounceBack® for Youth

BounceBack® for Youth is a free, evidence-based, self-help program for adolescents, 13–17 years old, experiencing low mood, mild to moderate depression or anxiety, stress or worries. Delivered over the phone, youth are given access to a BounceBack® Coach who will guide and support them as they learn new coping skills to better manage their mood through self-help materials based off of Cognitive-Behavioural Therapy principles. <https://bouncebackmb.cmha.ca/>

Futures Forward

Futures Forward is a collaborative partnership between Youth Employment Services (YES), Community Financial Counselling Services (CFCS), and the Canadian Mental Health Association, Manitoba and Winnipeg (CMHA). Our programming is designed to help youth reach their goals and fulfill their highest potential. We work with youth currently or formerly involved with the child welfare system, aged 15–29. All services offered are free. <https://mbwpg.cmha.ca/>

Living Life to the Full for Youth

Living Life to the Full for Youth (ages 12 to 29) is a fun and interactive course for youth dealing with mild to moderate low mood and/or anxiety. This course will leave youth with the tools to get the most out of life. This course has been shown to improve mood and well-being and reduce stress and anxiety. This group format also provides social support and reduces isolation. <https://mbwpg.cmha.ca/>

Speak Up

Speak Up is a school-based mental health literacy program recommended for grade 7-9 and 11 students. Speak Up uses an evidence-based approach which works toward three goals; increasing students' knowledge about mental health and mental illness, breaking down stigma towards people living with mental health diagnoses, and increasing students' help-seeking behaviours. Providing mental health literacy is an important foundation for young people in understanding mental health and mental health diagnoses, developing empathy, and knowing how to get help early if and when they need it. Our Speaker's Bureau, with trained post-secondary students, allows recovery stories to be shared. These recovery stories encourage, empower, and inspire hope. <https://mbwpg.cmha.ca/>

Thrival Kits™

A partnership between Manitoba Advocate for Children and Youth and the Canadian Mental Health Association, Manitoba and Winnipeg. Thrival Kits™ are shoebox-sized kits that students fill with small, meaningful items as they complete classroom challenges and activities throughout the school year. Activities are focused on mental health promotion; these daily practices protect and promote mental well-being of youth ages 8-12, grades 4-6. <https://thrivalkits.ca/>

Child and Youth Mental Health Supports and Services

Centralized Intake for Child and Adolescent Mental Health Program – Parents, families, or caregivers of children between the ages of 3 years up to 18 years who are experiencing emotional or behavioural concerns as well as symptoms of mental illness can make a referral to the Centralized Intake Service. • 204-958-9660 <https://matc.ca/services/centralized-intake/>

Early Psychosis Prevention and Intervention Service (EPPIS) – An early intervention service for adolescents and young adults experiencing a first episode of psychosis. Phone: 204-940-8771

Heartwood Healing Centre (formerly The Laurel Centre) – Offers programming for people 16 years and over who have experienced trauma and childhood sexual abuse. • 204 783-5460 • <https://heartwoodcentre.ca/>

Inspire Community Outreach Inc. – A charitable social services organization that provides evidence-based, culturally informed, and family-centered education and programming designed to meet the needs of those living with mental health issues and neurological/cognitive differences. 204-996-1547 <https://inspirecommunityoutreach.ca>

Kids Help Phone National Line – available across Canada for youth, 24 hours, confidential and anonymous • 1-800-668-6868 or text 686868

KIDTHINK – A holistic children's mental health centre that identifies and enhances support systems and provides services for children aged 12 and under and their families, as well as outreach services for the community. 431-388-3373 <https://kidthink.ca/>

Klinic Community Health Centre, Teen Clinic – Mondays from 4 pm to 8 pm for youth 12 – 22 • 204-784-4090 • 179 Sherbrook Avenue • <https://klinic.mb.ca/health-care/drop-in-services/teen-clinic/>

MA MAWI CHI ITATA CENTRE – Provides a variety of programs that support Indigenous youth to thrive including cultural, education, training, and leadership opportunities. 204-925-0300 • <https://mamawi.com/>

Manitoba Adolescent Treatment Centre – MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders. For inquiries or referrals contact Child & Adolescent Mental Health Centralized Intake Service – at 204-958-9660 • <https://matc.ca/>

Ndinawe Youth Resource Centre – Connects vulnerable children and youth aged 11–24 with shelter, culture, recreation, education, outreach and support. • 204-417-7233 • <https://ndinawe.ca/>

NorWest Co-op Community Health – Teen Clinic – Several locations offer free, confidential and non-judgemental health services. 204-938-5900 https://norwestcoop.ca/program_service/teen-clinic/

RaY – Resource Assistance for Youth – Free resources and programs for anyone under 29 who needs assistance. 204-783-5617 • info@rayinc.ca • <https://rayinc.ca/>

West End 24 Hour Safe Space for Youth (WE24) – Provides overnight space for youth ages 13-26 to rest, access basic needs, and link to resources. 204-333-9681 • 430 Langside Street Nightly from 11:00 pm – 7:00 am <https://spenceneighbourhood.org/program/we24/>

Youth Addictions Centralized Intake Service – The service is designed to assist Manitobans in navigating the continuum of youth addiction services and identifying an appropriate program by calling 1-877-710-3999 to connect with an addictions counsellor who can help individuals find a suitable program in the community.

Youth Crisis Services (The Link) – A partner in a network of community-based supports that help youth (21 and under) and families work through and move beyond crisis together. 204-949-4777 or 1-888-383-2776 <https://thelinkmb.ca/>

Youth Stabilization Unit – Marymount's Crisis Stabilization Units (CSU) provides a short-term services to assist youth and their families during times of acute crisis. The CSU offers a safe space for youth feeling overwhelmed, stressed or unable to cope. Young people and their families can access this program through the Intake Service at 204-949-4777 in Winnipeg or toll free at 1-888-383-2776 • <https://marymount.com/main/services/clinical-services/crisis-stabilization-unit/>

Youth Emergency Shelter and Resource Centre (The Link) – A safe place for youth to stay overnight or short-term. Staff welcome and work with youth to understand their personal situation and needs. Available on a walk-in basis around the clock to provide basic needs, counselling, advocacy and referrals for additional help and resources. 204-477-1804 • 159 Mayfair Avenue <https://thelinkmb.ca/emergency-shelters-yrcc/>

Youville Community Health Centre – Teen Clinic, for youth 14 – 20 years. Tuesdays from 4 pm to 7 pm • 6-845 Dakota Street 204-255-4840 • <https://youville.ca/health-centre/teen-clinic>

HUDDLE

HUDDLE is 'here for youth.' Youth are welcome to visit with friends, have coffee, or just to chat. Our staff are here for healthy, helping conversations and offer both mental and physical health services for youth, Indigenous cultural support and land-based teaching, Safe Space programming for 2SLGBTQIA+ youth, harm reduction and safe use kits and so much more. Youth are invited to meet Elders, learn about medicines and ceremony and connect with community.

For more information on Huddle Sites, visit <https://huddlemanitoba.ca/find-a-location/>

HUDDLE BROADWAY

204-227-3014 • 533 Broadway Avenue
huddlebroadway@cmhawpg.mb.ca

HUDDLE SOUTH CENTRAL

204-255-6497 • A-17 Rue St. Mary's
hubfeedback@youville.ca

HUDDLE NORWEST

204-221-9800 • 945 Notre Dame Avenue
youthhub@norwestcoop.ca

HUDDLE KA NI KANICHIIK

204-594-6500 • 765 Main Street

HUDDLE BRANDON

204-717-6565 • 701 Rosser Avenue, Brandon
youask@huddlebrandon.ca

HUDDLE SELKIRK

204-482-9813 • Unit 102-620 Manitoba Avenue, Selkirk • huddleselkirk@peguisfirstnation.ca

Resources for Newcomers

911 Emergency Phone Number

Dial 911 for ambulance, fire department and police emergency services. NOTE: This number is for use in emergency situations only.

Health Links – Info Santé

Health Links – Info Santé is a phone service that provides free health information and advice in your language at any time, day or night. 204-788-8200 to speak with a registered nurse.

211

To find programs and services in your community. Information available in 150 languages. Dial 2-1-1 or visit <https://mb.211.ca/>

Language Access Interpreter Services

The Language Access Interpreter Services (Winnipeg Regional Health Authority) offers free interpreter services available in many languages (in-person and over-the-phone).

*Access available ONLY through your doctor. Ask your doctor or the receptionist to phone 204-788-8585

Counselling, Mental Health and Support Services

MFL Occupational Health Centre

The MFL Occupational Health Centre is a community health clinic that provides:

- Information and resources about workplace health and safety
- Community workshops on workplace health and safety in newcomers' first language (204-926-7908)
- Medical care and counselling for injured workers 204-949-0811 • 167 Sherbrook Street • info@ohcmb.ca <https://ohcmb.ca/>

NorWest Co-op Community Health

The NorWest Co-op Community Health provides:

- Community-based services and programs in primary health care
- Community development
- Counselling and support services for Indigenous people, men, youth and women
- Services in the areas of family violence, immigrant and refugee matters, substance abuse during pregnancy, nursing foot care

204-938-5900 • 785 Keewatin Street
<https://norwestcoop.ca>

Manitoba Possible (formerly Society for Manitobans with Disabilities)

Cultural Facilitators provide direct cultural interpretation and facilitation services for clients who are newcomers to Canada who are living with disabilities. 204-975-3010 • 825 Sherbrook Street info@manitobapossible.ca <https://manitobapossible.ca/>

A&O Support Services for Older Adults

Offers a wide range of settlement services for newcomers 55 years of age and over. Settlement Orientation for Seniors and Settlement Worker Services. 204-956-6440 • 200-207 Donald Street • info@aosupportservices.ca <https://www.aosupportservices.ca/senior-immigrant-settlement-services/>

Aurora Family Therapy Centre

Offers a variety of programs to support newcomers transitioning to life in Canada • Newcomer Programs • 204-294-8454 8th Floor – 491 Portage Avenue <https://aurorafamilytherapy.com/newcomer-programs/>

Family Dynamics

Family Supports for Newcomers Program. Free services to permanent residents, refugee claimants, temporary resident and naturalized citizens who have complex needs requiring additional support to adapt to life in Canada. 204-947-1401 • 401 – 393 Portage Avenue (Portage Place) info@familydynamics.ca <https://familydynamics.ca/services/family-supports-for-newcomers/>

IRCOM Immigrant and Refugee Community Organization of Manitoba

IRCOM strives to empower newcomer families to integrate into the wider community through affordable transitional housing, programs, and services. 204 943-8765 • 215 Isabel Street and 95 Ellen Street • <https://www.ircom.ca/>

Islamic Social Services Association

Provides family, health and social welfare services, inclusive of the many cultural and ethnic groups that comprise the Muslim communities in Manitoba and Canada. 204-944-1560 1200-191 Lombard Avenue • <https://www.issacanada.com/>

Mosaic Newcomer Family Resource Network

Offers a variety of programs to support newcomer families. 204-774-7311 • 397 Carlton Street • <https://www.mosaicnet.ca/>

West Central Women's Resource Centre

Offers a variety of services to newcomer women and their families. 204-774-8975 • 640 Ellice Avenue • info@wccwrc.ca <https://wccwrc.ca/>



Immigrant Centre

Zonal Outreach for Newcomer Engagement (ZONE)

The Zonal Outreach for Newcomer Engagement (ZONE) Settlement Workers provide settlement information and orientation to newcomers, connect newcomers with programs and services, host special events for newcomers to meet their neighbours, and promote public awareness about immigrant issues.

**Look for your postal code to find your ZONE Settlement Offices.*

Elmwood Community Resource Centre (R2L, R2K)

204-298-1720 • 545 Watt Street adminassistant@elmwoodcra.ca <http://elmwoodcra.ca/>

Family Dynamics (R3P, R3Y, R3R, R3T, R3V, R2Y, R3H, R3J, R3K, R3S, R3M, R3N, R3L)

204-594-3427 • 206-584 Pembina Highway • info@familydynamics.ca <https://familydynamics.ca/>

River East Transcona School Division (R2G, R2E, R3W, R2C, R2K)

204-669-9412 • 95 Bournais Drive 3XT 2968 • RETIS@retsd.mb.ca <https://retsd.mb.ca/page/63/immigrant-services>

Louis Riel School Division (R2M, R2N, R2H, R2J, R3X)

204-257-7308 • 511 St. Anne's Road settlement@lrtd.net • <https://lrtd.net>

Seven Oaks School Division (R4A, R2P, R2V, R2R)

204-632-1716 • 950 Jefferson Avenue • settlement@7oaks.org <https://bit.ly/7OaksImmigrantServices>

Immigrant Centre (R3A, R3B, R3C, R3E, R3G)

204-943-9158 • 100 Adelaide Street frontdesk@icmanitoba.com <https://icmanitoba.com/>

Mount Carmel Clinic (R2W, R2X)

204-589-9449 • 886 Main Street <https://info@mountcarmel.ca>

Aceuil Francophone (no geographic boundaries)

204-975-4250 ext 250 • 190 Avenue de la Cathédrale Saint-Boniface • accueil@sfm.mb.ca <http://accueilfrancophonemb.com/>

Jewish Child and Family Services (JCFS) - (no geographic boundaries)

204-477-7430 Suite 200-123 Doncaster Street settlement@jcfswinnipeg.org <https://jcfswinnipeg.org/>

wellness continued on page 8

Resources for Newcomers continued

Immigrant Women's Counselling Service

The Immigrant Women's Counselling Service offers:

- Free counselling and support to immigrant women impacted by domestic violence
- Counselling and support around cultural adaptation, family violence, trauma and abuse, protection orders, safety planning and legal services.
- Services available in several languages

204-940-6624 • 785 Keewatin Street

https://norwestcoop.ca/program_service/immigrant-womens-counselling/

Jewish Child and Family Service

The Jewish Child and Family Service provides:

- Counselling and mental health support for individuals, couples, and families
- Services in several languages

Fees are on a sliding scale starting at \$10/session

204-477-7430 • 123 Doncaster Street

Email: jcfs@jcfswinnipeg.org • <https://jcfswinnipeg.org>

Klinik Community Health Centre

Reception Phone Line: 204-784-4090 • Centralized Intake Line: 204-784-4059

167 Sherbrook Street • Email: info@klinik.mb.ca

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

Mount Carmel Clinic – Multicultural Wellness Program

Mount Carmel Clinic offers:

- Counselling for newcomers
- City-wide services available in several languages
- Support during cultural adaptation
- Bus tickets, child care and snacks provided for Mount Carmel programs
- Low-cost dental program

204-582-2311 • 886 Main Street

Email: cross_cultural@mountcarmel.ca • <https://mountcarmel.ca>

Newcomers Employment and Education Development Services (N.E.E.D.S.) Inc.

In addition to Settlement Workers in School (SWIS) services and programs for youth, N.E.E.D.S. offers psychosocial services and supports to newcomer children and youth already participating in N.E.E.D.S. Inc. programs, and their parents.

204-940-1260 • 251-A Notre Dame Avenue

Email: info@needsinc.ca • <https://needsinc.ca/>

Pluri-elles

Pluri-elles offers a variety of services for the Francophone community, including newcomers. Their services include:

- Help for French-speaking men, women, and children
- Counselling and support; help with literacy and budgeting

204-233-1735 • 114 – 420 Rue Des Meurons

Email: pluridg@pluri-elles.mb.ca • <https://pluri-elles.mb.ca>

S.H.A.D.E. (Safe Housing And Directed Empowerment) Inc.

S.H.A.D.E. Inc. offers support to immigrant and refugee women and their children who have been impacted by domestic abuse and/or family violence through

- Safe housing
- Psychological programming
- Legal Navigation Supports and Advocacy

204-880-3022

<https://shadewinnipeg.org>

YMCA-YWCA of Winnipeg

YMCA-YWCA offers programs and services dedicated to personal growth and community development including:

- Newcomer Youth Wellness Program
- Mental Health Services

204-831-3264 • 301 Vaughan Street

<https://ywinnipeg.ca/>



MANSO (Manitoba Association of Newcomer Serving Organizations)

A non-profit organization that acts as an umbrella organization for settlement service providers in Manitoba. <https://mansomanitoba.ca/> Go to the member directory tab to find specific organizations.

More than 30 agencies and organizations in Winnipeg provide the newcomer population with a wide range of free services.

- Settlement services: Help with everyday life, information, orientation, and workshops to assist your settlement and integration process for permanent residents, plus a small number of services and programs available to temporary residents
- Employment services: Support with your employment search including one-on-one coaching and workshops for newcomers who are legally able to work in Canada.
- Language training: English and French classes and conversation circles for permanent residents, and some programs available to temporary residents and naturalized citizens
- Resettlement: Services for refugees and for groups serving refugees
- Family programs: Programming, classes and groups for parents, children, youth and families
- Programs specific to newcomer children and youth
- Housing: Information and supports to find affordable housing

<https://mansomanitoba.ca/>



community

Counselling and Therapy

In addition to medical treatment, professional counselling or therapy is often beneficial in the treatment of mental health problems or mental illnesses. Counselling may address one or more of the following issues:

- effective coping strategies for daily living
- relationships and family communication
- changing negative thought patterns
- dealing with loss and grief
- childhood issues of abuse, neglect or trauma
- crisis planning
- managing emotions in a healthy way
- problem-solving
- building self-awareness and self-esteem
- developing new skills

Finding a Counsellor

- Ask your doctor for a referral to a qualified counsellor or psychologist. (A referral may be required by your insurance plan to receive coverage).
- Visit the Yellow Pages and search for counsellors in Winnipeg <https://yellowpages.ca/>
- Your employer may have an Employee Assistance Program (E.A.P.) that provides free confidential counselling or referral to counselling.
- Check if your private medical insurance plan covers professional counselling.
- Or contact one of the following agencies below; they provide various types of counselling services.

- **AULNEAU RENEWAL CENTRE**
204-987-7090 • 228 Hamel Ave • <https://aulneau.com/>
- **AURORA FAMILY THERAPY CENTRE**
Provides individual, relationship, family and group therapy as well as newcomer programs. 204-786-9251 • 5th Floor – 491 Portage Avenue • <https://aurorafamilytherapy.com/>
- **CENTRE RENAISSANCE CENTRE**
204-256-6750 • 844 Autumnwood Drive
<https://renaissancecentre.ca/>
- **CORNERSTONE COUNSELLING SERVICE**
204-663-0050 • 302 – 1200 Portage Avenue
- **EVOLVE (KLINIC COMMUNITY HEALTH CENTRE)**
Specializes in domestic abuse issues. 204-784-4090 • 167 Sherbrook Street • <https://klinik.mb.ca/inperson-counselling/>
- **FAMILY DYNAMICS**
Provides a variety of services to support families.
204-947-1401 • 4th Floor, Portage Place • <https://familydynamics.ca/>
- **FORT GARRY WOMEN'S RESOURCE CENTRE**
Adult individual and group counselling as well as for children between the ages of 4-12 who have witnessed and/or experienced any form of family violence. 204-477-1123 1150 – A Waverley Street • <https://fgwrc.ca/>
- **HEARTWOOD HEALING CENTRE (formerly The Laurel Centre)**
Therapy and support services for people who have experienced childhood sexual abuse • 204-783-5460 • 104 Roslyn Road • <http://heartwoodcentre.ca>
- **HOPE CENTRE HEALTH CARE INC.**
204-589-8354 • 240 Powers Street
<http://hopecentrehealthcare.com/>
- **HOSPICE & PALLIATIVE CARE MANITOBA**
Provides bereavement support and programs, services and information to lessen the stress at end of life.
204-889-8525 or 1-800-539-0295 • 2109 Portage Avenue
<https://palliativemanitoba.ca/>
- **KLINIC COMMUNITY DROP-IN COUNSELLING SERVICE**
In person counselling available at 167 Sherbrook Street. Call 204-784-4067 for more information or visit <https://klinik.mb.ca> and go to “counselling services.”
- **KLINIC COMMUNITY HEALTH**
Offers several counselling programs including family violence, trauma, sexual assault, and suicide bereavement counselling. Counselling Intake 204-784-4059 • 24-hour Crisis Line: 204-786-8686 • <https://klinik.mb.ca/>

- **MA MAWI WI CHI ITATA CENTRE (WINNIPEG)**
204-925-0300 • <https://mamawi.com/>
- **PLURI-ELLES**
Pluri-elles offers a variety of services for the Francophone community, including newcomers.
204-233-1735 • 114 – 420 Rue Des Meurons
pluridg@pluri-elles.mb.ca <https://www.pluri-elles.mb.ca>
- **RECOVERY OF HOPE COUNSELLING**
Centralized Intake Line 204-477-4673 or
1-866-493-6202 102 – 900 Harrow Street East
info@recoveryofhope.ca
- **THE COUPLES COUNSELLING PROJECT**
204-474-6711 • Hours Monday and Tuesday 5 pm - 9 pm • couples@umanitoba.ca • 485 Selkirk Avenue
- **THRIVE COMMUNITY SUPPORT CIRCLE**
Therapy and parenting resources • 204-772-9091
4 – 505 Sargent Avenue
- **THRIVE RESOURCE CENTRE**
Drop-in, workshops, and men's therapy 204-775-9934
555 Spence Street
<https://thrivecommunitysupportcircle.com>

What's the difference between a Psychologist and a Psychiatrist?

Psychologists and psychiatrists are both mental health professionals that can assess and diagnose mental illness. They can offer various talk therapies to help people with problems in thinking, feeling and behaviour as well as help people overcome or manage these problems.

Psychiatrists are medical doctors that go on to specialize in mental health and mental disorders. In Manitoba to see a psychiatrist you need a referral from a general practitioner or family doctor. Psychiatrists often use medication to help their clients manage their mental disorders. Manitoba Health provides coverage for these visits.

Psychologists who hold doctoral degrees, can use the title 'Dr.' however they cannot prescribe medications unless they have specialized training.

For more information:
<https://cpa.ca/public/whatisapsychologist/>
<https://www.cpa-apc.org/faq/>



Clinical Psychology Finding a Clinical Psychologist

Clinical psychologists are able to conduct comprehensive mental health assessments, diagnose mental health disorders/conditions and provide a variety of clinical treatments and therapies.

The Manitoba Psychological Society's website <https://mps.ca> provides information on accessing both private practice and publicly funded psychologists.

MPS PSYCHOLOGIST DIRECTORY
To find a psychologist in your community visit:
<https://mps.ca/find-psychologist>

THE PSYCHOLOGICAL SERVICE CENTRE
A service offered through the University of Manitoba, has a mandate to train graduate students in the discipline of clinical psychology and serve as a community resource to those in need. Referrals are accepted for therapy and assessment from the general public during regular academic session (September to April annually). Services are provided at no charge, however space is limited; therefore, services cannot be guaranteed to all those on the waiting list. It is also important to note that most services are unavailable during the summer months.
161 Dafoe Building, University of Manitoba,
204-474-9222 • <https://bit.ly/umanitobaPSC>

2SLGBTQIA+ Services

OUR OWN HEALTH CENTRE
Our Own Health Centre is a Winnipeg medical clinic which specializes in care for the 2SLGBTQ+ community.
204-691-1600 • 2A-230 Osborne Street • <https://www.ourownhealth.ca/>

RAINBOW RESOURCE CENTRE
Issues related to sexual orientation and gender identity. 204-474-0212 • toll-free: 1 (855) 437-8523 • 170 Scott Street • <https://rainbowresourcecentre.org/>

SEXUALITY EDUCATION RESOURCE CENTRE (SERC)
The Sexuality Education Resource Centre offers:

- Free workshops for parents, families, and community groups
- Information and resources on family planning, sexual health and family communication
- Referral to other services

204-982-7800 • 167 Sherbrook Street • <https://serc.mb.ca>

SUNSHINE HOUSE
Sunshine House is a community drop-in and resource centre focusing on harm reduction and social inclusion. Works to provide programming that fulfills people's social, community, and recreational needs. Participants can come as they are, and are not expected to be “clean” or sober. 204-783-8565 • 646 Logan Avenue
<https://www.sunshinehousewpg.org/>

TRANS HEALTH CLINIC
Provides care to Trans individuals 16+ years of age seeking transitioning care (hormone start and surgery) living in Manitoba. (204) 784-4016 - Peer Support Worker • 167 Sherbrook Street – Klinik Community Health
<https://klinik.mb.ca/health-care/transgender-health-klinik/community-members/>

VELMA'S HOUSE
Velma's House is a place of safety, comfort and connection for all adult women and members of the 2SLGBTQIA+ communities. It is low barrier, meaning there is no need to be sober to access services. 24/7 safe space services. 204-560-3007 • 154 Sherbrook Street • <https://www.kanikanichihk.ca/velmas-house/>



OCD Centre and Support Groups

The OCD Centre was incorporated in 1995 and began with volunteers who wanted to distribute Obsessive Compulsive Disorder (OCD) information and community resources to individuals, families, as well as health professionals, to share current OCD knowledge. Over the years it has grown to offer supports and services through the Canadian Mental Health Association, Manitoba and Winnipeg. Its focus is on recovery and empowerment, opportunities for self-help and reducing stigma. Supports and services include:

- Support groups for people with OCD or hoarding disorder
- Information and education to pursue recovery
- Service navigation for community supports and programming
- Individuals and family consultation
- Promotion of medical and social research

The OCD Centre's peer support groups help individuals and their families to achieve and maintain OCD recovery. Meeting with and listening to others who have similar OCD experiences allows for open discussions of feelings, a view of different perspectives and a sharing of coping suggestions. Individuals can attend on a regular basis and new people are welcome each month. To learn more about the OCD Centre's services and supports:

Call 204-755-6442 or send an email to ocdcentre@cmhawpg.mb.ca • 930 Portage Avenue
<https://mbwpg.cmha.ca/>

Peer Support and Self-Help Resources

The Winnipeg community offers a variety of self-help organizations which provide the opportunity for individuals, family members and the general public to gather information, receive peer support, obtain counselling and find out about available resources. Other services offered may include advocacy, support groups, workshops, social opportunities and public education.

- **ALCOHOLICS ANONYMOUS**

A fellowship of people who share experiences, strengths to solve their common problem and help others to recover from alcoholism. Manitoba Central Office at 204-942-0126 (Winnipeg), 1-877-942-0126 (Toll free)
aambco@mts.net • <https://aamanitoba.org/>

- **AL-ANON**

Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives.
204-943-6051 • 101 – 2621 Portage Avenue
<https://mbnwo-alanon.org/>

- **AL-ATEEN**

A place just for teens affected by someone else's alcoholism.
<https://mbnwo-alanon.org/meetings-list/>

- **ANXIETY DISORDERS ASSOCIATION OF MANITOBA**

Offers resources including Cognitive Behavioural Programs to people of all ages affected by anxiety disorders.
204-925-0600 • 100 – 4 Fort Street • <http://adam.mb.ca/>

- **CMHA WELL-BEING LEARNING CENTRE**

Provides education and peer support opportunities to individuals who are struggling with mental health related issues and are looking to speak to someone with lived experience. See page 4 for more information on CMHA Manitoba and Winnipeg Services. <https://mbwpg.cmha.ca/>

- **THE COMPASSIONATE FRIENDS**

Resource library, support meetings, drop-in, newsletter, workshops, and telephone friends for bereaved parents.
204-787-4896 • 685 William Avenue
<https://tcfwinnipeg.org>

- **NATIONAL EATING DISORDER INFORMATION CENTRE**

For information, visit <https://nedic.ca>

- **ELMWOOD COMMUNITY RESOURCE CENTRE (ECRC)**

ECRC offers a wide variety of programs for adults, youth and families, including: family counselling program, men's and women's counselling and groups, gender-based violence counselling and family prevention program, wellness workshops, and Indigenous programming and events throughout the year 204-982-1720 • 545 Watt Street
adminassistant@elmwood-crc.ca • <http://elmwoodcrc.ca/>

- **EMOTIONS ANONYMOUS**

EA's mission is to support individuals with emotional difficulties in their efforts to live more manageable lives.
<https://emotionsanonymous.org/>

- **INDEPENDENT LIVING RESOURCE CENTRE**

Information and referral, peer support, individual advocacy, development of independent living skills, resource/service development and a resource library for people with all types of disabilities • 204-947-0194 • 100 – 167 Lombard Avenue
<https://ilrc.mb.ca/>

- **MANITOBA POSSIBLE (formerly Society for Manitobans with Disabilities)**

Provides services and supports to persons with disabilities across Manitoba • Head Office • 1857 Notre Dame
204-975-3010 Toll Free (Canada/US): 1-866-282-8041
<https://manitobapossible.ca/>

- **MEN'S SHEDS**

Social gathering places for men to socialize and share hobbies <https://menssheds.ca/>

- **MOOD DISORDERS ASSOCIATION OF MANITOBA**

Provides peer support, education and advocacy for those with a mood disorder, co-occurring disorders or other mental health illnesses. 204-786-0987 or 1-800-263-1460 • 4 Fort Street
<http://mooddisordersmanitoba.ca/>

- **NARCOTICS ANONYMOUS (MANITOBA AREA)**

Narcotics Anonymous is an international, community-based association of men and women for whom drugs had become a major problem and for those who may think they may have a drug-use problem. 204-981-1730
Toll free: 1-888-811-3887 • <https://mascna.org/>

- **OPERATIONAL STRESS INJURY SOCIAL SUPPORT (OSISS)**

Provides a national peer support network for Canadian Armed Forces members, veterans, and their families who are experiencing a Operational Stress Injury (OSI)
<https://cafconnection.ca/National/Programs-Services/Mental-Health/Operational-Stress-Injury-Social-Support.aspx>

- **OSI-CAN MANITOBA**

OSI-CAN is an Operational Stress Injury/Post Traumatic Stress Support Initiative that provides Peer Support Groups for Military and Public Safety Personnel, family and friends support groups, and service dog programs.
<https://osicanmb.ca/>

- **OVEREATERS ANONYMOUS** • 204-334-9008 • <https://oa.org>

- **PEER CONNECTIONS MANITOBA**

Offers individual and family peer support services and mental health education. 204-786-1616 • 100-4 Fort Street
info@peerconnectionsmb.ca <https://peerconnectionsmb.ca/>

- **POSTPARTUM DEPRESSION ASSOCIATION OF MANITOBA**

A local online resource with information on postpartum depression, resources, and getting help. <https://ppdmanitoba.ca>

- **PROVINCIAL EATING DISORDER PREVENTION AND RECOVERY PROGRAM**

Offers community-based services to all genders ages 18 years or older who experience disordered eating or eating disorders, including compulsive or binge eating. Also provides educational workshops open to all genders ages 16 and up about body image, emotional eating, health, and self-esteem for clients, community members, families and service providers. 204-947-2422 • ext. 137 • <https://womenshealthclinic.org/what-we-do/pedprp/>

- **RAINBOW RESOURCE CENTRE**

Provides support, education, programming and resources to the gay, lesbian, bisexual, transgender, two-spirit, and queer communities of Manitoba and Northwestern Ontario.
204-474-0212 • 170 Scott Street
<https://rainbowresourcecentre.org>

- **SENECA RESPITE SERVICES THROUGH SARA RIEL INC.**

Seneca Services provides a safe, supportive and home-like environment where people living with mental health challenges are empowered to address their self-identified needs through thoughtful respite and peer support.
<https://sarariel.ca/our-services/seneca-respice-services/>

- **SENECA WARM LINE**

Offers peer support, help with problem-solving and information about community resources to those who are struggling with mental health and life issues. 24/7 services available
204-942-9276

- **WEST CENTRAL WOMEN'S RESOURCE CENTRE**

WCWRC empowers women and communities by providing responsive programming, facilitating knowledge sharing and connection, and contributing to culture shift and policy transformation; their services include, gender-based violence support, trauma-informed program, one-on-one family support. 204-774-8975 • 640 Ellice Avenue • info@wcwrc.ca
<https://wcwrc.ca/>

- **WHOLE ACTION RECOVERY PEER SUPPORT**

Project: Micah House supports people who experience both chemical dependency and psychiatric illness. 204-772-1037

Resources for Seniors

- Age & Opportunity: Support Services for Older Adults 204-956-6440
- Geriatric Mental Health Teams Intake: 204-982-0140
- Province Wide Seniors Abuse Support Line: 1-888-896-7183 24/7 service
- Manitoba Government – Seniors and Healthy Aging Secretariat, Seniors Information • 204-945-6565 or toll free 1-800-665-6565 • <https://gov.mb.ca/seniors/index.html>
- Seniors Resource Finders – Senior Resource Finders can link and refer adults age 55+ to community supports, programs and services • <https://wrha.mb.ca/support-services-to-seniors/seniors-resource-finders/>
- Seniors Centres – <https://wrha.mb.ca/support-services-to-seniors/senior-centres/>



Mental health is a universal right. People need to know their rights as patients and consumers of services and how to exercise these rights when there are problems. Knowing where to take concerns and complaints is important.

DID YOU KNOW?

PATIENT RELATIONS

Winnipeg hospitals have patient advocates or patient representatives who can follow up on concerns around patient care. Call the hospital switchboard for contact number. <https://sharedhealthmb.ca/patient-care/patient-relations/>

FAIR PRACTICES OFFICE

If you feel you have not received fair treatment when dealing with Employment and Income Assistance and you have been unable to resolve the issue through the normal process, you can contact the Fair Practices Office. 204-945-1047 or toll free 1-800-282-8069 ext. 1047 <https://gov.mb.ca/fs/fpo/index.html>

Know Your Rights

COMMUNITY UNEMPLOYED HELP CENTRE

Provides information, assistance, advice, and representation to individuals dealing with the federal government's Employment Insurance program and Manitoba's Employment and Income Assistance program. Services are provided free of charge. 204-942-6556 or toll free at 1-866-942-6556 • cuhc@cuhc.mb.ca • <https://cuhc.mb.ca/>

INDEPENDENT LIVING RESOURCE CENTRE

Provides advocacy, information and resources to all people with disabilities. 204-947-0194 • 100 – 167 Lombard Avenue • <https://ilrc.mb.ca>

LAW PHONE-IN AND LAWYER REFERRAL PROGRAM

This program provides legal information, not advice, on specific cases to callers at no charge. The program also refers individuals to lawyers with preferred areas of practice and to other legal agencies. 204-943-2305 or 1-800-262-8800
No in-person services. Phone hours are 9:00 am to 4:00 pm, Monday through Friday. <https://communitylegal.mb.ca/programs/law-phone-in-and-lawyer-referral-program/>

LEGAL AID MANITOBA

Provides legal services to low-income adults and youth in Manitoba who qualify financially and have cases with merit. 204-985-8500 or 1-800-261-2960 • 4th Floor- 287 Broadway • <https://www.legalaid.mb.ca/>

LEGAL HELP CENTRE

Provides free legal information, summary advice and referrals to helpful resources to low income people in Winnipeg who are trying to solve a legal problem. Telephone appointments only. 204-258-3096 <https://legalhelpcentre.ca/>

MANITOBA HUMAN RIGHTS COMMISSION

An independent agency of the Government of Manitoba responsible for administering The Human Rights Code. Provides human rights training, education, receives and investigates human rights complaints. 204-945-3007
700 – 175 Hargrave Street
<https://manitobahumanrights.ca/>

Mental Health Act

CHIEF PROVINCIAL PSYCHIATRIST / DIRECTOR OF PSYCHIATRIC SERVICES

The Office of the Chief Provincial Psychiatrist/Director of Psychiatric Services is responsible for numerous legislated and non-legislated functions including administering The Mental Health Act of Manitoba and administering the Orders of Commitment Program, issuing/cancelling Orders of Commitment. <https://gov.mb.ca/mh/cpp.html>

MANITOBA'S MENTAL HEALTH ACT

The Mental Health Act of Manitoba sets out in law the admission and treatment requirements for patients in psychiatric facilities. The Act also applies to individuals on leave from a facility as well as individuals under Orders of Commitment living in the community. <https://gov.mb.ca/mh/act.html>

The Mental Health Act <https://web2.gov.mb.ca/laws/statutes/ccsm/m110e.php>

MENTAL HEALTH REVIEW BOARD

Under the Mental Health Act, patients have the right to appeal certain aspects of their Rights admission or treatment in a psychiatric facility. 204-945-6050 <https://gov.mb.ca/mh/mhrb/index.html>

OMBUDSMAN MANITOBA

An office independent of government that receives inquiries and complaints from people who believe they have been treated unfairly by departments and agencies of the provincial government or by a municipal government and those who have concerns about their requests for access to information, or about the privacy of their personal health information. Winnipeg 204-982-9130 or 1-800-665-0531 • Brandon 1-888-543-8230 <https://ombudsman.mb.ca>

PERSONAL HEALTH INFORMATION ACT (PHIA)

To protect your right to privacy, PHIA sets rules for trustees when they collect, use, or share your personal health information. For more information on PHIA, contact Manitoba Health. 204-788-6612 • <https://gov.mb.ca/health/phia>

PROTECTION FOR PERSONS IN CARE OFFICE

This office receives and investigates reports of suspected abuse and neglect against adults receiving care in personal care homes, hospitals or any other designated health facilities. 204-788-6366 or toll free 1-866-440-6366 • 300 Carlton Street • protection@gov.mb.ca <https://gov.mb.ca/health/protection/>

RESIDENTIAL TENANCIES BRANCH

Provides information on matters such as rent, repairs and deposits and mediating disputes between tenants and landlords. Provides information on your rights and responsibilities during a tenancy, investigate problems, and hold hearings to make decisions and issues orders on certain issues. 204-945-2476 • 1700 – 155 Carlton Street <https://gov.mb.ca/cca/rtb/index.html>

SOCIAL SERVICES APPEAL BOARD

The Social Services Appeal Board is an independent appeal board for decisions about certain Manitoba Government programs. 204-945-3003 or 204-945-3005 • 7th Floor, 175 Hargrave Street <https://gov.mb.ca/fs/ssab/index.html>

A WOMEN'S PLACE – DOMESTIC VIOLENCE SUPPORT AND LEGAL SERVICES

Provides supportive counselling and legal services for women who have exited/are exiting an abusive relationship. 204-940-6624 <https://norwestcoop.ca/locations/a-womans-place/>



Manitoba Government

MANITOBA HEALTH DEPARTMENTS

<https://www.gov.mb.ca/health/>

MENTAL HEALTH AND COMMUNITY WELLNESS DEPARTMENT

<https://gov.mb.ca/mh/index.html>

MENTAL HEALTH AND ADDICTIONS STRATEGY

This site highlights the plan and priorities of the government of Manitoba on mental health and addictions services. <https://gov.mb.ca/mh/mh/strategies.html>

MEMBERS OF THE LEGISLATIVE ASSEMBLY

To find your member of the Legislative Assembly (MLA) and information about your electoral division <https://electionsmanitoba.ca/en/Voting/MyVotingInfo> https://www.gov.mb.ca/legislature/members/mla_list_constituency.html

Well-Being Resources

Recreation

The City of Winnipeg Community Services Department provides a variety of recreation, leisure and sports programming throughout Winnipeg. People with a disability or special needs are encouraged to participate in regular programs. For these programs the department may be able to offer support, such as a leisure attendant or consider a fee waiver if financial limitations prevent participation. For information, call 311.

Information on programs can be found at <https://winnipeg.ca/leisureonline> or a Leisure Guide can be picked up at various locations throughout the city.

City of Winnipeg Adapted Services

Individuals of all ages with a special need are invited and encouraged to participate in all community programs offered within the Leisure Guide. Every effort will be made to modify programs to suit individual needs and ensure a positive recreation experience. For more program information call 311.

YMCA-YWCA of Winnipeg, Downtown Branch

A reduced membership may be available by going in person to the downtown branch and asking for a membership assistance appointment. 204-947-3044 • 301 Vaughan Street <http://ywinnipeg.ca/join-us/membership-assistance/>

Wellness Institute at the Seven Oaks General Hospital

Offers a variety of health and wellness programs. 204-632-3900 • 1075 Leila Avenue • <https://wellnessinstitute.ca>

Skill Building

YMCA-YWCA Learning and Leisure Centre

A community initiative of the YMCA-YWCA of Winnipeg that provides skills teaching and leisure programming for adults who live with mental illness, are now in recovery and require supports to participate fully in the community and work toward personal mental health goals. 204-989-4194 <http://ywinnipeg.ca/programs/health-management/mental-health-services/>

Community Therapy Services Inc. – Support and Consultation for Independent Living

Provides occupational therapy services to individuals who are living with serious mental illness who have difficulty with independent living skills such as money management, meal preparation, household management, etc. The main objectives of the SCIL Program is to enable clients to attain independent living goals and to achieve increased success and satisfaction in their chosen environment. 204-949-0533 • <http://www.ctsinc.mb.ca>

Get Better Together

A program for living better with chronic disease. Get Better Together is a free 6 week program to help you take control of your health and be better able to: manage pain, start an exercise program, eat well to live well, use medications effectively, deal with fatigue and frustration, increase your energy level, solve problems and meet personal goals, and talk to your doctor and make choices. Call 204-632-3927 to register. Visit <https://wellnessinstitute.ca/gbt/> for more information.

health

211 Manitoba

211 Manitoba is a free, confidential, 24/7 service that connects individuals to critical government and community-based information, as well as health and social services that are available across the province, and resources that are available in other provinces across Canada. The service helps Manitobans who are looking to find the right community or social resources but don't know where to start.

211 Manitoba's specially trained staff make it easy for callers to access services for themselves and loved ones and also help service providers and first responders to direct others to the right resource.

In addition to searching on the 211 Manitoba website, individuals can call 2-1-1 to talk with trained professionals to help find and navigate the services they need and use the live-chat function available from this website. This service is available in more than 150 languages and linked to all provinces across Canada.

Services are grouped together into categories that include food and clothing, housing and homelessness, health, mental health, employment, newcomer, children and parenting, and youth, etc.

211 Manitoba is available by phone 24/7 and by chat, Monday – Friday 6:00 a.m. – 8:00 p.m. and Saturday and Sunday 8:00 a.m. – 4:00 p.m. To learn more visit: <https://mb.211.ca>



The Six Dimensions of Well-being

Our overall well-being is made up of several dimensions that interact with each other. Well-being is a broad term for describing how we are doing, feeling and functioning. Many things can impact our sense of well-being. It's important to care for ourselves, the best we can so we can face life challenges with resilience, enjoy life and do things that fulfill us (e.g., work, education, hobbies, spending time with family and friends). Learn more about caring for your well-being by visiting <https://wellcentral.ca> and taking the self-paced Well-being Course.

Well Central

Well Central is an online learning platform that offers free courses to support your journey towards better mental health, well-being and recovery. Well Central offers free, interactive, bilingual courses on a variety of topics that support positive mental health, enhance well-being and foster recovery. Courses are designed to guide you on a personal journey to address concerns such as chronic stress, low mood, and anxiety. The self-paced courses aim to increase your ability to manage emotions, enhance coping skills, and build resilience. Personal stories and practical strategies help grow a sense of optimism, meaning and hope. For more information, visit: <https://wellcentral.ca>

The Mental Health Education Resource Centre (MHERC)

A province-wide resource centre that provides information, education, and mental health resources for all Manitobans. MHERC offers free access to mental health fact sheets, wellness tips, podcasts, presentations, video series, workshops and courses. MHERC houses both on-site and e-library collections of books and other reading materials. To learn more visit the MHERC website at <https://mherc.mb.ca/> 204-942-6568 or 1-855-942-6568 • Monday to Friday, 9:30 am to 3:30 pm

Mental Health First Aid

Mental Health First Aid is a 12-hour course. Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or the worsening of their mental health. For more information on the program, visit the Mental Health First Aid Canada website at <https://mhfa.ca>. For information on local courses, visit <https://mbwpg.cmha.ca>

Mental Health and Mental Illness Info

For more information on mental health and mental illness visit Canadian Mental Health Association National Site at <https://cmha.ca/find-info/>



This resource guide has been funded by the **WINNIPEG REGIONAL HEALTH AUTHORITY** www.wrha.mb.ca

Search WRHA Health Services Directory Online to find health services near you. <https://wrha.mb.ca/locations-services/>

Every effort was taken to ensure information was accurate at time of printing. We apologize for any errors or omissions. Please report any changes to the Canadian Mental Health Association Manitoba and Winnipeg at 204-982-6100 or email at office@cmhawpg.mb.ca

The Mental Health Resource Guide for Winnipeg is published by the **Canadian Mental Health Association Manitoba and Winnipeg** 930 Portage Avenue Winnipeg, Manitoba R3G 0P8 Email: office@cmhawpg.mb.ca



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DISCLAIMER

This listing of services does not constitute an endorsement of those services by the Canadian Mental Health Association.

Wellness Together Canada

Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic, with funding from the Government of Canada. It is a website platform that offers access to a wide variety of free resources, supports and learning opportunities with the aim to improve the mental health and wellness of people across Canada. For more information, visit: <https://wellnesstogether.ca/en-ca>