



PROTECTING *Our* women

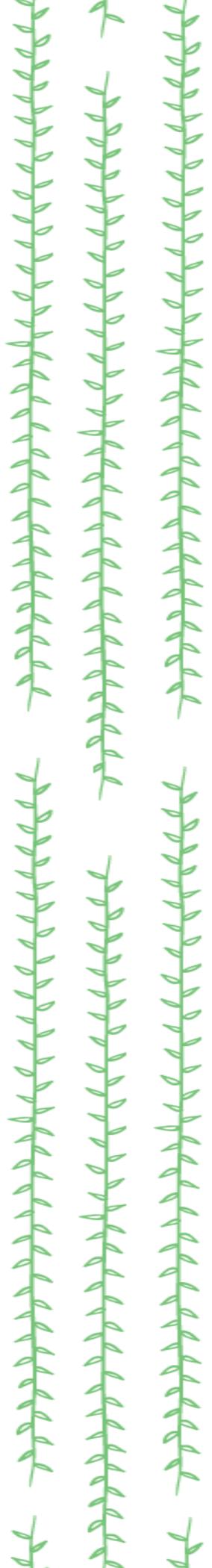
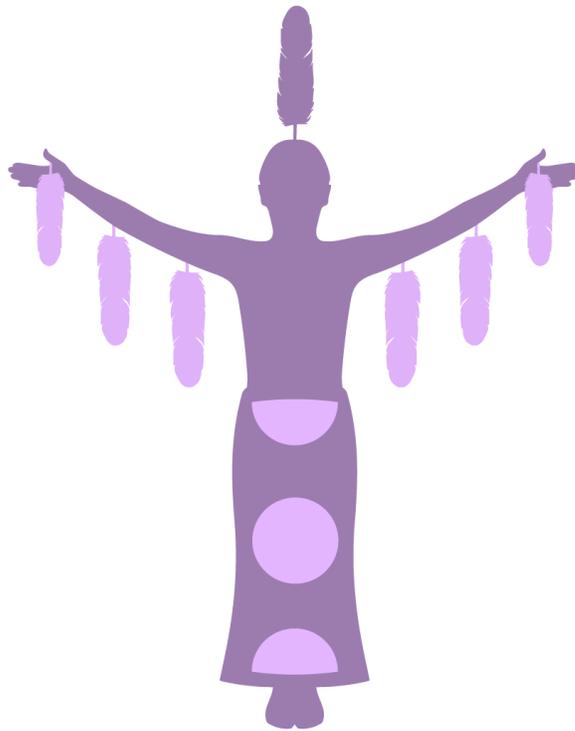
Resources for Indigenous
Women & Girls

For Indigenous Women & Girls moving to,
or residing in the city.



Tansi! Boozhoo! Hou Koda!

The following resource guide has been developed to assist, inform, and guide Indigenous women with hopes it can provide valuable information and resources. This guide may not include all available resources and if one does not appear on the list it may still be beneficial to women and girls. This Resource Guide has been created to assist to individuals and communities working with or supporting women and girls who will be relocating to, or living temporarily in Winnipeg.



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Winnipeg Safe City
Women's Correctional Centre of Manitoba

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**Status of Women
Canada**

**Condition féminine
Canada**

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Emergency Contacts

Crime Stoppers

Manitoba Crime Stoppers

Toll Free: 1-800-222-8477

www.manitobacrimestoppers.com

Winnipeg Crime Stoppers

Phone: 204-786-8477

www.winnipegcrimestoppers.org

Domestic Violence Information Line

Toll Free: 1-877-977-0007

Manitoba Suicide Line

Toll Free: 1-877-435-7170

Missing Children Society of Canada

Toll Free: 1-800-667-6160

Mobile Crisis Unit (24/7) – Mental Health Crisis Response

Phone: 204-940-1781

Winnipeg Police Service

Emergency: **911**

Non-Emergency: 204-986-6222

Missing Persons: 204-986-6250

General: 204-986-6037

Youth Mobile Crisis Unit

Phone: 204-949-4777



Indigenous Advocacy

Aboriginal Council of Winnipeg

112 - 181 Higgins Ave.

Winnipeg, Manitoba, Canada. R3B 3G1

Phone: 204-989-6380

Fax: 204-942-5795

<http://www.abcouncil.org/>

The Aboriginal Council of Winnipeg is a community based, membership driven, Aboriginal organization which serves as a political and advocacy voice that represents the interest of the Aboriginal community of Winnipeg. The mission of the Aboriginal Council of Winnipeg is to be a strong political voice working towards a unified and cohesive urban Aboriginal community of Winnipeg.

Assembly of Manitoba Chiefs (AMC)

200-275 Portage Avenue

Winnipeg, Manitoba R3B 2B3

Phone: 204-956-0610

Toll Free Number: 1-888-324-5483

Fax: 204-956-2109

Email: info@manitobachiefs.com

www.manitobachiefs.com

AMC is a political group that devises collective and common political strategies and mechanisms for coordinated actions by First Nations and their organizations.

Manitoba Keewatinowi Okimakanak Inc. (MKO)

338 Broadway Avenue

Winnipeg, Manitoba R3C 0T2

Phone: 204-927-7500

www.mkonorth.com

“To maintain, strengthen, enhance, lobby for and defend the interests and rights of First Nation people within its jurisdiction and to promote, develop and secure a standard quality of life deemed desirable and acceptable by its First Nations without limiting the generality of the foregoing and the objectives of MKO” MKO Mission Statement, 1983

Manitoba Metis Federation (MMF)

150 Henry Avenue

Winnipeg, Manitoba R3B 0J7

Phone: 204-586-8474

Fax: 204-947-1816

www.mmf.mb.ca/index.php

The Manitoba Metis Federation (MMF) is the official democratic and self-governing political representative for the Métis Nation’s Manitoba Métis Community.

Southern Chiefs’ Organization (SCO)

1572 Dublin Avenue

Winnipeg, Manitoba R3E 0L4

Phone: 204-946-1869

Fax: 204-946-1871

www.scoinc.mb.ca

The Chiefs of the Southern First Nations of Manitoba, hereby agree to establish an independent political forum to protect, preserve, promote, and enhance First Nations peoples’ inherent rights, languages, customs, and traditions through the application and implementation of the spirit and intent of the Treaty-making process.



Addiction Centres

Addictions Foundation of Manitoba

www.afm.mb.ca/contact

“AFM provides Manitobans with a range of services and supports relating to alcohol, substance use and problem gambling. We support a biopsychosocial-spiritual model of addictions, which supports the view that addictions arise from various factors. We are committed to a client-centered approach and employ a Stages of Change model and Levels of Involvement framework.”

Manitoba Addiction Treatment Centres (MBATC)

Address: 542 Selkirk Ave. Winnipeg, MB R2W 2M9

Phone: 204-582-9050

Fax: 204-582-9039

Email: info@mbatc.ca

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

“Utilizing a multi-disciplinary approach, the Manitoba Addiction Treatment Centres is committed to improving the lives of individuals living with the devastating effects of drug addiction, and lessening the adverse impacts on families and society as a whole, through the provision of a range of harm reduction and supportive treatment modalities”

OATS (Opiate Addiction Treatment Services) Methadone Clinic

968 Main Street

Winnipeg, MB R2W 3P5 CA Phone: 204-589-3999 Intake: 204-509-6410

103-1151 Pembina Hwy

Winnipeg, MB R3T 2A3 Phone: 204-504-9772 Intake: 204-509-6410

E-Mail: oats@hotmail.ca

<http://www.oatsprogram.com>

“Our mission is to provide the highest quality addiction services to opioid-addicted individuals who seek methadone maintenance treatment, with an emphasis on patient self-reliance, dignity, and compassion.”

Native Addictions Council of Manitoba

160 Salter Street

Winnipeg, MB R2W 4K1 Phone: 204-586-8395

Email: nacm@escape.ca

Note: 20 bed facility of 6 week duration. Languages spoken include Ojibway, Cree, and English. For adults 18 and older. “The mission of N.A.C.M. is to provide traditional healing services to our people through holistic treatment of addictions.”

Manitoba Adolescent Treatment Centre Inc.

120 Tecumseh Street

Winnipeg, Manitoba R3E 2A9

Corporate Office: 204-477-6391

Email: info@matc.ca

Centralized Intake Service: 204-958-9660.

<http://www.matc.ca/index.html>

“MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders. MATC strives to be sensitive, responsive, and innovative in meeting the changing needs of children, adolescents, families and communities.”

Detox Clinics

The Addictions Unit, Health Sciences Centre

GB2 Health Sciences Centre

820 Sherbrook Street

Winnipeg, MB R3A 1R9

Phone: 204-787-3843

Phone: 204-787-3855 (for addiction facilities only)

Fax: 204-787-3996

Note: admission is either through the Health Science Centre Emergency Department or pre-arranged by one of the physicians, or the nurse clinician on the unit. Occasionally transfers from other hospitals or emergency departments will be accepted. Clients can stay up to 10 days while they wait for a bed in residential treatment. There are 11 beds for adults 18+, priority is given to those who are most in need of withdrawal assistance.

Marymound Inc.**Youth Addictions Stabilization Unit (YASU)**

159B Mayfair Ave.

Winnipeg, MB R3L 2R1

Toll-free: 1-877-710-3999 (central intake)

<http://www.marymound.com/main/services/addictions-services-2/>

Note: This is a 5 bed, medically supervised, stabilization unit for youth 12-17 years of age. Clients can stay for up to 7 days. Clients must call central intake to get into the detox unit.

Main Street Project

75 Martha Street

Winnipeg, MB R3B 1A4

Phone: 204- 982-8245 (Main)

Phone: 204- 982-8227 (Intake)

<http://www.mainstreetproject.ca/our-services/detoxification-units/>

E-mail: admin@mainstreetproject.ca

Note: Co-ed 18+ 25 bed non-medical detoxification centre provides a safe place for supervised withdrawal. The current average stay is 10 days. Clients must be assessed by the intake worker prior to admission for the detox unit. EMT's are present 24 hours a day.

Mutual Support Meetings

Al-Anon/Alateen Central Services

107 – 2621 Portage Ave

Winnipeg MB R3J 0P7

Phone: 204-943-6051

<http://www.mb.al-anon.alateen.org/>

Alcoholics Anonymous Manitoba

Manitoba Central Office

208-323 Portage Avenue

Winnipeg, MB R3B 2C1

Phone: 204-942-0126

<http://www.aamanitoba.org/>

Cocaine Anonymous of Manitoba

Phone: 204-250-2626

<http://www.camanitoba.org/index.php>

Narcotics Anonymous

<http://www.mascna.org/home.php>

Phone: (204) 981-1730

Note: has a list of Manitoba meetings including Winnipeg, Brandon, Flin-Flon, Portage la Prairie, The Pas, Dauphin, and Thompson.



Counselling Services

Canadian Mental Health Association (CMHA)

930 Portage Avenue
Winnipeg MB R3G 0P8
Ph. 204-982-6100
Fax. 204-982-6128
Email: office@cmhawpg.mb.ca
<https://winnipeg.cmha.ca/>

CMHA Manitoba and Winnipeg offers a variety of services. Their services are informed by CMHA's Framework for Support and the recovery model as basis for working with people with mental health illnesses and challenges. CMHA recognizes the negative impact of stigma and offer community and workplace educational workshops, mental health promotion initiatives, and stigma awareness programs.

Winnipeg Regional Health Authority (WRHA)

4th Floor, 650 Main Street
Winnipeg, Manitoba
R3B 1E2 Canada
Phone: 204-926-7000
Fax: 204-926-7007
<http://www.wrha.mb.ca/>

The WRHA provides health care support and specialty referral services to nearly 500,000 Manitobans who live outside its boundaries as well as residents of northwestern Ontario and Nunavut who require the specialty referral services and expertise available in Winnipeg.

Aboriginal Health and Wellness Centre of Winnipeg (AHWC)

215-181 Higgins Avenue
Winnipeg, Manitoba R3B 3G1
Phone: 204-925-3700
<http://www.ahwc.ca/>

The AHWC is committed to offering a continuum of holistic and contemporary healing resources within the Aboriginal community of Winnipeg. All programs of the Aboriginal Health & Wellness Centre of Winnipeg Inc. are based upon traditional values and perspectives, where services and programs are parts of a continuum of resources made available to identify and support the aspirations, needs and goals of individuals, families, and thus the community through access to both Traditional and Western resources.

Eyaa-Keen Healing Centre Inc.

547 Notre Dame Ave
Winnipeg, MB R3B-1S2
Toll Free: 1-877-423-4648
Phone: 204-783-2976
Fax: 204-284-7292

E-mail: contact@eyaa-keen.org

The goal at Eyaa-Keen Healing Centre Inc. is to help people recognize and overcome their inner obstacles and give them the healing tools they need to lead productive, healthy lives. Individuals can choose to work with an Indigenous Behavioral Health Specialist, an Elder or a Traditional Healer to work through a series of sessions which take an Indigenous Traditional based therapeutic approach and gradually progress through active healing, learning and developing life-affirming practices.

Indigenous Family Centre (Indian Family Centre)

470 Selkirk Avenue
Winnipeg, Manitoba R2W 2M5
Email: info@ifcentre.ca
Tel: 204-586-8393

Indigenous Family Centre - IFC is a non-profit organization, serving Winnipeg's north end. IFC provides families with opportunities to build communities, learn about Indigenous culture, develop positive life skills, and experience healing.

Ma Mawi Wi Chi Itata Centre**Anderson Neighborhood Care Site**

318 Anderson Avenue Winnipeg, MB R2W 1E5
Phone: 204-925-0349
Fax: 204-925-0306

McGregor Neighborhood Care Site

363 McGregor Street Winnipeg, MB R2W 4X4
Phone: 204-925-6816
Fax: 204-925-0371

Spence Community Care Site

443 Spence Avenue Winnipeg, MB R3B 2R8
Phone: 204-925-0348
Fax: 204-925-0308

<http://www.mamawi.com/Home.page>

Ma Mawi Wi Chi Itata Centre's vision is a safe, healthy, happy and interdependent community with the mission of strengthening children, families and community.

Ka Ni Kanichihk Inc.

455 McDermot Avenue
Winnipeg, Manitoba R3A 0B5
Tel: 204-953-5820
Fax: 204-953-5824

Email: admin@kanikanichihk.ca

They provide Indigenous identified programs and services that focus on wholeness and wellness and that build on the strengths and resilience of Indigenous peoples.

Klinic Community Health

870 Portage Avenue
Winnipeg, MB, R3G 0P1
Phone: (204) 784-4090
Admin Fax: (204) 722-7998
Medical Fax: (204) 784-4013
Klinic Crisis Line – 24 hours: 1-888-322-3019 / 204-786-8686 / TTY 204-784-4097
Klinic Sexual Assault Crisis Line: 1-888-292-7565 / 204-786-8631 / TTY 204-784-4097
Email: [klinik@klinik.mb.ca](mailto:klinic@klinik.mb.ca)

<http://www.reasonstolive.ca> <http://www.klinik.mb.ca>

Their mission is to offer primary health care, mental health care and community health services to enhance individual and community capacity. They offer health care services, crisis support, in-person counselling, wellness and support groups, and education and training.

Fort Garry Women's Resource Centre

1150-A Waverley Street
Winnipeg, MB R3T 0P4
Phone: 204-477-1123

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

"The object shall be the operation of a Centre for women providing information, referrals, outreach, supportive counselling, and public education workshops. FGWRC is open to all women from Winnipeg & surrounding areas. All programs and services are free of charge (unless otherwise noted) and are available through self-referral. The Centre is a scent-sensitive space."

<http://www.fgwrc.ca/about>

Family Dynamics

401-393 Portage Avenue (Portage Place)
Winnipeg, MB R3B 3H6
Phone: 204-947-1401

Email: info@familydynamics.ca

They are dedicated to strengthening families and building healthy supportive communities.

Aurora Family Therapy Centre

University of Winnipeg, 2nd Floor Sparling Hall

515 Portage Avenue

Winnipeg, Manitoba R3B 2E9

Phone: 204-786-9251

Email: aurora@uwinnipeg.ca

<http://www.aurorafamilytherapy.com/>

Aurora Family Therapy Centre (AFTC) is an incorporated, non-profit, charitable organization with its own Board of Directors. AFTC serves the people of Winnipeg and surrounding communities in two major ways: first, as a United Way agency we offer affordable therapy to couples, families and individuals; secondly, they provide the clinical facility where students in the Master of Marriage and Family Therapy (MMFT) program at the University of Winnipeg do the majority of their clinical training. They strive to be culturally sensitive, inclusive and accessible.

Manitoba Adolescent Treatment Centre Inc.

120 Tecumseh Street

Winnipeg, Manitoba R3E 2A9

Corporate Office: 204-477-6391

Centralized Intake Service: 204-958-9660.

Email: info@matc.ca

<http://www.matc.ca/index.html>

MATC provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders. A full continuum of programs and services, both community and hospital based, are available to children, adolescents and their families. Services range from brief interventions to intensive long-term treatment. Treatment is provided from a variety of perspectives and is delivered in partnership with parents and collateral agencies.

Mount Carmel Clinic

886 Main Street

Winnipeg, Manitoba R2W 5L4

Phone: 204-582-2311

Fax: 204-582-6006

info@mountcarmel.ca

<https://www.mountcarmel.ca/>

Mount Carmel Clinic, a unique community health centre, exists to work together with people, families and communities to enhance lifelong health and well-being.

Recovery of Hope

102-900 Harrow St. E
Winnipeg, MB R3M 3Y7
Phone: 431-800-0063

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

Recovery of Hope, a program of Eden Health Care Services, provides professional counselling services and educational opportunities for individuals, couples and families so they may experience hope and healing in the context of community life.

Wahbung Abinoonjiiag Inc

225 Dufferin Avenue
Winnipeg, Manitoba
R2W 5N7

Phone: 204-925-4610

Fax: 204-582-9508

Email: reception@wahbung.org

<http://wahbung.org/>

Wahbung Abinoonjiiag was established to empower children and their families to break the cycle of violence. They do this by providing opportunities for holistic healing through culturally appropriate teachings and activities in a safe and nurturing environment.

Women's Health Clinic (WHC)

419 Graham Avenue, Unit A
Winnipeg, Manitoba R3C 0M3

Phone: 204-947-1517

Toll-free: 1-866-947-1517

Fax: 204-943-3844

TTY: 204-956-0385

Email: whc@womenshealthclinic.org

<http://womenshealthclinic.org/what-we-do/counselling/>

Women's Health Clinic is a community health clinic in Winnipeg. They offer a range of services to women of all ages. Through their Teen Clinic and the Provincial Eating Disorders Prevention & Recovery Program we also offer some services to males. Their holistic approach to health emphasizes prevention, education and action. WHC encourage people to learn all they can about what contributes to their health and well-being so they can make informed choices. They offer:

- *Client-centred, non-judgmental and fully confidential health and wellness services*
- *Health education to community and professional groups*
- *Resources and information*
- *Advocacy on women's health issues*

North End Women's Centre

394 Selkirk Avenue

Winnipeg, Manitoba R2W 2M2

Ph. 204-489-7347

Fax. 204-586-9476

Email: info@newcentre.org

<http://www.newcentre.org/>

North End Women's Centre's purpose is to provide a friendly atmosphere, where women can receive the understanding, support, and resources they need to make informed choices about their lives. Resources include, but are not limited to, information, referrals, counselling, outreach, employment programs, transitional housing, groups, and volunteer opportunities. These services are determined by the community through feedback from staff and participants.

Suicide Crisis

Manitoba Suicide Crisis Line (24hr) 1-877-435-7170

Kids Help Phone (national line available to Manitoba Youth): 1-800-668-6868

Crisis Response Centre - HSC (24hr) Attend in person to 817 Bannatyne

Klinic Community Health Centre 24 Hours: 1-888-322-3019 or 204-786-8686

Crisis Stabilization Unit 24 hours: 204-940-3633

Adult Mobile Crisis Service: 204-940-1781

Youth Mobile Crisis Team: 204-949-4777



Family Crisis

Shelters

Manitoba Emergency Shelter Service – Men & Women

1-877-977-0007

Ikwe-Widdjiitiwin Inc.

P.O. Box 1056

Winnipeg, Manitoba

R3C 2X4

Phone: 204-987-2780

Ikwe Crisis Line: 1-800-362-3344

Provincial Crisis Line: 1-877-977-0007

<http://www.ikwe.ca/Home.page>

To Support Aboriginal women and their children end family violence, by offering shelter during crisis and nurturing hope, change and empowerment for tomorrow.

Osborne House

Local Crisis & Abuse Line: (204) 942-3052

Family Violence Prevention Program: (204) 945-1705

<http://www.blackchair.net/portfolio/oh/help/other.php>

<http://www.blackchair.net/portfolio/oh/about/index.php>

Osborne House empowers women and their children who are experiencing domestic abuse by providing them with a safe and supportive environment through residential and non-residential programs and services. The purpose of the Women's Shelter Program is to offer protection and a full range of support services for women and their children, who are experiencing abuse by an intimate partner. Women are provided with opportunities to learn about available resources and lifestyle alternatives, which may assist them in making informed personal choices and decisions.

Willow Place

Box 1786 Winnipeg, MB R3C 2Z9

Phone: 204-615-0311

Toll-free: 1-877-977-0007

<http://willowplaceshelter.ca/>

Ndinawemaaganag Endaawaad (Ndinawe)

Emergency Housing Phone: 204-586-2588

<http://www.ndinawe.ca/safehouse.html>

The Ndinawe Safe Home is a 16 bed facility that provides accessible 24 hour shelter and basic necessities for Winnipeg children and youth who are living on the streets and are at risk of abuse and exploitation. This includes youth who have had previous conflict with the law. Unlike most group homes, youth can admit themselves into Ndinawe safe home without the referral of child and family service workers. The staff of Ndinawe offer culturally appropriate counseling and recreational services which help our youth develop a positive and safe lifestyle in a welcoming, supportive and safe home. In an average year this amounts to 5,500 nights of food, shelter and support to children in our community.

Men's Resource Centre

115 Pulford Street

Winnipeg, Manitoba R3L 1X8

Telephone: 204-415-6797

Toll-Free: 1-855-672-6727

<http://www.mens-resource-centre.ca/>

The Emergency Shelter Service is available for men (and their children) who are fleeing from their intimate partner because of abuse and family violence. We help all men and their children across the Province of Manitoba who must access emergency accommodation due to violence and abuse in the home.

Second Stage Housing

Alpha House

P.O. Box 37015 - RPO St. Vital Centre

Winnipeg, MB R2M 5R3

Email: info@alphahouseproject.ca

Phone: (204)-982-2011

Fax: (204)-254-2602

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

Alpha House provides protective, affordable, longer term housing for women and children leaving abusive relationships. Alpha House's mandate is to not only provide a place for families to live while transitioning away from violence, but to work closely with the women to build back their self-confidence and self-reliance so that they can live independently and flourish as examples to themselves, their children and other women.

Bravestone Centre

St. Norbert P.O. 202

Winnipeg, MB R3V 1L6

Email: info@bravestonecentre.ca

Phone: (204) 275-2600

<http://bravestonecentre.ca/contact/>

Bravestone Centre is a non-profit charitable organization that provides women and their children affected by domestic violence with secure and safe on-site housing, individual and group therapeutic counselling, support programs, advocacy, and connection with community resources. Bravestone Centre's mandate is to address the needs of women who have already taken steps toward resolving the initial crisis involved in their decision to separate from their abusive partner.

Ndinawemaaganag Endaawaad

Intake phone: (204) 582-7783

<http://www.ndinawe.ca/secondstage.html>

Ndinawe's Transitional Home for Youth, offers supportive independent living opportunities for youth between the ages of 16 and 17. This program aims to empower youth in a safe and caring environment in which residents can explore and enhance their mental, physical, emotional and spiritual well-being. Residents have input into program planning as they gain the tools to be active members of our community, building skills and confidence while transitioning into adulthood. All 12 suites in the building are self-contained, individual apartments with common areas, an on-site care-taking couple and 24 hour staffing. Youth are supported throughout various supplement programming and skill building opportunities.

Native Women's Transition Centre Inc.

105 Aikins Street

Winnipeg, MB R2W 4E6

Telephone: (204) 989-8240

Fax: (204) 586-1101

Email: rswnwt1@nwtc.cc

<http://www.nativewomens.mb.ca/Home.page>

To be first and foremost, a safe home for Native women and children; to support women who have been victimized, either in their interpersonal relationships or through systemic neglect, and to support women who are left without resources to independently make the changes they feel are necessary.

Legal Services

A Women's Place

200-323 Portage Avenue

Winnipeg, Manitoba

Phone: (204) 940-6624

Email: iwcs@norwesthealth.ca

Hours of Operation: 9:00 a.m. - 5:00 p.m. Monday to Friday

Services: Legal Assistance, Counselling for Individuals, Social Support

How to Access Services: Drop-in

Cost: Free

Demographic Served: Women

Area of Law: Family, Domestic Violence

Manitoba Justice – Victim Services Department

Woodsworth Building

1410-405 Broadway

Winnipeg, Manitoba R3C 3L6

Ph. 204-945-681 / 1-866-484-2846

Crisis Phone. Toll Free Domestic Violence: 1-877-977-0007

www.manitoba.ca/justice/victims/index.html

Provides assistance, support and information to individuals whose partners have been charged with a domestic violence offence and assists individuals who receive police services for domestic violence incidents that do not result in charges or arrests. The goal is to enhance the victims' ability to make informed choices, and potentially increases their level of safety and the safety of those close to them

Legal Aid Manitoba

100-287 Broadway

Winnipeg, Manitoba R3C 0R9

Ph. 204-985-8500 / 1-800-261-2960

<http://www.legalaid.mb.ca/>

Legal Aid Manitoba works to ensure people with low incomes have the protections guaranteed in Canada by the The Charter of Rights and Freedoms, enacted as part of The Constitution Act in 1982. Our service is fundamental to a fair and balanced justice system.

Food Banks

Winnipeg Harvest

1085 Winnipeg Avenue

Call (204) 982-3663

Email: info@winnipeg Harvest.org

For FOOD ASSISTANCE call:

(204) 982-3660 or email: appointments@winnipeg Harvest.org

<http://winnipeg Harvest.org/>

Their goals are to collect and share surplus food with people who are hungry and to offer training opportunities to help people step up and out of poverty.

Agape Table

175 Colony Street

Dave Cunnin

Executive Director

(204)783-6369

davec@agapetable.ca

general@agapetable.ca

www.agapetable.ca

Agape Table is committed to providing a community-based program, nourishing the body, mind, and spirit of our guests in a cost effective and financially responsible manner.

Christmas Cheer Board

250-1395 Elice Avenue

Year-round phone number: 204-669-5369

General information: ccbinfo@mymts.net

Office admin: ccbadmin@mymts.net

Feed-a-family: ccbfaf@mymts.net

Donations: ccbdonat@mts.net

<http://www.christmascheerboard.ca/index.php>

Springs Church

648 Burrows Ave, Winnipeg

Phone: (204) 586-6213

Email: feedback@springschurch.com

<http://www.springschurch.com/innercity-winnipeg/churchlife.php?programId=58>

Foodbank is every Thursday at 10:30am at 648 Burrows Ave. Those needing to use the Food bank will need to call Winnipeg Harvest @ 982-3660 to register. They will be allowed one appointment every 2 weeks. *For an Emergency food appointment please call (204) 586-6213.

Housing

Subsidized Housing

Manitoba Housing (Public Housing):

Phone: 204-945-4663

Toll Free: 1-800-661-4663

<http://www.gov.mb.ca/housing/housingoffice.html>

Manitoba Housing provides a range of quality housing such as apartments, townhouses, duplexes and houses. Rental rates are based on a rent-geared-to-income ratio of 27 per cent of the household income for one to five bedroom apartments. Rental rates for studio apartments are based on a rent-geared-to-income ratio of 25 per cent of the household income.

Winnipeg Housing and Rehabilitation Corporation (WHRC):

Phone: 204-949-2880

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

WHRC provides affordable, clean, and safe rental housing in the inner-city and North end as well as market rent units in various areas of the City of Winnipeg. The majority of the units are available to people requiring rents geared to income (RGI). Applicants approved for RGI would pay 25 to 27 per cent of their annual gross household income.

Indigenous Housing

Payuk Inter-Tribal Housing Co-operative (SAM Management Inc.)

500 Balmoral Street. Phone (204) 942-0991

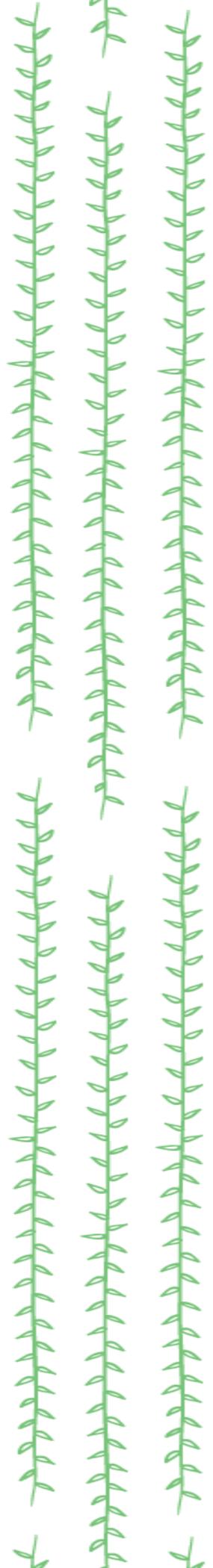
http://www.sam.mb.ca/property_payuk.html

Payuk Housing Co-op is a unique housing concept. Members collectively make decisions on the management of their property. Their mission is "to provide a safe, Co-operative living environment for Aboriginal families. Payuk is for Aboriginal families who wish to live in a drug, alcohol and violence free environment."

Kanata Housing Corporation

202-2055 McPhillips Avenue

Phone: 204-338-6261



Kinew Housing Inc.

394 McGregor Street

Winnipeg, Manitoba R2W 4X5

Phone: 204-956-5093

Fax: 204-943-0226

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

Kinew Housing was incorporated in Winnipeg in 1970 by a small group of people concerned about the availability of decent affordable housing available to Aboriginal people in the city. The first homes were purchased with private sources of funding by Kinew and were rented at cost, it was apparent very early that this would not be sustainable. Funding was eventually made available through housing programs from CMHC.

Furnishing, Household Items for Low-Income

Oyate Tipi Cumini Yape

<http://www.oyatetipi.com/>

Oyate Tipi is a non-profit organization located in Winnipeg which accepts donations of gently used household goods and furniture. All items are then distributed to women and children who are trying to better themselves by escaping poverty and/or abusive situations. If you are interested in receiving household goods that you need, you must speak with a counsellor from one of the ten partner agencies.

Hands of Hope

Hands of Hope provides free furniture and household goods to those in need.

To request furniture, or to donate furniture, call 204-261-8607, or email handsofh@mymts.net.

The Thrift Store (Salvation Army)

Multiple locations in Winnipeg. <http://thriftstore.ca/manitoba/locations>

By operating successful Thrift Stores and integrating with the mission and work of The Salvation Army as a whole, we exist to be a functioning and thriving modern day model of William Booth's conceived "Household Salvage Brigade" through which the marginalized and excluded of society will be refreshed and regenerated by way of meeting their practical needs.

Value Village

Several locations in Winnipeg. <https://www.valuevillage.com/>

Value Village, a Savers brand, is a for-profit, global thrift retailer offering great quality, gently used clothing, accessories and household goods.

Kijiji

<http://www.kijiji.ca/h-winnipeg/1700192>

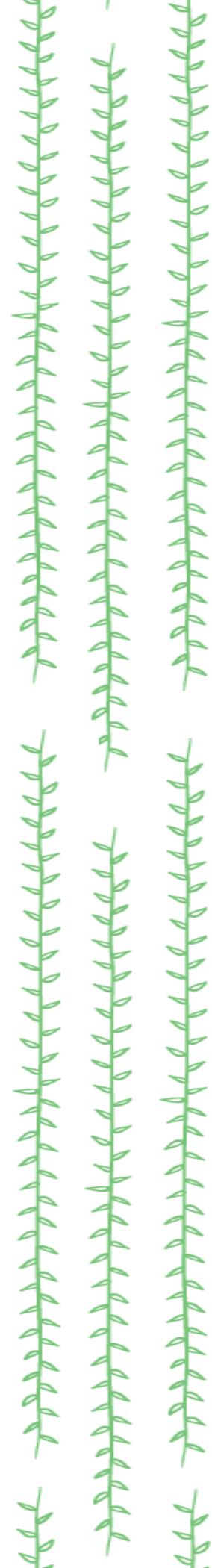
Kijiji is Canada's largest classifieds site with millions of live ads in a wide range of categories - cars, housing, jobs and everything in between. Two new ads are posted every second! We're proud to help Canadians buy great second-hand items in their community, make money off unused possessions cluttering up houses, and help the country waste less.

Letgo

<https://ca.letgo.com/en>

Letgo is a mobile phone application that allows you to buy and sell secondhand things in your neighborhood. You can sell stuff you don't need or find bargains close to home. You can find let go on Google Play Store or the Apple App Store.





Education

http://www.edu.gov.mb.ca/k12/schools/wpg_map.html

There are 6 school divisions in Winnipeg that provide education for students grades K-12. Please refer to the link above to

Winnipeg School Division

1577 Wall Street East
Winnipeg, MB R3E 2S5 Canada
Phone: 204-775-0231
Fax: 204-772-6464
Email: WSD@wsd1.org
<https://www.winnipegssd.ca/Pages/default.aspx>

Seven Oaks School Division

830 Powers Street
Winnipeg, MB R2V 4E7
Phone: 204-586-8061
Fax: 204-589-2504
<http://www.7oaks.org/Pages/default.aspx>

River East Transcona School Division

589 Roch Street
Winnipeg, MB R2K 2P7
Phone: 204-667-7130
Fax: 204-661-5618
<http://www.retsd.mb.ca/Pages/home.aspx>

Louis Riel School Division

900 St. Mary's Road
Winnipeg, MB R2M 3R3
Phone: 204-257-7827
<https://www.lrsd.net/Pages/default.aspx>

Pembina Trails School Division

181 Henlow Bay
Winnipeg, MB R3Y 1M7
Phone: 204-488-1757
Email: info@pembinatrails.ca
<https://ewww.pembinatrails.ca/Pages/default.aspx>

St. James Assiniboia School Division

2574 Portage Avenue

Winnipeg, MB R3J 0H8

Phone: 204-888-7951

Email: inquiries@sjasd.ca

<https://www.sjasd.ca/Pages/default.aspx>

NOTE

Within each school division there are different education programs such as Off-Campus learning for those students who require a different take on the mainstream academics program. Do some research on what programs are offered in your school division, and find out what works for you.

Alternative High school

Argyle Alternative High school

30 Argyle Street

Winnipeg, Manitoba R3B 0H4

Phone: 204-942-4326

Songide'ewin

484 Selkirk Ave, Winnipeg, MB

Phone: 204-582-4577

Email: songride@mymts.net

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

Ndinawe Youth Transitional School

472 Selkirk Ave, Winnipeg, MB R2W 2M7

Phone: 204-589-5545

<https://www.ndinawe.ca/transitional-school>

Rising sun

429 Elgin Ave, Winnipeg MB R3A 0K8

Phone: 204-942-0694

Email: mail@rossbrookhouse.ca

Adult Education & Upgrading

Adult Education Centres Inc. (AEC)

1240 Main St., Winnipeg, MB, R2W 3S9

Phone: 204-953-0818

Fax: 204-953-0819

Email: aec@adult-education.ca

<http://www.adult-education.ca/>

Adult Education Centres, through funding from the Department of Multiculturalism and Literacy, offers adults the opportunity to take literacy and high school credit courses in a supportive classroom environment.

Adult Learning and Literacy (ALL)

350 - 800 Portage Avenue Winnipeg, MB R3G 0N4

Phone: (204) 945-8247

Toll Free 1-800-282-8069 ext. 8247

Fax: (204) 948-1008

Email: all@gov.mb.ca

<http://www.gov.mb.ca/mal/all/index.html>

Adult Learning and Literacy (ALL) administers and supports the development and delivery of adult focused programming through adult learning centres and adult literacy programs in Manitoba.

Yellow Quill College

480 Madison Street

Winnipeg, MB R3J 1J1

Phone: 204-953-2800

Email: administration@yellowquill.org

<http://yellowquill.org/mature-grade-12-diploma>

The Mature Student High School Diploma program is designed primarily for the needs of mature Aboriginal students seeking a Manitoba Department of Education recognized high school diploma. The program is flexible for the educational needs of the students who can take up to eight high school credits over 10 months to achieve their diploma.

Winnipeg Adult Education Centre

310 Vaughan St

Winnipeg, Manitoba R3B 2N8

Phone: 204-947-1674

Fax: 204-956-5049

Email: waec@wsd1.org

· *Grade 12 credit courses including college and university entrance courses*

- Courses to prepare for Grade 12 credit courses
- English (EAL) courses for students who speak English as additional language
- Assessments to place students into appropriate courses
- Resource room for all subject areas
- Counsellors who can provide academic, career and personal counselling
- Continuous registration

St. Vital Adult Education Centre

533 St. Annes Road

Winnipeg, Manitoba R2M 3E8

Phone: 204-254-1618

Fax: 204-255-2129

Email: stvitaladulthood@mts.net

Continuously striving to better address the needs of the community by providing educational programming that promotes the development of personal, social and academic skills.

Seven Oaks Adult Education

950 Jefferson Ave

Winnipeg, Manitoba R2P 1W1

Phone: 204-632-1716

<http://www.7oaks.org/school/adulthoodeducation/Pages/default.aspx>

At Seven Oaks Adult Learning Centre we offer a Mature Student Grade 12 Diploma of Provincially approved curriculum that is recognized by employers, community colleges and universities. Seven Oaks Adult Learning Centre provides a no cost, flexible schedule, with experienced and qualified instruction in a number of subject areas

McLeod Education Centre & Transcona Education Centre

McLeod Education Centre

530 McLeod Avenue

Winnipeg, Manitoba R2K 0B5

Phone: 204-667-6193

Transcona Education Centre

130 Regent Ave East

Winnipeg, Manitoba R2C 0C1

Phone: 204-958-9297

<https://retsd.mb.ca/school/adulthoodedu/Pages/default.aspx>

McLeod and Transcona adult learning centres are adult-focused high schools. We help Manitobans age 19 and older to achieve their high school diplomas or upgrade their credits so they can move on to further education or better career prospects.

Post-Secondary Education

University of Manitoba – Indigenous Connect

Admissions

424 University Centre

University of Manitoba, Winnipeg, MB R3T 2N2 Canada

Phone: 204-474-8808 Toll Free: 1-800-224-771

Fax: 204-474-7554

<http://umanitoba.ca/student/admissions/aap/index.html>

The University of Manitoba is home to a strong, vibrant, and dynamic Aboriginal community with more than 2,000 students in attendance - and our numbers are growing! Many of our Aboriginal graduates now enjoy successful and rewarding careers in their home communities, throughout Manitoba, and beyond.

University of Winnipeg – Indigenous UWinnipeg

515 Portage Avenue

Winnipeg, MB Canada

R3B 2E9

Phone: 204-786-7811

<http://www.uwinnipeg.ca/indigenous/index.html>

Welcome to your University of Winnipeg: a diverse, supportive, and inclusive community dedicated to academic access and excellence. Whether you are a new or returning student, we wish you much success this year.

Red River College – Indigenous Education

Red River College operates several campuses across Winnipeg and throughout Manitoba.

Programs and How to apply: register@rrc.ca

Phone: 204-632-2327

<http://www.rrc.ca/index.php?pid=944>

The School of Indigenous Education works cooperatively with the community, students, and staff to ensure Aboriginal students have access to the supports and services needed to successfully complete their program at Red River College. The division offers a number of academic programs including the ACCESS Model Program and an Aboriginal Student/Resource Centre that offers students a home away from home.

Bursaries, Scholarships and Awards

Indspire

Building Brighter Futures: Bursaries, Scholarships and Awards

education@indspire.ca

Phone: 1-855-463-7747 x253

Fax: 1-866-433-3159

<http://indspire.ca/for-students/bursaries-scholarships/>

Successful futures are created through hard work, creativity, and perseverance. Each one has a unique potential to achieve, and for First Nation, Inuit, and Métis students, Indspire to help make that happen.

Aboriginal Bursaries Search Tool

<http://www.aadnc-aandc.gc.ca/eng/1351185180120/1351685455328>

Use the Aboriginal Bursaries Search Tool to search more than 750 bursaries, scholarst incentives across Canada, offered by governments, universities and colleges, private an companies, individual Canadians, organizations and others aimed at Indigenous students

Personal Identification

Birth Certificates

Vital Statistics Agency

254 Portage Avenue

Winnipeg MB R3C 0B6

Phone: 204-945-3701

Toll Free: 1-866-949-9296

Fax: 204-948-3128

Email: vitalstats@gov.mb.ca

<http://vitalstats.gov.mb.ca/>

The Agency registers vital events (birth, death, marriage, stillbirth and change of name) in Manitoba and provides documents as proof of those events. Legislation protecting privacy governs who can access records held by the Agency.

Manitoba Health Card

Manitoba Health

Manitoba Health, Healthy Living and seniors

300 Carlton Street

Winnipeg, Manitoba R3B 3M9

Business hours: Monday to Friday 8:30 to 16:30

For more information call: 204-786-7101

Fax: 204-783-2171

Toll free: 1-800-392-1207

Treaty Status Card

Aboriginal Affairs and Northern Development Canada

365 Hargrave Street Room 200

Winnipeg, Manitoba R3B 3A3

Toll free: 1-800-567-9604

Fax: (204) 983-2936

To obtain a SCIS, an individual needs to provide the following documents:

- Original proof of birth document
- Name-linking documents (if required)
- Two passport-style photographs
- Valid identification
- Completed application form

Social Insurance Number

Service Centres Canada

Portage Place Mall, Floor Ground, Unit 122

393 Portage Avenue

Winnipeg, Manitoba

<http://www.servicecanada.gc.ca/cgi-bin/sc-srch.cgi?ln=eng>

You need to provide a primary document to apply for a SIN, obtain a confirmation of your SIN, or amend your SIN record (e.g. a name change). A primary document is an official document that proves your identity and status in Canada. We need to see an original of your primary document.

Driver's License

Manitoba Public Insurance

Multiple locations in Winnipeg.

In Winnipeg: 204-985-7000

Toll Free: 1-800-665-2410

<https://www.mpi.mb.ca/en/DL/DL/Pages/driver-licensing.aspx>

New Mom

Healthy Baby Community Support Programs – Government of Manitoba

Phone: 204-945-1301 (Winnipeg)

Toll Free: 1-888-848-0140

<http://www.gov.mb.ca/healthychild/healthybaby/>

There are multiple locations to access Healthy Baby programs. To connect with a Healthy Baby program in your area please call the number listed above.

Youville

Phone: 204-255-4840

Outreach Worker (Call or Text): 204-233-7472

<https://www.youville.ca/prenatal>

Are you preparing for the birth of your baby? Our prenatal classes are designed to answer questions you may have about: How to deal with discomforts during pregnancy. What to expect during labour and birth. Comfort measures you can use to cope with labour. Medical interventions that may be used. How to care for mom and baby after delivery. Breastfeeding. How your life changes after the baby is born.

Manito Ikwe Kagiikwe (The Mothering Project)

Mount Carmel Clinic

886 Main Street

Winnipeg, Manitoba R2W 5L4

Phone: 204-582-2311

Email: info@mountcarmel.ca

<http://www.mountcarmel.ca>

Manito Ikwe Kagiikwe (The Mothering Project), located at Mount Carmel Clinic in Winnipeg's North End, provides prenatal care, parenting and child development support, group programming, advocacy, and addiction support for vulnerable pregnant women and new mothers. Connect with a community outreach worker or contact the program manager at 204-589-9409.

Villa Rosa

784 Wolseley Avenue

Winnipeg, Manitoba R3G 1C6

Phone: 204-786-5741

Email: intake@villarosa.mb.ca

<http://www.villarosa.mb.ca>

Villa Rosa is a safe haven for single young pregnant women. The majority of our residents are in their teens but there is no age restriction for our services.