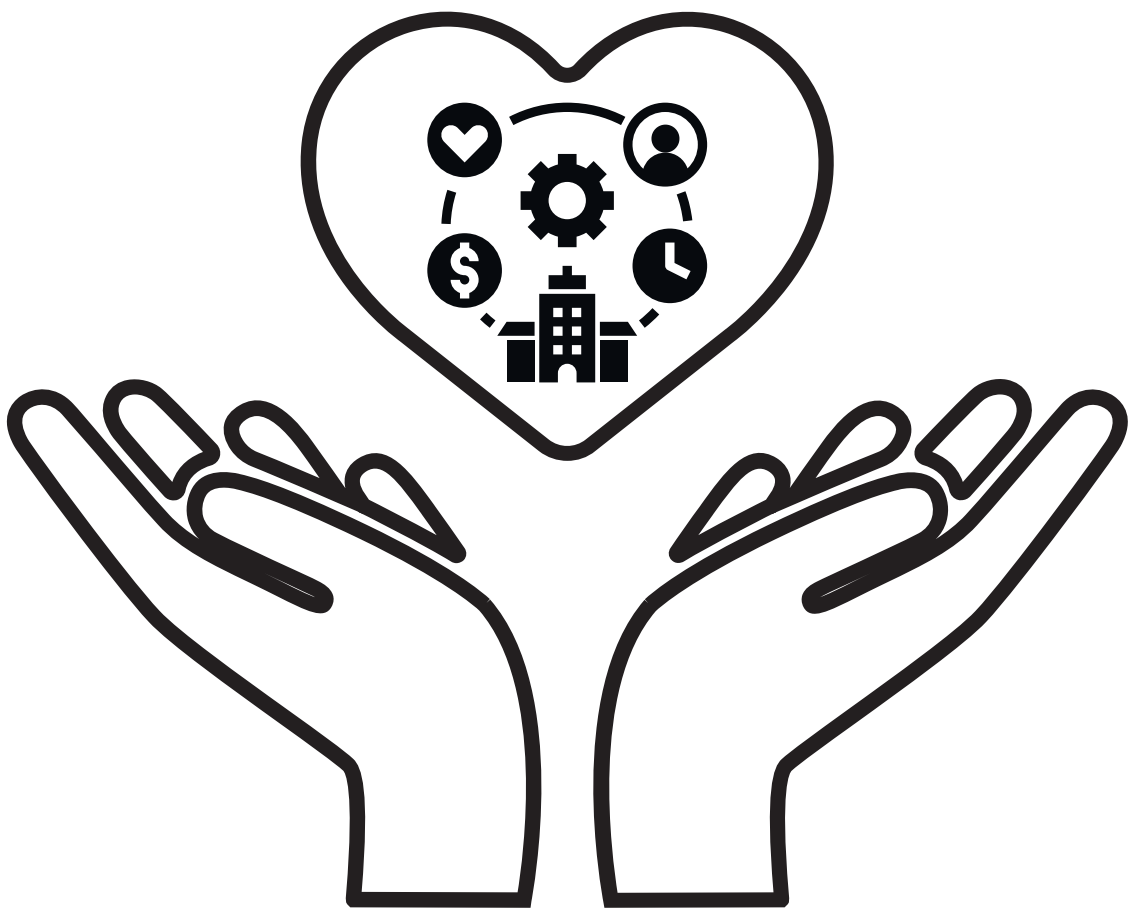

Resource Guide



Life Culture

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Crisis

Canada Wide Crisis Lines

Call 911 for police, fire, or medical emergencies when immediate action is required: someone's health, safety or property is in jeopardy or a crime is in progress.

Abortion Pill Reversal (24/7)	1 (800) 712-4357
Canadian Human Trafficking Hotline (24/7)	1 (833) 900-1010
Canada Suicide Prevention (24/7)	1 (833) 456-4566
Indian Residential School Crisis Line	1 (866) 925-4419
Kids Help Phone (24/7)	1 (800) 668-6868

Manitoba Wide Crisis Lines

Manitoba Suicide Prevention & Support Line (24/7)	1 (877) 435-7170
Klinic Sexual Assault Crisis Line (24/7)	1 (888) 292-7565
Human Trafficking Hotline (24/7)	1 (844) 333-2211
Domestic Violence Crisis Line	1 (800) 799-7233
ANCR Emergency After Hours (Child Abuse) (24/7)	1 (888) 945-2627
Addictions Helpline	1 (855) 662-6605
Manitoba Farm, Rural & Northern Support (24/7)	1 (866) 367-3276
First Nations and Inuit Hope for Wellness (24/7)	1 (855) 242-3310
Nova House Crisis Line (24/7)	1 (877) 977-0007

Health Links-Info Santé (24/7)	1 (888) 315-9257
Manitoba Poison Centre (24/7)	1 (855) 776-4766
Youth Addictions Centralized Intake Service	1 (877) 710-3999
Breastfeeding Hotline (24/7)	(204) 788 -8667
Men's Resource Centre	1 (855) 672-6727
Child and Family Services (24/7):	1 (888) 945-2627
Winnipeg	1 (204) 944-4200
Steinbach	1 (204) 268-6232
Winkler/Portage	1 (204) 857-8751
Emergency After Hours Child and Family Services	1 (866) 345-9241

Emergency Shelters

Today House (Steinbach) (24/7) (204) 371-6989

Guests will be provided with hygiene items, shower facilities with fresh towels, clean linens, and a bed for the night as well as nutritious meals. The shelter is open 7 nights a week from 5pm-8am.

[Website](#)

Main Street Project (Winnipeg) (204) 982-8229

Services include basic nutrition, access to showers, clean clothing, access to phones and more. Daytime Drop-in hours are from 9:30am-3:30pm. Overnight hours are from 5:30pm-7:30am.

[Website](#)

Siloam Mission (Winnipeg) (204) 956-4344

Along with a bed, guests have access to hygiene items, washroom facilities and hot showers. As well as access to food and beverage, clothing, community, laundry machines and a phone.

[Website](#)

The Salvation Army (Winnipeg) (204) 946-9402

Salvation Army shelter programs meet basic needs by providing a safe place, a warm bed, hot meals and tools to enhance stability.

[Website](#)

The Salvation Army: SonRise Family Shelter (204) 946-9402

Provided by The Salvation Army, SonRise Family Shelter provides basic needs. Families have access to a safe place, a warm bed, hot meals and tools to enhance stability.

[Website](#)

Page 12 has more information on the many women's shelters in the Southern Manitoba/Winnipeg area.

Pregnancy

Crisis Pregnancy Centre of Winnipeg

Crisis Pregnancy Centre of Winnipeg is completely confidential and will provide help anonymously. They are trustworthy and educated. All the services they offer are provided at no cost.

- Free Pregnancy Tests
- Pregnancy Support (phone or in person)
- Infant Loss Support (phone or in person)

[Website](#)

Contact:

Phone Number: (204) 772-1923

Free Helpline (24/7): 1 (800) 665-0570

Text: (204) 813-0555

Email:

General Information: info@pregnancy.ca

To Get Help: love@pregnancy.ca

Infant Loss: loss@pregnancy.ca

Grief Counseling Coordinator: elisa@pregnancy.ca

Parenting Programs: terrie@pregnancy.ca

Hours: Monday, Tuesday and Thursday: 10am - 3pm

Wednesday and Friday: 10am - 2pm

Southern Health Manitoba

- Nursing assessment
- Education and counselling related to a full range of reproductive health matters (birth control, pregnancy and sexually transmitted infections)
- Pregnancy testing
- Oral contraceptives (birth control pills)
- Intrauterine devices (IUDs)
- Free condoms

Contact:

Phone Number: 800-742-6509

Email: info@southernhealth.ca

Regional Offices: Southport, La Broquerie, Morden, Notre Dame

[Website](#)

Pregnancy Support Centre of Westman

- Free Pregnancy Tests
- Pregnancy Support
- Parenting Support
- Post Abortion Support
- Provided Maternal Goods (diapers, wipes, formula, children clothing, maternal clothing)

Contact:

Phone Number/Text: (204) 727-6161

Email: info@pregnancysupportcentre.ca

Hours: Monday - Wednesday: 10am - 3pm
Thursday by appointment

[Website](#)

Pembina Valley Pregnancy Care Centre

- Free pregnancy tests
- One-on-one support
- Talk you through your options, by sharing accurate information on pregnancy, abortion, adoption and parenting and answer your questions.

[Website](#)

Contact:

Phone Number: (204) 325-7900

Winkler & Morden: (204) 362-0797

Altona: (204) 304-6757

Text a support worker: (204) 362-0797

Email: helpimightbepregnant@gmail.com

Hours:

Morden: Wednesday 10am - 3pm

Winkler: Thursday 10am - 3pm

Steinbach Family Resource Centre

- The Clothing Cafe: Maternity Clothing
- Prenatal Vitamins and Vitamin D drops for pregnant and nursing mothers

Contact:

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Hours: Monday - Friday: 9:00am - 4:30pm

[Website](#)

Healthy Start

The Healthy Start pregnancy and parenting programs provide a safe space for people, from pregnancy through the first year with baby to learn and grow as parents alongside their growing babies.

- Pregnancy Educational Drop-in Group
- Nurses, outreach workers and dietitians are available throughout the session to provide group and one-on-one support
- Provided with a snack and healthy recipes
- The chance to purchase meal bags, food coupons and bus tickets
- Volunteers to take care of kids ages 1-5

At each group, topics such as challenges of pregnancy, coping with change as a new parent, sleeping and feeding are discussed.

Contact:

Phone Number: (204) 949-5350

Email: hsmm@hsmm.ca

Hours: Monday - Thursday: 8:45am - 4:30pm

Friday: 8:45am - 3:30pm

[Website](#)

Prairie Pregnancy Support Centre

- Free pregnancy tests
- Information and education on all pregnancy-related options
- Referrals to community services
- Maternity and baby clothing
- Adoption support
- Post-abortion support

Contact:

Phone Number: (204) 240-4357

Email: info@prairiepregnancy.ca

Hours: Monday: 4 - 8pm

Tuesdays: 1 - 4pm

Wednesdays: 1 - 4pm

Thursdays: 1 - 4pm

[Website](#)

Adoption

Adoption Options Manitoba

Adoption Options is a licensed, not-for-profit agency that facilitates domestic and international adoptions, and provides information, education and counselling to birthparents, adoptive families, adoptees, professionals and the public. They offer pregnancy support, adoptive parent support and free information sessions.

Contact:

Phone Number: (204) 774-0511

Hours: Monday – Friday: 9:00 am – 3:30 pm

[Website](#)

Support

Interlake Women's Resource Centre

- Crisis intervention
- Information and referrals
- Child, youth and parent counselling
- Individual counselling for women
- Individual child and youth counselling
- Group counselling
- Workshops and groups
- Access to computer, internet and phone

Contact:

Phone Number: (204) 642-8264

Email: iwrc@mymts.net

[Website](#)

Nova House

- Individual children/youth counselling
- Art expression
- Children's groups and activities
- Youth groups and after school programs
- Age-appropriate information for children on family violence
- Activities focused on building self esteem and self confidence
- Parent and child /youth workshops and activities
- Nobody's Perfect Parenting Program
- Family and Parenting Counselling
- Life skills building for parent and child

Contact:

Local Crisis Helpline:
(204) 482-1200

Email: info@novahouse.ca

[Website](#)

Life Culture

Support Groups:

Care Together Peer Support Group: Whether it's taking care of a child with chronic illness or developmental challenges, raising a teenager struggling with mental health, or caring for aging parents, caregivers are everywhere.

Contact: contact@caretogether.ca

Meets on the third Wednesday monthly at 7pm.

Pregnancy & Infant Loss Peer Support Group:

Contact: contact@angelbaby.ca

Meets on the first Tuesday monthly at 7 pm.

In the Waiting Infertility Peer Support Group:

Contact: annabelle@lifeculture.ca

Meets on the first Monday monthly at 7pm.

- Crisis Support
- Abortion and MAiD education
- Pregnancy and infant loss memory wall
- Pregnancy and infant loss care packages
- In the waiting infertility care packages
- Struggle mom care packages

MPower Education is Life Culture's scholarship fund that seeks to empower single moms, even and especially, in motherhood.

Contact: mpower@lifeculture.ca for more information

[Website](#)

Contact:

Phone Number: (204) 326-5433

Email: contact@lifeculture.ca

Hours: Monday - Thursday: 8am - 3pm

Steinbach Community Outreach

- Assistance with food, clothing and other items

Contact:

Phone Number: (204) 326-7954 or (204) 898-9033

Hours: Monday - Friday: 9am - 4pm

[Website](#)

Steinbach Family Resource Centre

Steinbach Family Resource Centre connects families to education, resources and support. They offer a wide variety of attachment based parenting and early childhood programs and groups. They are dedicated to serving growing families and families with children across Southeast Manitoba. They provide a place where any family can come to find help and support.

- Breast pump rental
- The clothing cafe: free brand new or gently used toys, infant, child and maternity clothing
- Baby scale: free for the use of any caregiver
- Prenatal vitamins and vitamin D drops: pregnant and nursing mothers can apply to receive these at no cost
- Families can apply to receive school supplies in the fall
- Registered Dietitian on-site every Tuesday and Thursday

Contact:

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Office hours: Monday- Friday 9:00 am – 4:30 pm

Support Groups:

- Breastfeeding support group
- Special Delivery Club
- Rock & Rattle (0-6 months)
- Discovery Zone (6-18 months)
- Tick Tock Toddler Time (18-36 months)
- Preschool Learn and Play (ages 3-5)
- There's a Dad for that
- Nobody's Perfect Parenting
- Coping With Change

- Kids in the Garden (ages 4-7)
- Kids in the Kitchen (ages 6-12)

[Website](#)

North Point Douglas Women's Centre

Drop-in Centre:

provides basic needs and support which include:

- Snacks and beverages
- Emergency food, baby items, and hygiene products when available
- Phone, zoom and in person counselling sessions by appointment
- Access to computers, phone, and washroom
- Laundry (by appointment only; \$1/wash \$1/dry, soap and dryer sheets provided)
- Seasonally appropriate shoes and clothing when available
- Smudging and traditional medicines
- Crisis support
- Printing, photocopying, and faxing
- Resources, referrals, & advocacy
- Women's Warrior Circle (No Registration Required)
- Family Tree Parenting program (Registration Required)
- Red Road to Healing program (Registration Required)

Contact:

Phone Number: (204) 947-0321

Email: info@npdwc.org

Hours: Mon, Tues, Wed, Fri: 9am - 4pm (Closed 12-1), Saturdays: 1pm-5pm

[Website](#)

Harvest Manitoba

- Tax Help

[Website](#)

Healthy Start

- Pregnancy Educational Drop-in Group
- Nurses, outreach workers and dietitians available to provide group/one-on-one support
- Provides snacks and healthy recipes
- Meal bags, food coupons and bus tickets to buy
- Volunteers to take care of kids ages 1-5

Contact:

Phone Number: (204) 949-5350

Email: hsmm@hsmm.ca

[Website](#)

Women's Shelters

Agape House - Steinbach

- Operate 24 hours per day, 7 days per week
- All services are provided at no cost
- Crisis and ongoing counselling for those staying at the shelter
- Assistance with medical, legal, and social services
- Basic daily provisions: food, clothing and personal hygiene items at no cost
- Support groups for women on various topics, including dealing with abuse, parenting support, and self-esteem (residential and non-residential.)
- Non-residential services are for women who may not have a need to stay in a shelter – they can access free counselling services and support for a variety of issues.
- Two interim housing units which are in place to help women make the transition toward independent living, while allowing for access to support services.
- No-cost public education workshops, presentations and services in our region

Contact:

Local Crisis Line: (204) 346-0028

[Website](#)

Alpha House - Winnipeg

- A year-long program for women and their children leaving an abusive relationship
- Protective and affordable fully furnished housing
- Individual and group counselling for women and all age appropriate children
- Family counselling
- Support and advocacy
- Family activities
- Children's summer activities
- Follow up counselling

[Website](#)

Contact:

Phone Number: (204) 982-2011

Email: executivedirector@alphahouseproject.ca

Bravestone Centre - Winnipeg

- A year-long program for women to live in a safe, confidential and secure place independently within their own suites
- Individual and group therapeutic counselling for women
- Developmentally appropriate individual and group counselling for children
- Parenting Support Groups
- Learning Program
- Healthy Coping Behaviour Program
- On-site Food Bank
- Advocacy and Community Referrals
- Six-month Follow-up Program

Contact:

Phone Number: (204) 275-2600

Email: info@bravestonecentre.ca

[Website](#)

Dignity House - Winnipeg

Dignity House is a ministry that provides transitional housing and a recovery program. It is for women transitioning from complex trauma, human trafficking, sexual exploitation, abuse and addictions.

There are three gradual progressive phases.

- First phase is focused on recovery programming and complex trauma.
- Second phase is volunteer work, some programming and behavioral management.
- Third phase we look at the goals of the individual to assist in area's of finding careers and/or educational opportunities. Along with that we help in the transition of finding affordable housing, advocating with reunification with children and transitioning into community.

- Teaching life skills
- Learning coping tools
- Biblical teachings
- 12 step program
- Volunteerism,
- Career education
- Staff counselling
- Healthy environment
- Opportunity of long-term housing

Contact:

Phone Number (toll free): 1 (855) 812-0136

Email: admin@dignityhouse.ca

[Website](#)

Fort Garry Women's Resource Centre - Winnipeg

- Individual one time counselling
- Individual ongoing counselling
- Group counselling
- Child counselling program
- Educational workshops and events
- Monthly legal consultations (only for women who have not dealt with a lawyer, no current or past lawyers)
- Harvest program - currently a wait list

Contact:

Phone Number: 1 (204) 477-1123

[Website](#)

Genesis House South Central - Winkler

- Support groups designed to develop life skills (building self-esteem, anger management, parenting, etc.) Childcare is provided
- Individual short-term and long-term counselling
- Child/Teen counselling
- Men's Family Violence Intervention Program - Provides an opportunity for men to be accountable for their past behavior. To learn and apply new behaviors that will strengthen their family unit.
- Residential and non-residential services
- Advocacy: accompanying you to your lawyer, doctor, court dates, etc.
- Follow-Up Services
- Referrals for financial assistance, lawyers, CFS, education, employment, etc.
- 2nd Stage Housing
- Assistance in Protection Planning

Contact:

Crisis Line (24/7): 1 (877) 977-0007

Local Crisis Line: 1 (204) 325-9800

Phone Number: (204) 325-9957

[Website](#)

IKWE Widdjiitiwin Inc - Winnipeg

- 30 day shelter program for women and children
- Individual and group counselling for adults
- Individual and group counselling for children
- Assistance with accessing affordable housing, medical and legal services
- Advocacy and referral services
- Access to cultural ceremonies
- Help with protection orders
- Wisdom tutoring program (school age children grades K-8)
- A limited number of furnished suites available as an interim housing option
- Follow up services include individual counselling and support, weekly group counselling, advocacy, referrals, home visits once you are residing in the community, safety planning and assistance with obtaining protection orders.

Contact:

Ikwe Crisis Toll Free: 1 (800) 362-3344

[Website](#)

Native Women's Transition Centre - Winnipeg

- Crisis/Addictions program
- Learning program
- Parenting program
- Compulsive coping behaviour program
- Family Violence Prevention program
- Women's healing program
- Breaking the silence program: for survivors of childhood trauma
- Practical skills program which provides women with a variety of activities including learning to cook, bake, menu planning and "food handling safety" seminars. Women are also taught important life skills such as house cleaning, shopping, budgeting, laundry and the importance of personal hygiene.
- Weekly resident healing circles and community healing circles

Contact:

Phone Number: (204) 989-8240

Email: rswnwt1@nwtc.cc

[Website](#)

North End Women's Centre - Winnipeg

- Drop in/Resource centre - women can drop by for info, a snack, & to receive supplies (harm reduction, hygiene, menstrual, baby, etc)
- Individual counselling
- Drop in counselling
- Phone counselling
- Group counselling
- Healing and wellness - provides opportunities to improve physical, mental, spiritual, as well as emotional health and well being of the women in the community who have been impacted by violence
- Newcomer/settlement program - for newcomer women as they adapt to life in Canada
- Parenting program
- Traditional housing
- Summer programming: activities for children and their caregivers
- Community housing program - weekly workshops on how to find housing, how to maintain a home, how to deal with landlords, pest prevention, pre-employment, resume/interview skills as well as a variety of life-skills.

Contact:

Phone Number: (204) 589-7347

Email: Info@newcentre.org

[Website](#)

Nova House - Selkirk

Emergency Residential Program:

- Provided safe and secure short-term accommodations for individuals (with or without children) leaving an abusive intimate partner or family relationship.
- Individual short and long-term counselling
- Full and comprehensive support and educational groups and workshops
- Assistance in accessing community resources, including relocating to safe housing
- Life skills and life coaching

Contact:

Province-Wide Crisis Line (24/7): 1 (877) 977-0007

Local Crisis Line (24/7): (204) 482-1200

Text Only Line (24/7): (204) 805-NOVA (6682)

Email: info@novahouse.ca

[Website](#)

Parkland Crisis & Women's Centre - Dauphin

- Provide a short-term, safe and supportive residential environment for women and their children
- Women in Residential Services will receive a comprehensive intake and assessment, and crisis intervention counselling within 24 hours of intake
- Individual counselling is provided to each woman for a minimum of one hour for each 24-hour period in residence
- Support groups are also available for women
- Protection Order Designates are on site to assist with protection order applications
- Child and youth program
- Individual child counselling
- Group child counselling

Contact:

(24/7) Crisis Line: 1 (877) 977-0007

Local Crisis Line: (204) 638-9484

Email: pkndcris@mymts.net

[Website](#)

Support Groups:

- Anger Solutions for Men and Women
- Healthy Relationships
- Domestic Violence Awareness
- Self-Esteem
- Nobody's Perfect Parenting
- Triple P Parenting
- Other weekly drop-in groups

Selah Place - Winnipeg

Currently in the process of securing a location*

Current services:

- Counselling for pregnant moms
- Emergency shelter if need (limited space)

Future services:

- Provide mothers with a safe place to live
- Economic classes
- Parenting classes
- Biblical counselling
- Childcare
- Follow-up services

Contact:

Phone Number: (204) 202-6570

Email: info@selahplace.ca

[Website](#)

Villa Rosa Inc - Winnipeg

- There is no cost to residents of Manitoba to live at Villa Rosa.
- Provide a safe place to live during and after pregnancy
- Life skills training
- Opportunities to learn a healthy lifestyle
- Offer an education program to get back to or stay in school
- Provide access to community services such as midwives, the medical system, and elders
- 24-hour breastfeeding support
- Counselling and programming available in a supportive, non-judgmental environment
- On-site pre-natal classes

Contact:

Phone Number: (204) 786-5741

Email: intake@villarosa.mb.ca

[Website](#)

YWCA Westman Women's Centre - Brandon

- Offers safe, emergency accommodations for women and families fleeing domestic violence.
- Staffed 24 hours a day, 365 days a year
- Trained counsellors offer counselling education, protection planning, and assistance with legal, medical, and house issues.
- Group counselling
- Follow up support
- Non-residential services
- Children's programs
- Qualified marriage and family therapists, for more information, call (204) 571-3680

- Sharing circle
- Kids support group
- Art group
- Support groups
- Life moments
- Parent and child connect
- Saturday night group
- Seeking safety program

For more information on one of these additional programs, contact (204) 727-3644

Contact:

24/7 Crisis Line (for abuse): (204) 727-3644

Phone Number: (204) 727-3644 or (204) 571-3680

[Website](#)

Willow Place - Winnipeg

- Protective housing with private, confidential location
- Safe transportation to shelter may be provided
- 24-hour staff support; safety planning assistance
- Daily access to trauma-informed counselling services
- Shared accommodations – congregate living
- All meals and snacks provided
- Clean linens and towels
- Free hygiene supplies
- On-site laundry
- Shower facilities
- Family violence information and education
- Protection order preparation support
- Contact with community supports
- Support with Legal Aid and E.I.A., as required
- Housing support services on-site
- Individual and group counselling
- Children's counselling services
- Activities and cultural supports
- On-site school (SunRise Tutoring) for grades K-8
- Follow up services
- Men's services

Contact:

Phone Number (Toll Free, 24/7): 1 (877) 977-0007

Phone Number-Winnipeg: (204) 615-0311

Admin Phone Number (non-emergency): (204) 615-0313

Text-only line: (204) 792-5302

[Website](#)

Housing

Pregnancy Support Centre of Westman

"Our aim is to create individual development plans that are specific to the needs of the participant. This may include education or financial objectives, mental, emotional, or relational stability, all while equipping participants with supportive programming to manage life as a parent and independent woman."

BridgeWay consists of 4 two bedroom apartments. It is a personalized program with housing and support that promotes the needs of expecting or new mothers.

[Website](#)

Contact:

Phone Number: (204) 727-6161

Email: info@pregnancysupportcentre.ca

EnVision

Housing Types:

- Community homes
- Supported independent living
- Shared living options

Contact:

Phone Number: (204) 326-7539

Email: info@envisioncl.com

[Website](#)

Central Station Community Centre - Winkler

Contact:

Phone Number: (204) 325-0257

Email: housing@winklercentralstation.ca

[Website](#)

Housing Types:

- Subsidized housing in Winkler for low-income Manitobans

End Homelessness Winnipeg

End Homelessness Winnipeg believes that Housing Supply is a key pillar of the 10-Year Plan to End Homelessness in Winnipeg. To reduce and end homelessness, there must be an adequate supply of appropriate, low-income housing that meets the needs of the community.

Contact:

Phone Number: (204) 942-8677

Email: info@endhomelessnesswinnipeg.ca

[Website](#)

End Homelessness Winnipeg administers the Canada-Manitoba Housing Benefit (CMHB) homelessness stream in partnership with Manitoba Housing. The CMHB is a portable shelter benefit.

Contact End Homelessness about the CMHB benefit: mford@endhomelessnesswinnipeg.ca

[For More information on the CMHB benefit](#)

Reimer Agencies - Steinbach

Contact:

Phone Number: (204) 326-4234

Email: apartments@reimeragencies.com

Housing Types:

- Affordable apartments in Steinbach

[Website](#)

Rent Assist

Housing Types:

- Apartments to rent

Contact:

Phone Number: 1 (877) 587-6224

Email: apartments@reimeragencies.com

[Website](#)

Non-EIA Rent Assist:

Winnipeg: (204) 948-7368

Toll Free: 1 (877) 587-6224

Email: incsup@gov.mb.ca

EIA Rent Assist:

Phone: (204) 948-4000

Email: eia@gov.mb.ca

After-Hours (Emergency only):

Winnipeg: (204) 945-0183

Toll Free : 1 (866) 559-6778

TTY: 1 (800) 855-0511

Eden Health Care

The program offers different levels of housing support ranging from: transitional group home support (staff onsite 24/7), integrated supportive housing (staffed 5 days a week), community housing support worker services, residential care services and general housing assistance.

Contact:

Free Helpline: 1 (888) 617-7715 (24/7)

Phone Number: (204) 325-5355 or 1 (866) 895-2919

Email: housing@edenhealthcare.ca

[Website](#)

Native Women's Transition Centre

Memengwaa Place

[Memengwaa Place](#)

- Second stage housing facility
- Independent living
- Safe environment for Aboriginal women and children who have experienced family violence
- Semi-furnished apartment facility accommodates 7 families and a live in-house mom
- Residency can be up to 1 year, with extensions granted based on need
- Traditional teachings, one on one counselling and group supports are provided by the outreach/support worker to residents
- Residents can also access NWTC's supports and programs

Kihiw Iskewock (Eagle Women) Lodge

[Kihiw Iskewock Lodge](#)

- Long term safe housing to Aboriginal women who have experienced incarceration and/or have been in conflict with the justice system
- 15 apartment unit complex to accommodate Aboriginal women and their children
- Culturally relevant support and services will be provided to the families, with a focus on healing, family reunification and community reintegration

Contact:

Phone Number: (204) 989-8240

Email: rswnwt1@nwtc.cc

Nova House

Emergency/Residential Program

- Safe and secure short-term accommodations for individuals (with or without children) leaving an abusive intimate partner or family relationship.

RISE Program

The RISE program is a residential transition program designed to support individuals (with or without children) who have completed our Emergency Residential Program and want to continue their healing journey. This program offers long-term residential support for one year or more.

Relearning
Independence &
Supporting
Empowerment

The RISE Program provides a wide range of support services, builds life skills and offers complex trauma concept programming. This program encourages independence, helps to build self-esteem, and self-confidence. There are provided workshops and training that help to build skills and self-sufficiency.

- Counselling
- Group therapy
- Educational workshops
- Art therapy
- Life coaching/planning
- Job skills and development
- Work experience

Contact:

Province-Wide Crisis Line (24/7): 1 (877) 977-0007

Local Crisis Line (24/7): (204) 482-1200

Text Only Line (24/7): (204) 805-NOVA (6682)

Email: info@novahouse.ca

Interim housing offered only to individuals/families who have been in our Emergency or RISE Program.

[Website](#)

Steinbach Community Outreach

Contact:

Phone Number: (204) 326-7954 or (204) 898-9033

[Website](#)

Housing Types:

- Low income affordable housing

Manitoba Housing

Manitoba Housing provides a wide range of subsidized housing throughout the province of Manitoba. They partner with other governments, community organizations and private groups to create safe and affordable housing.

Contact:

Phone Number: 1 (800) 661-4663

Email: housing@gov.mb.ca

[Website](#)

Housing Types:

- Rental housing
- Co-operative housing
- Home ownership
- Housing development
- Rental housing construction tax credit program

Social Housing Rental Program:

The Social Housing Rental Program (SHRP) is the primary and largest program delivered by Manitoba Housing. The program provides low-income Manitobans in the greatest need with subsidized housing. Manitoba Housing provides a range of quality housing such as apartments, townhouses, duplexes and houses for individuals, families and seniors.

[Apply Now!](#)

For more information on the Social Housing Rental Program:

[Website](#)

Genesis House South Central - Winkler

Housing Types:

- Residential services
- 2nd stage housing

Contact:

24 Hour Crisis Line: 1 (877) 977-0007

Local Crisis Line: 1 (204) 325-9800

Phone Number: (204) 325-9957

[Website](#)

Food

Harvest Manitoba

Harvest helps anyone who asks.

Contact and book an appointment today to pick up a 14 day supply food hamper!

Contact:

In Winnipeg:

New to Harvest: (204) 982-3671

Returning Clients: (204) 982-3660

Email: appointments@harvestmanitoba.ca

Outside Winnipeg:

Phone Number: 1 (800) 970-5559

Email: kellym@harvestmanitoba.ca

Call Centre Hours: Monday to Friday: 9:15 am to 3:15 pm, Saturday: 9:15 am to 12:15 pm

Meals2Go Program:

Harvest's Meals2Go program proudly serves Manitoba's school children. Our goal is to prevent child hunger, fuel learning and support healthy, active living for Manitoba's children. In addition to providing food to schools and daycares throughout the school year, Meals2Go provides take home weekend food kits for kids during the school year and, weekly food kits during the summer months in urban and northern communities.

For more information, contact:

Phone Grace Weigelt: (204) 982- 3673

Email: gweigelt@HarvestManitoba.ca

[Website](#)

Steinbach Community Outreach

- Assistance with food, drop in and talk to one of our volunteers

[Website](#)

Contact:

Phone Number: (204) 326-7954 or (204) 898-9033

Hours: Monday - Friday: 9am - 4pm

Soups On - Steinbach

Soup's On serves dinner on Tuesdays and Fridays:

5:00pm - 6:15 pm at 430 Third Street (rear entrance)
(Grace Mennonite Church)

[Website](#)

Helping Hands - Niverville

Hamper Pick-up every 2nd and 4th Thursday of the month:

5:30pm - 6:30pm at 85 2nd Street South
(Niverville Community Fellowship Parking Lot)

[Website](#)

5:30pm - 6pm at 20 Sara Ave
(Bothwell Christian Fellowship Parking Lot)

[Sign Up](#)

Make sure to sign up before the pick-up day so we can have it ready for you!
Please mark the date in your calendar.

Southeast Helping Hands

Hamper Pick-up every other Wednesday of the month:

2pm - 5:30pm at 525 Main St. Steinbach

Contact:

Phone Number: (204) 326-2599

Email: southeasthelpinghands@gmail.com

[Website](#)

Caring Hands - Grunthal

2023 Hamper Distribution Days are yet to be announced

Contact:

Phone Number: (204) 371-1394

[Website](#)

St. Anne Food Bank

The food bank is open every second Wednesday distributing up to five meals worth of food per registered client. Located in the town of Ste Anne at 132 Central Avenue.

Contact:

Phone Number: (204) 371-4984

[Website](#)

Winkler Central Station

Better Access to Groceries (BAG)

BAG is:

- A bag of fresh and low-cost fruits and vegetables
- Available for people in the city of Winkler and surrounding communities
- Promoting community engagement activities and healthy eating
- \$10 per bag (\$15 value)

BAG Pick-up is every other Tuesday of the month:

4-5pm at the Central Station Community Centre, 555 Main Street.

Check out the website to submit your order.

Easy Eats Meal Program

Easy Eats is an initiative providing nutritious meal kits for anyone. The amount you donate is up to you!

Easy Eats Meal Program Pick-up is every Thursday of the month:

4-5pm at the Central Station Community Centre, 555 Main Street.

Cafe 545 Community Meal

Cafe 545 Community Meal is every Monday:

5pm - 6:30pm at 555 Main Street, Winkler
(Central Station Community Centre)

No sign-up is required. Rides are available, call (204) 325-0257 before 4pm.

[Website](#)

Clothing

Steinbach Community Outreach

- Provide assistance with clothing if needed

Contact:

Phone Number: (204) 326-7954 or (204) 898-9033

Hours: Monday - Friday: 9am - 4pm

[Website](#)

Steinbach Family Resource Centre

The Clothing Café is a clothing shop where all items are free. Brand new and gently used items such as infant and children's clothing, and maternity clothes are donated by community members and available to all. Come in any time during the office hours and check for the items you need.

Contact:

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Office hours: Monday- Friday: 9am - 4:30pm

[Website](#)

Southland Church - Steinbach

The Clothing Closet is open Tuesdays (except for holidays) from 12pm - 6pm. Feel free to drop by and look for what you need! No appointment needed - just show up at the Seminar Room just inside the North East Entrance.

Contact:

Phone Number: (204) 326-9020

Hours: Monday - Friday: 8:30am - 4:30pm

[Website](#)

Pregnancy Support Centre of Westman - Brandon

The Care Closet is stocked with maternity and baby items for our clients. Parents may come in once a month to pick up supplies such as diapers, formula, and clothing for their child at absolutely no cost. There also is maternity clothes for expectant mothers.

Contact:

Phone Number: (204) 727-6161

Text: (204) 727-6161

Email: info@pregnancysupportcentre.ca

[Website](#)

Education

Life Culture

MPower Education is Life Culture's scholarship fund that seeks to empower single moms, even and especially, in motherhood.

The recipients of this funding can use it in ways that are most helpful for her to achieve her education. She may choose to use it for academic tuition, to cover student loan debt acquired while pregnant/parenting, or for family use such as childcare while she is in school or studying.

Who is Eligible? Single moms who are enrolled or enrolling in post-secondary education for the upcoming term.

Contact:

Phone Number: (204) 326-5433

Email: mpower@lifeculture.ca.

[Website](#)

Opening Doors to Success - Steinbach

- One on one pre-employment coaching
- Ready, set, work - pre-employment workshop
- Doorway to career success - 12 week workshop

Contact:

Phone Number: (204) 346-9840

Email: april@openingdoorstosuccessinc.ca

[Website](#)

Employment

Eden Health Care

All programs offer work experiences with local businesses, based on your abilities and interests, which allow you to build on your employment skills. These often lead to job offers or open up other opportunities for employment.

Wellness U30 - Winkler and Steinbach

This program helps young adults (15-30 years old) who are facing a variety of challenges, such as job uncertainty, rising cost of living, and increasing anxiety.

Through a flexible approach, you will have the options of receiving coaching on employment readiness, confidence-building, adulting, and mental well-being.

From a classroom-setting, one-on-one meetings, or a chat over a simple cup of coffee, Wellness U30 helps you navigate new opportunities.

JUMP – Job edUcation & Mentoring Project - Winkler

This program offers 4 weeks of in-class instruction followed by 8 weeks of work experience. The classroom features résumé writing, interview prep and practice, cover letter preparation, communication skills, First Aid/CPR training, and more.

Eligibility:

- Must be aged 18-60
- May be on EI or be EI eligible
- Must be ready for full-time employment

Contact:

(24/7) Helpline: 1 (888) 617-7715

Phone Number (Toll Free): 1 (866) 895-2919

Phone Number: (204) 325-5355

Steinbach: (204) 320-6034

Winkler: (204) 325-8988

[Website](#)

Harvest Manitoba

Harvest offers unique and practical training programs that can lead you towards a rewarding career. In four weeks, you can train for work in a commercial kitchen or warehouse and obtain a Safe Food Handling certificate.

With both classroom and hands-on training, you are invited to the Asper Learning & Friendship Village. This is a place where at-risk youth, newcomers, low income families and individuals, along with food bank clients are welcomed and respected for who they are and celebrated for the bright future they have ahead.

Contact:

Phone Number: (204) 982-3663

[Website](#)

Opening Doors to Success - Steinbach

- One on one pre-employment coaching
- Ready, set, work - pre-employment workshop
- Doorway to career success - 12 week workshop

Contact:

Phone Number: (204) 346-9840

Email: april@openingdoorstosuccessinc.ca

[Website](#)

Workplace Education Manitoba

Workplace Education Manitoba (WEM) is an adult training Centre for Workplace Skill Development. WEM offers training in the skills for success needed to prepare for secondary education, gain employment and succeed in any occupation. WEM's services include in-person and online, fully funded assessments, workshops, and classes.

Contact:

Phone Number: (204) 272-5030

Steinbach: west.steinbach@wem.mb.ca

Winnipeg: mramadan@wem.mb.ca

Winkler: west.winkler@wem.mb.ca

Selkirk: interlake.west@wem.mb.ca

Brandon: bludwig@wem.mb.ca

[Website](#)

Low Income Families

Steinbach Family Resource Centre

The **Clothing Café** is a clothing shop where all items are free. Brand new and gently used items such as **toys, infant and children's clothing, and maternity clothes** are donated by community members and available to all. Come in any time during the office hours and check for the items you need.

Families can apply for SFRC to provide school supplies in the fall.

Contact:

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

[Website](#)

Jumpstart

Sometimes, families need financial assistance to get their kids into a sport or physical activity. Jumpstart is committed to helping all families access a range of activities, from boxing to bowling and skating to skiing, and more. Application found on website.

Contact:

Canada Sport Helpline (Call or Text): 1 (888) 837-7678

Phone Number: 1 (844) YES-PLAY (937-7529)

[Website](#)

KidSport

KidSport supports children who need financial assistance with sport registration fees and equipment costs. Application found on website.

Contact:

Canada Sport Helpline (Call or Text): 1 (888) 837-7678

Phone Number: (204) 925-5911

Email: KidSportMB@sportmanitoba.ca

[Website](#)

ROC Eastman

ROC Eastman is a recreation-focused children's charity that assists with the challenges of activity registration, transportation, equipment and supplies, as well as providing a unique and personal learning program to each and every family. Activities can be almost anything – cooking, dance, photography, piano, guitar, drums, sport, scrapbooking, volunteering, animal care, gardening...the list goes on!

Contact:

Phone Number: (204)371-2887

[Website](#)

For more information on lower income resources look on page 12-housing, page 25-food, and page 28-clothing!

Government Grants

Canada Child Benefit

[More Info](#)

Increase your income using the T1213 Tax Form

[More Info](#)

Divorced or Separated: Splitting Pension Plan Credits

[More Info](#)

Employment Insurance benefits and leave

[More Info](#)

El regular benefits

[More Info](#)

El maternity and parental benefits

[More Info](#)

El caregiving benefits

[More Info](#)

Disability tax credit

[More Info](#)

Child Disability Benefit

[More Info](#)

Registered Education Savings Plan (RESP)

[More Info](#)

Canada Education Savings Grant

[More Info](#)

Canada Learning Bond

[More Info](#)

Canada Dental Benefit

[More Info](#)

Canada Workers Benefit

[More Info](#)

Manitoba Legal Aid

[More Info](#)

Manitoba Child Benefit

[More Info](#)

Manitoba Childcare/Fostercare Subsidy

[More Info](#)

Last Updated: January 2023

Please let Life Culture know of any other resources that should be included.