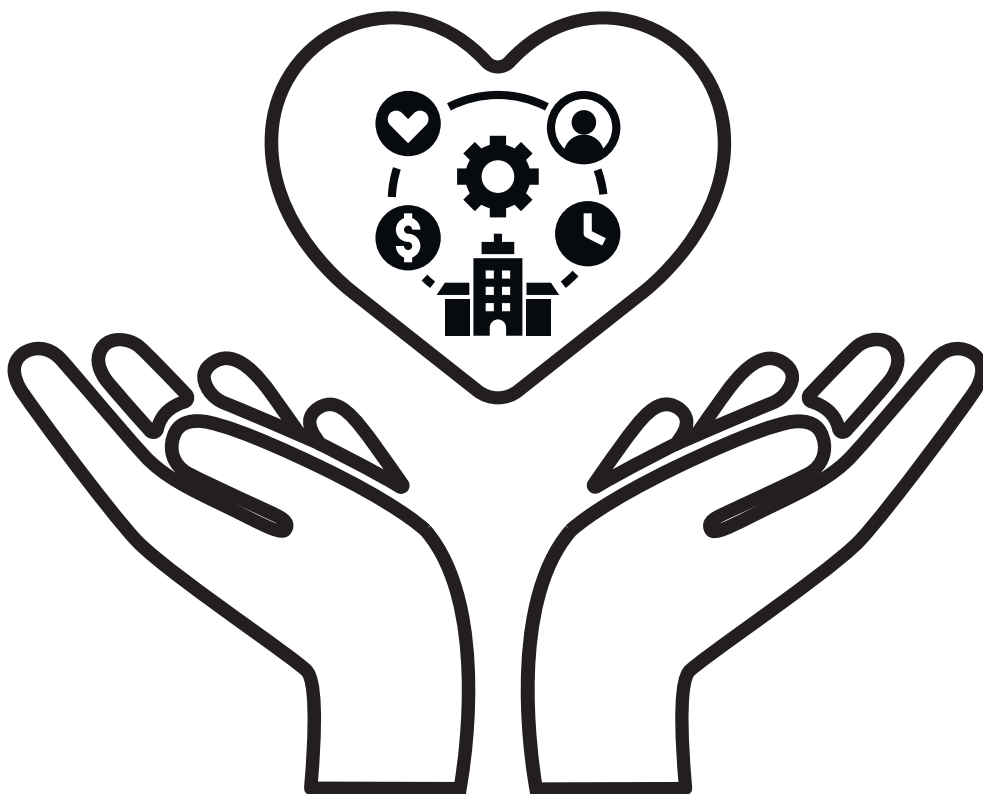

Manitoba Resource Guide



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 (877) 558-0333 or 1 (888) 612-3960
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
Kids Help Text (24/7)	Text CONNECT to 686868
Youth Mental Health Crisis Line	Text WELLNESS to 686868
Adult Mental Health Crisis Line	Text WELLNESS to 741741
First Nations, Inuit and Metis Peoples Helpline	1 (855) 242-3310
Non-Urgent Health Services and Information	811

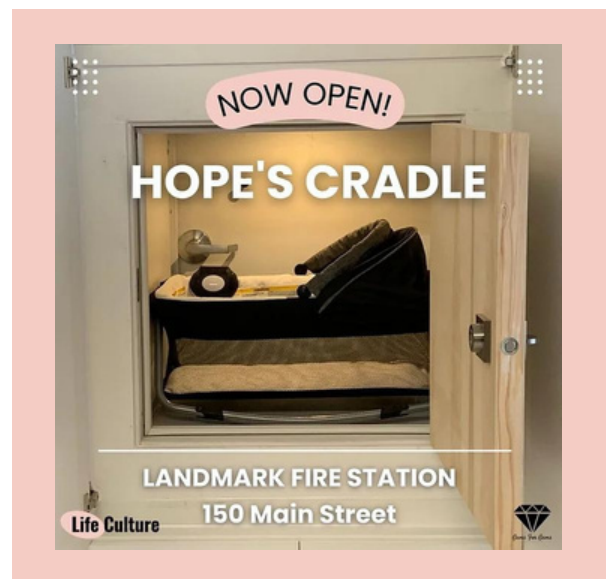
Manitoba Wide Crisis Lines

Suicide Prevention & Support Line TF (24/7)	1 (877) 435-7170
Sexual Assault Crisis Line TF (24/7)	1 (888) 292-7565
Human Trafficking Hotline TF (24/7)	1 (844) 333-2211
Domestic Violence Crisis Line TF (24/7)	1 (877) 977-0007
After Hours Domestic Violence Crisis Line TF (24/7)	1 (877) 977 0777
Addictions Crisis Line	1 (855) 662-6605

Farm, Rural & Northern Support (Mon-Fri: 10am-9pm)	1 (866) 367-3276
After Hours Farm, Rural & Northern Support TF	1 (888) 322-3019
Health Links-Info Santé TF (24/7)	1 (888) 315-9257
Manitoba Poison Centre TF (24/7)	1 (855) 776-4766
Youth Addictions Centralized Intake Service	1 (877) 710-3999
Breastfeeding Crisis Line (24/7)	(204) 788 -8667
Child and Family Services:	
Winnipeg	1 (204) 944-4200
Winkler/Portage	1 (204) 268-6232
Steinbach and Surrounding Area	1 (204) 857-8751
Emergency After Hours Child and Family Services	1 (866) 345-9241
Men's Resource Centre TF	1 (855) 672-6727

Hope's Cradle - Landmark

A Hope's Cradle is an anonymous and safe place where an infant can be safely surrendered. Inside is a temperature-controlled, ventilated bassinet and documentation that informs the parent, usually the mother, of her rights, how the process works, a form to send in about medical history, and a list of resources. Once the door is opened, the parent has two minutes to place the baby in the cradle and vacate the site before a silent alarm is sent to first responders.



[For More Information](#)

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. Located at 345 Loewen Blvd, Steinbach.

[Website](#)

Main Street Project - Winnipeg (24/7)

(204) 982-8267

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. Located at 637 Main St, Winnipeg.

[Website](#)

Siloam Mission - Winnipeg (8pm-7am)

(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. Located at 300 Princess St, Winnipeg.

[Website](#)

The Salvation Army: Centre of Hope - Winnipeg (24/7)

(204) 946-9400

Salvation Army shelter programs meet basic needs by providing a safe place, a warm bed, hot meals and tools to enhance stability. After Hours Phone Number: (204) 946-9402 Located at 180 Henry Ave, Winnipeg.

[Website](#)

The Salvation Army: SonRise Family Shelter - Winnipeg (24/7)

(204) 946-9471

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. Located at 180 Henry Ave, Winnipeg.

[Website](#)

Women's Shelters

24/7 Toll-Free Domestic Violence Crisis Line: 1 (877) 977-0007

YWCA Westman Women's Centre - Brandon

- Safe, emergency accommodations for women/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
- Children's programs
- Sharing circle
- Kids support group
- Art group
- Life moments
- Parent and child connect
- Saturday night group
- Seeking safety program

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

Phone Number: (204) 571-3680

Location: 158 11 St, Brandon

[Website](#)

Samaritan House Ministries - Brandon

Mary's House is a second-stage transitional housing program for women and their children who are fleeing domestic violence. There are four suites available in the secure location, where clients are able to stay for a maximum of one year. Counselling is given as part of the program, with one women's counselor and one children's counselor.

Phone Number: (204) 727-1268 ext 4

Email: wcmh@samaritanhouse.net

[Website](#)

Parkland Crisis & Women's Centre - Dauphin

- Short-term, safe and supportive residential environment for women/children
- Women in Residential Services will receive a comprehensive intake and assessment, and crisis intervention counselling within 24 hours of intake
- Individual counselling provided to each woman for atleast one hour a day
- Assistance with protection order applications
- Child and youth program
- Individual child counselling
- Group child counselling
- Follow up services

Local Crisis Line: (204) 638-9484

Phone Number: (204) 622-4626

Email: pkndcris@mymts.net

[Website](#)

Support Groups:

- Anger Solutions
- Healthy Relationships
- Domestic Violence Awareness
- Self-Esteem
- Parenting Support Groups
- Other weekly drop-in groups

Hopes Journey Home - Portage la Prairie

Hopes Journey Home will be a safe place for women in crisis pregnancy situations to live during their pregnancies and for a transition time after baby is born. They are currently building, and not yet officially open. If you or someone you know is pregnant and in need of a place to live, please contact them and they will do their best to find a safe and caring living arrangement at this time.

Email: hjhhopesjourneyhome@gmail.com

Location: 687 Tupper St N, Portage La Prairie

[Website](#)

Nova House - Selkirk

- 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

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

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

Email: info@novahouse.ca

[Website](#)

Agape House - Steinbach

- Operate 24 hours per day, 7 days per week
- Crisis and ongoing counselling
- Assistance with medical, legal, and social services
- Food, clothing and personal hygiene items at no cost
- Support groups for women on dealing with abuse, parenting support, and self- esteem
- Two interim housing units which are in place to help women make the transition toward independent living, while allowing for access to support services

Local Crisis Line: (204) 346-0028

Phone Number: (204) 326-6062

[Website](#)

Genesis House South Central - Winkler

- Provided food, short local telephone calls, towels, bedding, laundry facilities, showers and transportation on a limited basis
- Advocacy: accompanying you to your lawyer, doctor, court dates, etc.
- Referrals for financial assistance, lawyers, CFS, education, employment, etc.
- Individual long and short-term counselling
- Assistance in Protection Planning
- Support Groups
- Child/teen counselling
- 2nd Stage Housing
- Follow-Up Services

Local Crisis Line: 1 (204) 325-9800

Phone Number: (204) 325-9957

[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

Phone Number: (204) 982-2011

Email: executivedirector@alphahouseproject.ca

[Website](#)

Bravestone Centre - Winnipeg

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

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.

- Taught necessary life skills
- Learning coping tools
- Biblical teachings
- 12 step program
- Career education
- Counselling
- Healthy environment
- Help with finding and transitioning into affordable housing

Phone Number (Toll Free): 1 (855) 812-0136

Email: admin@dignityhouse.ca

[Website](#)

House of Peace - Winnipeg

- Provides a safe and loving home for 20 newcomer women for up to 2 years
- Initiates activities and programs that enhance self-confidence and interdependence
- Promotes education and skills training
- Encourages mentorship, collaboration and leadership
- Creates networks and builds relationships
- Offers space and collaborates with organizations that focus on healing and reconciliation.
- Houses a sacred place for prayer and reflection

Phone Number: (204) 942-5535

Email: hope04@shaw.ca

[Website](#)

IKWE Widdjiitiwin Inc - Winnipeg

- 30 day shelter program for indigenous women and their 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

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

[Website](#)

Native Women's Transition Centre - Winnipeg

- 24/7, long term residential care supporting aboriginal women and their children
- Individual counselling
- Addiction Awareness and Relapse Prevention
- Learning Program
- Parenting Program
- Mother Goose Group
- Compulsive Coping Behaviour Program
- Women's Healing / Play Circle
- Family Violence Prevention
- Coping Behavior & Self Esteem
- 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.

Phone Number: (204) 989-8240

Email: rswnt1@nwtc.cc

[Website](#)

Selah Place - Winnipeg

Selah Place is designed to provide safe & secure housing for mothers and their children, basic life and parenting skills, mentoring and discipleship and community supports. Their vision is to disciple mothers to live healthy lives in the family, home, and the greater community for the glory of God.

Selah Place Serves & Supports

- New and expecting mothers (age 18 – 30)
- Mothers who need safe and supportive housing or at risk of homelessness.
- Mothers whose children are at risk of apprehension/or being placed in child welfare care.
- Mothers without meaningful family or community supports.
- Mothers who are vulnerable due to past experiences or mental health issues.

Phone Number: (204) 202-2570

Email: admin@selahplace.ca

[Website](#)

Villa Rosa Inc - Winnipeg

- Provides a safe place to live during and after pregnancy
- Life skills training
- 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
- On-site school with 4 teachers
- Counselling and programming available in a supportive, non-judgmental environment
- On-site pre-natal classes

Phone Number: (204) 786-5741

Email: intake@villarosa.mb.ca

[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 and 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

Winnipeg Crisis Line: (204) 615-0311

Phone Number: (204) 615-0313

Text: (204) 792-5302

Email: reception@willowplace.ca

[Website](#)

Pregnancy

Brandon Friendship Centre - Brandon

Phone Number: (204) 571-0670

Text: (204) 724-7849 or (204) 724-7844

Email: bfc.cnpn@mymts.net

Location: 303-9th Street, Brandon

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

- Prenatal and postnatal classes
- Breastfeeding and parenting preparation
- Labour and birth preparation

[Website](#)

Pregnancy Support Centre of Westman - Brandon

Phone Number/Text: (204) 727-6161

Email: info@pregnancysupportcentre.ca

Location: 229 Princess Ave, Brandon

Hours: Monday - Wednesday: 10am - 3pm

Thursday by appointment

- Free Pregnancy Tests
- Pregnancy Support
- Information and education on all pregnancy-related options
- Care Closet: (diapers, wipes, formula, children clothing, maternal clothing)

[Website](#)

Hopes Journey Home - Portage la Prairie

Email: hjhhopesjourneyhome@gmail.com

Location: 687 Tupper St N, Portage La Prairie

[Website](#)

Hopes Journey Home will be a safe place for women in crisis pregnancy situations to live during their pregnancies and for a transition time after baby is born. It is currently in Phase One of the building project, and as a result, not yet officially open. If you or someone you know is pregnant and in need of a place to live, please contact Hopes Journey Home, and they will do their very best to find a safe and caring living arrangement at this time.

Prairie Pregnancy Support Centre - Portage la Prairie

Phone Number/Text: (204) 240-4357

Email: info@prairiepregnancy.ca

Location: 60-B Tupper Street N, Portage la Prairie

Hours: Monday: 4pm - 8pm

Tuesday - Thursday: 1pm - 4pm

[Website](#)

- Free pregnancy tests
- Information and education on all pregnancy-related options
- Referrals to community services
- Maternity and baby clothing
- Adoption support
- Support for men and women
- Support for family and friends

Steinbach Family Resource Centre - Steinbach

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Location: 101 North Front Drive, Steinbach

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

[Website](#)

- The Clothing Café: maternity clothing
- Prenatal vitamins and vitamin D drops for pregnant and nursing mothers
- Baby scale can be used free of charge
- Prenatal classes
- Breastfeeding support group

Central Station Community Centre - Winkler

Healthy Baby is a group program for pregnant moms or with children under 1 year.

Phone Number: (204) 325-0257

Email: info@winklercentralstation.ca

Location: 555 Main Street, Winkler

Office Hours: Monday: 9am - 6:30pm

Tuesday - Thursday: 9am - 5pm

Friday: 9am - 12pm

[Website](#)

- Learn about baby's development
- Nutrition and health topics for parents
- Parenting tips under one
- Free milk coupons
- Child-minding available
- Healthy snacks and meals

Group meets every 1st and 3rd Wednesday monthly at 10am at Central Station. No sign up required.

Pembina Valley Pregnancy Care Centre - Winkler

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

[Website](#)

- Free pregnancy tests
- One-on-one support
- Information and education on all pregnancy-related options
- Prenatal learning sessions
- Baby supplies
- Support for men and women
- Support for family and friends

Acorn Family Place - Winnipeg

- Healthy Baby Program
- Coupons for free milk and juice for pregnant and new parents
- Nobody's Perfect Parenting Program
- Triple P Positive Parenting Program

To Register for Programs:

Phone Number: (204) 560-3147

Email: parenting@acornfamilyplace.ca

Phone Number: (204) 560-3141

Email: admin@acornfamilyplace.ca

Location: 202-222 Furby Street, Winnipeg

Hours:

Monday, Tuesday, Thursday & Friday: 9am - 4pm

Wednesdays: 1pm - 4pm

[Website](#)

Family Support Centre - Winnipeg

The Family Support 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.

Phone Number: 1 (204) 772-1923

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

Text: 1 (204) 813-0555

Email: info@familysupportcentre.ca

Location: 650 Broadway Avenue West, Winnipeg

Hours: Monday, Tuesday and Thursday: 10am - 4pm

Wednesday and Friday: 10am - 2pm

- Baby formula, diapers, infant clothing, layettes and maternity clothing provided as needed
- Free pregnancy tests
- Pregnancy counselling
- Information and education on all pregnancy-related options

[Website](#)

Healthy Start - Winnipeg

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 to provide group and one-on-one support
- Provided with a snack and healthy recipes
- Meal bags, food coupons and bus tickets for purchase

At each group, topics such as challenges of pregnancy, sleeping and feeding are discussed.

Phone Number: (204) 949-5350

Email: hsmm@hsmm.ca

Hours: Monday - Thursday: 8:45am - 4:30pm, Friday: 8:45am - 3:30pm

[Website](#)

[Locations](#)

Norwest Co-op Community Centre - Winnipeg

Phone Number: (204) 938-5900

Location: 785 Keewatin Street, Winnipeg

Office Hours: Monday - Friday: 9am - 5pm

- Pregnancy Tests
- Prenatal care and support
- Counselling
- Norwest Baby Steps

[Website](#)

Norwest Baby Steps is a free program designed to help pregnant women and new parents connect with other parents, babies and health care professionals. Learn more about pregnancy, health, nutrition and your baby's development. Find out about resources and activities in the area. Milk coupons are offered to pregnant women and families with babies up to 6 months of age. A healthy snack is served.

Thrive Community Support Circle - Winnipeg

Book an Appointment: (204) 775-9934

Phone Number: (204) 772-9091

Email: resourcecentre@thrivewpg.com

Location: 555 Spence Street, Winnipeg

- Public health nurse drop in
- Pregnancy tests
- Pregnancy counselling
- Layette service

[Website](#)

Thrive Community Support Circle's layette service provides newborn babies with essential needs for the first few days at home. Items such as blankets, outfits, sleepers, diapers and many more items for baby.

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 tests
- Oral contraceptives (birth control pills)
- Intrauterine devices (IUDs)
- Free condoms

Phone Number: (800) 742-6509

Email: info@southernhealth.ca

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

[Website](#)

Adoption

Adoption Options Manitoba Inc. - Winnipeg

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.

Phone Number: (204) 774-0511

Location: 1313 Portage Ave, Winnipeg

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

[Website](#)

Parenting

Brandon Friendship Centre - Brandon

- Workshops for women and men dealing with issues relevant to parenting, personal health and well being
- Indigenous based preschool program
- Prenatal and postnatal classes
- Monthly child clinic
- Provincially funded daycare program
- Tutor program
- Family counselling
- Family sharing circles

Phone Number: (204) 571-0670

Text: (204) 724-7849 or (204) 724-7844

Email: bfc.cpnnp@mymts.net

Location: 303-9th Street, Brandon

Hours: Monday – Friday: 8:30am – 4pm

[Website](#)

Elsbeth Reid Family Resource Centre - Brandon

- Family strengthening programs
- Parenting education programs
- Parenting support groups
- Family literacy programs and activities
- Childcare for parents involved in programs
- Gently used clothing, toys and household items
- Summer activities program
- Connect to resources and other community support

Phone Number: (204) 726-6280

Phone Number (Toll Free): 1 (800) 483-8980

Email: frc@cfswestern.mb.ca

Location: 255 – 9th Street, Brandon

Hours: Monday – Friday: 9am – 5pm

[Website](#)

Parkland Crisis & Women's Centre - Dauphin

Phone Number: (204) 622-4626

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

Nova House - Selkirk

Phone Number: (204) 482-7882

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

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

Email: info@novahouse.ca

- Parent and child workshops and activities
- Nobody's Perfect Parenting Program
- Family and Parenting Counselling
- Life skills building for parent and child

[Website](#)

Life Culture - Steinbach

Life Culture has a foster mom support group which gives foster moms a chance to connect with other foster moms for support and encouragement. It is a safe place to come and connect with others who are on the foster parenting journey.

If you have questions or would like more information, email cheyenne@lifeculture.ca.

Phone Number: (204) 326-LIFE (5433)

Email: contact@lifeculture.ca

Location: Unit E - 98 Brandt St, Steinbach

Hours: Monday - Thursday: 9am - 3pm

[Foster Support](#)

[MPower](#)

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

Steinbach Family Resource Centre - Steinbach

- Clothing Cafe - Brand new and gently used items such as toys, infant and children's clothing and maternity clothing
- Baby scale can be used free of charge
- Prenatal vitamins and vitamin D drops
- Family and children's programs

[Website](#)

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Location: 101 North Front Drive, Steinbach

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

Acorn Family Place - Winnipeg

- Parent and caregiver support
- Individualized parent/caregiver education classes
- Group parent/caregiver education classes
- Children cooking classes
- Drop in playroom
- Community support
- Clothing Depot (clothing for infants and children)

Phone Number: (204) 560-3141

Email: admin@acornfamilyplace.ca

Location: 202-222 Furby Street, Winnipeg

Hours: Monday, Tuesday, Thursday & Friday: 9am - 4pm, Wednesdays: 1pm - 4pm

Parenting Programs:

- Healthy Baby
- Circle of Security
- Nobody's Perfect
- Triple P Positive Parenting

To register for classes or for more information contact Jennifer at (204) 560-3147 or email parenting@acornfamilyplace.ca

[Website](#)

Family Support Centre - Winnipeg

Phone Number: 1 (204) 772-1923

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

Text: 1 (204) 813-0555

Email: info@familysupportcentre.ca

Location: 650 Broadway Avenue West, Winnipeg

Hours: Monday, Tuesday and Thursday: 10am - 4pm

Wednesday and Friday: 10am - 2pm

- Workshops on marriage, parenting and healthy relationships
- Family and relationship counselling

Parenting programs:

- Nobody's Perfect
- Fuel for Families
- Building Healthy Families

[Website](#)

Healthy Start - Winnipeg

- Parent and Baby Drop-in Group

Topics like feeding your baby, ways to strengthen the bond between yourself and your baby, baby development, health and safety, ways to cope as a new parent and many others are discussed. Parents receive support from dietitians, outreach workers and public health nurses and enjoy talking to other parents in a similar stage of life. Parents and babies have fun singing and playing together and end each session with a healthy snack. Participants are provided with recipes, the chance to purchase a \$1.50 meal bag, food coupons (if needed until baby is 6 months old) and bus tickets (if eligible).

Phone Number: (204) 949-5350

Email: hsmm@hsmm.ca

Hours: Monday - Thursday: 8:45am - 4:30pm, Friday: 8:45am - 3:30pm

[Website](#)

North End Women's Centre - Winnipeg

- One on one sessions with caregivers and groups
- Drop in for a snack, hygiene, menstrual, baby, and seasonal items
- CFS Family Advocate

Phone Number: (204) 589-7347

Email: info@newcentre.org

Location: 394 Selkirk Ave, Winnipeg

[Website](#)

North Point Douglas Women's Centre - Winnipeg

- Sacred Nest Parenting Program
- Basic needs support - refreshments, emergency food kits, hygiene items, menstrual products, baby supplies, access to laundry and washroom facilities

Phone Number: (204) 947-0321

Email: info@npdwc.org

Location: 221 Austin Street North, Winnipeg

Hours: Monday, Tuesday, Wednesday, Friday: 9am - 4pm

[Website](#)

NorWest Co-op Community Centre - Winnipeg

- NorWest Baby Steps
(a Healthy Baby Program)
- Bright Start Family Program
- Parent and Child Counselling
- Childcare Centre

Phone Number: (204) 938-5900

Office hours: Monday - Friday: 9am - 5pm

[Website](#)

Thrive Community Support Circle - Winnipeg

To Book an Appointment: (204) 775-9934

Phone Number: (204) 772-9091

Email: resourcecentre@thrivewpg.com

Location: 555 Spence Street, Winnipeg

- Public Health Nurse Drop In
- Nobody's Perfect Parenting Program
- Childcare Centre
- Layette Service

[Website](#)

Winkler Family Resource Centre - Winkler

- Imagination Library
- Programs focused on:
- Cooking
 - Crafts
 - Stories
 - Songs
 - How to identify emotions

Programs subject to change every few months.

Email: winklerfrc@gmail.com

Location: 750 15th St, Winkler

Hours: Monday - Friday: 9am - 2pm

[Website](#)

Childcare

Brandon Friendship Centre - Brandon

Kokum's Early Enrichment Program is a program run by the Brandon Friendship Centre. It is a fully licenced provincially funded daycare program that provides full time spaces only.

Phone Number: (204) 571-0670

Text: (204) 724-7849 or (204) 724-7844

Email: bfc.cnp@mymts.net

Location: 303-9th Street, Brandon

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

[Website](#)

Mount Carmel Clinic - Brandon

In addition to providing childcare to families in need, The Anne Ross Day Nursery provides lunch and snacks to the kids daily, and also helps connect families to services such as speech pathology, FASD treatment and services, and child development counselling.

Phone Number: (204) 582-2311

Email: info@mountcarmel.ca

Location: 886 Main Street, Winnipeg

Hours: Monday, Wednesday*,Friday: 9am - 5pm, Tuesday + Thursday: 9am - 8pm

*Closed 9am -11am on the first Wednesday of each month

[Website](#)

NorWest Co-op Community Centre - Winnipeg

NorWest's Early Learning Childcare Centre has certified Early Childhood Educators and assistants who deliver age-appropriate activities aimed at enhancing children's social, emotional and physical development. They also work at helping your child build strong cognitive, language, motor and self-help skills.

[Website](#)

To register please contact Tracy Krulicki:

Phone Number: (204) 940-2165

Email: tkrulicki@norwestcoop.ca

Location: Access NorWest, 785 Keewatin Street, Winnipeg - (204) 938-5965

Location: Prairie Rose School, 105 Lucas Avenue, Winnipeg - (205) 940-2165

Hours: Monday - Friday: 7am - 5:45pm, including during school breaks.

Thrive Community Support Circle - Winnipeg

Weekly respite and pre-scheduled drop-in child care is available for parents who are participating in Thrive programs. Drop-in spots are scheduled for parents prior to attending Thrive programs. Respite is for regularly scheduled caregiving, full days, based on need or referral. Care is provided for children 2 to 5 years of age.

Phone Number: (204) 779-5093

Email: karenbryce@thrivewpg.com

Location: 555 Spence Street, Winnipeg

Drop in Hours: Morning Session: 9am – 12pm, Afternoon Session: 1:30pm – 4pm

[Website](#)

Children's Programs

Brandon Friendship Centre - Brandon

Phone Number: (204) 571-0670

Text: (204) 724-7849 or (204) 724-7844

Email: bfc.cpn@mymts.net

Location: 303-9th Street, Brandon

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

[Website](#)

- Preschool Preparation Program
- GAP Youth Outreach
- Monthly Child Health Clinic
- A Right to Play Program
- Tutoring Program

Brandon Aboriginal Youth Activity Centre:

- Youth In The Kitchen
- Arts and Crafts
- Pool Tables
- Computers
- Board Games
- TV Area
- Recreational Activities
- Swimming & Sports
- Cultural Based Activities (Dancing, Singing, Ceremonies, Beading, Sweats)
- Camp Outs & BBQ's
- Canteen
- Homework Support

Steinbach Family Resource Centre - Steinbach

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Location: 101 North Front Drive, Steinbach

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

[Website](#)

Kids Programs:

- Discovery Zone (6-18 Months)
- Tick Tock Toddler Time (18-36 Months)
- Preschool Learn and Play (3-5 Years)
- Kids in the Garden (4-7 Years)
- Kids in the Kitchen (6-12 Years)

Acorn Family Place - Winnipeg

Phone Number: (204) 560-3141

Email: admin@acornfamilyplace.ca

Location: 202-222 Furby Street, Winnipeg

Hours: Monday, Tuesday, Thursday & Friday: 9am - 4pm

Wednesdays: 1pm - 4pm

- Playroom (age 12 weeks to 6 years)
- Cooking classes

[Website](#)

NorWest Co-op Community Centre - Winnipeg

- Bright Start - Drop in play program (0-6 years)
- Gilbert Park Kids in the Kitchen (Gilbert Park Youth - Grade 4 and up)
- Money Management Training
- Child and teen counselling
- Teen Health Clinic
- Youth Employment Supports for Success

Phone Number: (204) 938-5900

Location: 785 Keewatin Street, Winnipeg

Office Hours: Monday - Friday: 9am - 5pm

[Website](#)

Winkler Family Resource Centre - Winkler

- Imagination Library

Programs focused on:

- Cooking
- Crafts
- Stories
- Songs
- How to identify emotions

Programs subject to change every few months.

Email: winklerfrc@gmail.com

Location: 750 15th St, Winkler

Hours: Monday - Friday: 9am - 2pm

[Website](#)

Post-Abortion Support

Pregnancy Support Centre of Westman - Brandon

Phone Number/Text: (204) 727-6161

Email: info@pregnancysupportcentre.ca

Location: 229 Princess Ave, Brandon

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

[Website](#)

The Pregnancy Support Centre of Westman's Post Abortion Support is dedicated to providing comfort, healing and hope to women who have experienced an abortion in their past. They are compassionate, non-judgmental and safe. They offer a companioning model of support, walking alongside our clients as they work through their experience.

Prairie Pregnancy Support Centre - Portage la Prairie

Many women, no matter what they feel, find it helpful to talk about the abortion. If you would like to talk about your experience, Prairie Pregnancy Support Centre would genuinely love to listen and support.

Phone Number: (204) 240-4357

Email: info@prairiepregnancy.ca

Location: 60-B Tupper Street N, Portage la Prairie

Hours: Monday: 4pm - 8pm

Tuesday - Thursday: 1pm - 4pm

[Website](#)

Pembina Valley Pregnancy Care Centre - Winkler

The Pregnancy Care Centre is a compassionate and confidential place to work through the difficult emotions that may occur after an abortion. If you have mixed feelings about your experience, it is never too late to address this hurt. You will find a safe place to talk about your past pregnancy, abortion, and any feelings you may have experienced. You will find a non-judgmental environment, a compassionate and caring support worker who listens and understands.

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

[Website](#)

Infant Loss Support

Life Culture - Steinbach

Pregnancy & Infant Loss Peer Support Group meets the first Tuesday of every month in Steinbach, MB or the first Thursday of every month via Zoom, both at 7PM CST. Email to receive Zoom link or more information.

Phone Number: (204) 326-5433

Email: contact@angelbaby.ca

Location: Unit E - 98 Brandt St., Steinbach

Office Hours: Monday - Thursday: 9am - 3pm

Angel Baby is Life Culture's pregnancy & infant loss support initiative. It includes a monthly support group, an online memory wall, care packages, and resources.

[Website](#)

Pembina Valley Pregnancy Care Centre - Winkler

The Pembina Valley Pregnancy Care Centre understands that losing a child is one of the most traumatic experiences any person could ever face.

Steps in HOPE is a support group for women longing to find healing and peace after miscarriage or losing a baby. Sessions focus on sharing your experience with other women, learning to cope, cycles of grief, self care, honouring your difficult journey, and creating a keepsake. Contact Pembina Valley Pregnancy Care Centre to register for this free & confidential support group.

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

[Website](#)

Family Support Centre - Winnipeg

Phone Number: 1 (204) 772-1923

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

Text: 1 (204) 813-0555

Email: info@familysupportcentre.ca

Location: 650 Broadway Avenue West, Winnipeg

Hours: Monday, Tuesday and Thursday: 10am - 4pm

Wednesday and Friday: 10am - 2pm

The Family Support Centre has no words that will take away this kind of pain. What they have for you is deep love and deep compassion. They will counsel and support you as you share the loss of your child with them.

[Website](#)

Support

Eden Health Care - Altona, Portage, Steinbach, Winnipeg and Winkler

- Mental Health Supports
- Counselling (individuals, couples or families)

[Website](#)

Head Office:

Phone Number: (204) 325-5355

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

Location: 309 Main St., Winkler, MB

Toll Free Mental Health Support: 1 (866) 493-6202

Locations: Altona, Portage, Steinbach and Winnipeg

Winkler Mental Health Centre:

Toll Free Phone Number: 1 (866) 559-2555

Phone Number: (204) 325-4325

Brandon Friendship Centre - Brandon

Phone Number: 1 (204) 727-1407

Location: 836 Lorne Avenue, Brandon

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

[Website](#)

- Individual Counselling
- Support Groups and Workshops
- Aboriginal Youth Activity Centre
- Community Liaison Program for seniors
- Cultural ceremonies and counselling

The Women's Resource Centre - Brandon

Phone Number: (204) 726-8632

Toll Free Phone Number: 1 (866) 255-4432

Email: reception@thewomenscentrebrandon.com

Location: 729 Princess Avenue, Brandon

Hours: Monday - Wednesday: 10am - 4pm

Friday: 10am - 3pm

- Women's Counselling
- Assistance with Protection Orders
- Assistance with filing police reports
- Women's Wellness Program

[Website](#)

Parkland Crisis & Women's Centre - Dauphin

Phone Number: (204) 622-4626

Local Crisis Line: (204) 638-9484

Email: pkndcris@mymts.net

[Website](#)

- Individual Counselling
- Support Groups

Interlake Women's Resource Centre - Gimli

Phone Number: (204) 642-8264

Email: info@iwrc.ca

Hours: Monday - Friday: 9am - 5pm

[Website](#)

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

Agape House - Steinbach

Local Crisis Line: (204) 346-0028

Phone Number: (204) 326-6062

[Website](#)

- Support groups for women and youth
- Counselling and support

Steinbach Community Outreach

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

Location: 345 Loewen Blvd., Steinbach

Hours: Monday - Friday: 9am - 4pm

[Website](#)

- Income Tax Program
- Client Aid Advocacy
- Drop in Center

Genesis House South Central - Winkler

Local Crisis Line: 1 (204) 325-9800

Phone Number: (204) 325-9957

[Website](#)

- One on one counselling
- Phone counselling
- Support groups and programs

Acorn Family Place - Winnipeg

Phone Number: (204) 560-3141

Email: admin@acornfamilyplace.ca

Location: 202-222 Furby Street, Winnipeg

Hours: Monday, Tuesday, Thursday & Friday: 9am - 4pm

Wednesdays: 1pm - 4pm

[Website](#)

- Personal Development Workshops
- Support and encouragement
- Information and access to community programs and activities
- Advocacy to help access services or navigate systems
- Education on healthy lifestyle choices and positive parenting skills
- Accompaniment to meetings and appointments

Fort Garry Women's Resource Centre - Winnipeg

Phone Number: (204) 477-1123

Location: 1150-A Waverley Street, Winnipeg

Hours: Monday - Friday: 9am - 12pm, 1pm - 4pm

[Website](#)

- Individual Counselling
- Group Counselling
- Child Counselling
- Legal Consultation Clinic
- Workshops and Events

Harvest Manitoba - Winnipeg

Phone Number: (204) 982-3663

Email: information@harvestmanitoba.ca

Location: 1085 Winnipeg Ave

Hours: Monday - Friday: 9am - 4pm

- Tax Return Program

[Website](#)

North End Women's Centre - Winnipeg

Phone Number: (204) 589-7347

Email: info@newcentre.org

Location: 394 Selkirk Ave., Winnipeg

[Website](#)

- Individual, drop in, phone and group counselling for women
- Drop in resource centre
- Programs, groups and workshops

North Point Douglas Women's Centre - Winnipeg

- Access to traditional medicines used by the Indigenous nations
- Referrals to other services and assistance accessing other resources
- Crisis support
- Counselling
- Support Groups

Phone Number: (204) 947-0321

Email: info@npdwc.org

Location: 221 Austin Street North, Winnipeg

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

[Website](#)

NorWest Co-op Community Centre - Winnipeg

- Drop in counselling
- Phone counselling
- Counselling for adults, youth and children
- Saving Circle: money management program

Location: Blake Gardens Resource Centre, 312 Blake Street, Unit C, Winnipeg - (204) 940-2695

Location: Gilbert Park Resource Centre, 7 - 35 Gilbert Avenue, Winnipeg - (204) 982-4429

[Website](#)

The Salvation Army Heritage Park Temple - Winnipeg

Phone Number: (204) 889-9205

Location: 825 School Rd., Winnipeg

- Income Tax Clinic
- Anger Management for Children
- Red Cap Program
- Roots of Empathy Program

[Website](#)

Thrive Community Support Circle - Winnipeg

Phone Number: (204) 779-5093

Email: resourcecentre@thrivewpg.com

Location: 555 Spence Street, Winnipeg

Drop in Hours: Morning Session: 9am - 12pm

Afternoon Session: 1:30pm - 4pm

[Website](#)

Housing

Brandon Friendship Centre - Brandon

Project Hope is a low rent house with eight one-bedroom suites with a caretaker on site for assistance.

Phone Number: (204) 727-1407

Email: bfchousing@mymts.net

Location: 258-12th Street, Brandon

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

[Website](#)

Eligibility for Project HOPE:

- Homeless
- At risk of becoming Homeless
- Release from Incarceration
- Medical Crisis
- Emergency Shelter (if available)
- Aboriginal
- Youth
- Mental Illness
- Addictions Issues
- Working towards self-sufficiency

Housing First - Brandon

Housing First is an approach to ending homelessness that centers on providing people experiencing chronically and episodically homeless conditions with housing as quickly as possible – and then providing needed services.

Phone Number: (204) 441-8575

Email: info@brandonhousingfirst.ca

Location: 656 6th Street, Brandon

[Website](#)

Pregnancy Support Centre of Westman - Brandon

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.

Phone Number: (204) 727-6161

Text: (204) 727-6161

Email: info@pregnancysupportcentre.ca

Location: 229 Princess Ave, Brandon

Hours: Monday - Friday: 10am - 3pm, Thursday by Appointment

[Website](#)

Eden Health Care - Steinbach

Penfeld Court/Wilson Court Apartments: Safe and affordable housing for individuals or families with mental health needs in the South Eastman community.

Phone Number: (204) 320-6033

Email: housing@edenhealthcare.ca

Location: Eden East Mental Wellness Centre, 11-380 Stonebridge Crossing, Steinbach

[Website](#)

Reimer Agencies - Steinbach

- Affordable apartments in Steinbach

Phone Number: (204) 326-4234

Email: apartments@reimeragencies.com

Location: 230 Reimer Avenue

Hours: Monday – Friday: 8:30am – 5pm

[Website](#)

Steinbach Community Outreach - Steinbach

The Bridge will host 24 units of low rent housing in Steinbach for individuals experiencing poverty. One of those units will be set aside for transitional housing. Completion of construction is anticipated to be fall of 2023.

Phone Number: 1 (204) 326-7954

Location: 345 Loewen Blvd., Steinbach

Hours: Monday – Friday: 9am–4pm

[Website](#)

Central Station Community Centre - Winkler

The Social Housing program provides low-income Manitobans in the greatest need with subsidized housing.

Phone Number: (204) 325-0257

Email: housing@winklercentralstation.ca

Hours: Monday: 9am – 6:30pm, Tuesday – Thursday: 9am – 5pm, Friday: 9am – 12pm

[Website](#)

Eden Health Care - Winkler

Linden Place is a transitional group home program with the capacity for up to eight residents. The program focuses on psychosocial rehabilitation, building life skills, and fostering positive relationships.

[Linden Place](#)

Enns Court apartments provides safe, quality, and affordable rent geared to income housing for individuals and families on a low-income budget. The primary focus to serve those with chronic mental health needs, as well as anyone who requires affordable housing. Enns Court is a 38-unit complex comprised of 1, 2 and 3 bedroom suites.

[Enns Court](#)

Phone Number: (204) 325-5355 ext. 2223

Email: housing@edenhealthcare.ca

Location: 1220 Pembina Ave, Winkler

Eden Health Care - Winnipeg

Concordia Village IV is an integrated, affordable Manitoba Housing apartment complex located in Winnipeg managed by Eden. It is a 45-unit apartment building offering 1, 2, and 3-bedroom apartments. Tenancy is available at rent geared to income and affordable housing rates.

[Website](#)

Phone Number: (204) 219-1345 ext. 4104

The Supportive Housing Program at Concordia Village IV is a partnership with Eden Health Care Services and the Winnipeg Regional Health Authority. The program offers permanent, subsidized housing and occupies 16 units in the building. The program focuses on a strengths-based framework that emphasizes individual mental health recovery within the context of integration and inclusion in the apartment and broader community life.

[Website](#)

Phone Number: (204) 219-1345 ext. 4101

Email: housing@edenhealthcare.ca

Location: 1055 Molson Ave, Winnipeg

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.

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: CMHB@endhomelessnesswinnipeg.ca

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

Phone Number: (204) 942-8677

Email: info@endhomelessnesswinnipeg.ca

Location: 209A – 1075 Portage Ave, Winnipeg

Hours: Monday – Friday: 8:30am – 4:45pm

[Website](#)

Main Street Project - Winnipeg

Mainstay Residence is a supported transitional living environment that provides residents with a safe place to live while they work to make positive changes in their lives. Using both harm-reduction and housing first philosophies, staff actively engage with each individual's transition plans and goals throughout the duration of their stay.

The Bell Hotel is a glowing example of the evidence-based Housing First approach Main Street Project builds all our programs and services upon. The housing project demonstrates that securing appropriate housing is the first and most essential step in achieving independence for individuals who were previously chronically homeless. The team works together to support eviction prevention, harm reduction, life skills, capacity building, counseling, goal-setting and advocacy services through the lens of independence and tenant-defined success.

Phone Number: (204) 982-8229

Email: admin@mainstreetproject.ca

Location:

Emergency Shelter – 637 Main Street, Winnipeg

Admin Office – 661 Main Street, Winnipeg

[Website](#)

North End Women's Centre - Winnipeg

North End Women's Centre offers a housing support program for assistance securing safe housing, pre-employment support and skills development. Weekly workshops are provided 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.

Phone Number: (204) 589-7347

Email: info@newcentre.org

Location: 394 Selkirk Ave, Winnipeg

[Website](#)

West Central Women's Resource Centre - Winnipeg

The HOMES Program (Housing Options, Mentorship & Economic Security) supports women with homelessness, housing, and income. The goal is to help participants find and maintain stable housing and income by building positive partnerships between participants and service providers. Information, support and encouragement are provided to navigate housing and income systems, and provided help for participants to advocate for themselves where possible.

The More Than Four Walls Housing First Program assists women and their families, who are currently experiencing homelessness to find and maintain permanent and stable housing. Once housed, we provide additional supports and services as needed based on the individual's goals.

Phone Number: (204) 774-8975 ext. 215

Email: diana@wcwrc.ca

[Website](#)

Food

Helping Hands Centre of Brandon - Brandon

Phone Number: (204) 727-4635

Email: helpinghands@wcgwave.ca

Location: 111-7th Street, Brandon

Helping Hands strives to serve a nutritious, hot, three-course meal five days per week.

[Website](#)

Samaritan House Ministries - Brandon

Phone Number: (204) 726-0758

Email: info@samaritanhouse.net

Location: 820 Pacific Avenue, Brandon

Hamper Pick up Hours:

Monday - Friday: 10am - 3pm

Tuesday Evening: 4pm - 5:30pm

Clients can register for a food hamper provided once per month to individuals and families with a Manitoba Health card. Clients will be given an appointment time to pick up a hamper.

[Website](#)

The Women's Resource Centre - Brandon

Phone Number: (204) 726-8632

Toll-Free Phone Number: 1 (866) 255-4432

Location: 729 Princess Avenue, Brandon

Drop In Breakfast Program: Monday, Tuesday, Wednesday and Friday: 9:30am - 12am

[Website](#)

Dauphin and District Food Bank - Dauphin

Phone Number: (204) 638-7853

Email: dfcliaison@mymts.net

Location: 220 Whitmore Ave West, Dauphin

Hamper Pick up Hours: Biweekly Thursdays: 5pm - 8pm

changes announced in local media and on posters

Individuals/families are welcome to access the food bank once per month providing an emergency 3-day supply of food.

[Website](#)

Caring Hands - Grunthal

Phone Number: (204) 371-1394

Email: info@grunthalcaringhands.org

Location: Behind the Elim Church

at 30 Main Street, Grunthal

Hamper Pick up Hours: Biweekly Wednesdays: 2pm - 5pm

Clients are asked to register the first time they request a hamper as well as bring their Manitoba Health card with them.

[Website](#)

Piney Food Bank - Piney

Emergency food assistance to those living in the RM of Piney.

For more information contact International Christian Fellowship Church at (204) 423-2383

Free Little Pantry - Portage la Prairie

The pantry is based on the give and take as you have need. Anyone may put items in the pantry and if you are in need, feel free to take out. Items you may find in the pantry are canned and boxed goods, garden produce, toiletry items etc.

Location: 35 5th Street South East, Portage la Prairie

[Website](#)

Helping Hands - Niverville

Phone Number: (204) 392-5699

Email: nivervillehelpinghands@gmail.com

Location: #101-106 Main Street, Niverville

Hamper Pick Up Hours: Every 2nd and 4th Thursday monthly

Book an appointment to pick up a food hamper on the website.

If you live in Niverville, New Bothwell, Otterburne, or Ste. Agathe, and are in need a food hamper, you're in the right place.

[Website](#)

St Anne Food Bank - St Anne

Phone Number: (204) 371-4984

Location: 132 Central Avenue, St Anne

Hamper Pick up Hours: Biweekly Wednesday: 2pm - 5pm

[Website](#)

Soups On - Steinbach

Soup's On serves dinner on Tuesdays and Fridays from 5pm to 6:15pm at Grace Mennonite Church, 430 Third Street (rear entrance). If you are a family with school-aged children and are in need of support, please contact Soup's On to hear more about lunch program for children.

Email: soupsonjoy@hotmail.com

[Website](#)

Southeast Helping Hands - Steinbach

Phone Number: (204) 326-2599

Email: southeasthelpinghands@gmail.com

Location: 525 Main Street, Steinbach

Hours: Monday – Thursday: 9am – 3pm

Hamper Pick up Hours: Biweekly Wednesdays: 2pm – 5:30pm

[Website](#)

Steinbach Community Outreach - Steinbach

Phone Number: 1 (204) 326-7954

Location: 345 Loewen Blvd., Steinbach

Hamper Pick up Hours: Monday - Friday:

9:30am - 11:30am and 1:30pm - 3:30pm

Steinbach Community Outreach's Drop in Centre provides assistance with food.

[Website](#)

The Pas Friendship Centre Food Bank - The Pas

Phone Number: (204) 627-7500

Email: e.assistant@thepasfc.ca

Location: 81 Edwards Avenue, The Pas

Lunch Hours: Monday - Friday: 12pm - 1pm

Coffee/Tea Hours: Monday - Friday: 8:30am - 3:30pm

[Website](#)

Central Station Community Centre - Winkler

Phone Number: (204) 325-0257

Email: info@winklercentralstation.ca

Location: 555 Main Street, Winkler

Office Hours: Monday: 9am - 6:30pm, Tuesday - Thursday: 9am - 5pm, Friday: 9am - 12pm

[Website](#)

Better Access to Groceries (BAG) Program: \$10 per bag (\$15 value)

- A bag of fresh and low-cost fruits and vegetables
- Available for people in the city of Winkler and surrounding communities

BAG Pick-up is every other Tuesday of the month from 4-5pm at Winkler Central Station. Check out the website to submit your order.

Easy Eats Meal Program: The amount you donate is up to you!

- Provides nutritious meal kits for anyone

Easy Eats Meal Pick-up is every Thursday from 4-5pm at Winkler Central Station. Sign up required on website.

Cafe 545 Community Meal:

- Free Community Meal on Monday evenings

Cafe 545 Community Meal is every Monday from 5pm - 6:30pm at Winkler Central Station. No sign-up is required. Rides are available, call (204) 325-0257 before 4pm.

Winkler and District Food Cupboard - Winkler

Phone Number: (204) 325-0257

Email: info@winklercentralstation.ca

Location: 555 Main Street, Winkler

Hamper Pick up Hours:

Wednesdays: 9am - 11am, 3pm - 5pm

Clients can register to receive a free food hamper every two weeks. Clients will need to register at Winkler Central Station and can either call or email to make an appointment to pick up their hamper.

[Website](#)

Acorn Family Place - Winnipeg

Phone Number: (204) 560-3141

Email: admin@acornfamilyplace.ca

Location: 202- 222 Furby Street, Winnipeg

Hours: Monday, Tuesday, Thursday and Friday: 9am - 4pm, Wednesday: 1pm - 4pm

- Healthy snacks every morning and afternoon for kids in the playroom
- Breakfast Club every Friday morning for parents
- Snacks for participants in many of our workshops
- Parents and kids cooking classes, every session includes cooking and eating healthy recipes together

[Website](#)

Agape Table - Winnipeg

Phone Number: (204) 783-6369

Location: 364 Furby St, Winnipeg

Free Bagged Breakfast Program: Monday - Friday: 7am - 11am

Hamper Pick up Hours: Tuesday and Thursday: 12pm - 2pm

If you need to register for a food hamper call Winnipeg Harvest at (204) 982-3663.

[Website](#)

Grey Street United Pantry - Winnipeg

Email: tease_sammysue@hotmail.com (Samantha Tease)

Location: 651 Sandhurst Avenue, Winnipeg

Little free pantry serving the Elmood community. Overseen by the church

[Website](#)

Harvest Manitoba - Winnipeg

Office Phone Number: (204) 982-3663

In Winnipeg - New to Harvest: (204) 982-3671

In Winnipeg - Returning Clients: (204) 982-3660

Outside Winnipeg: 1 (800) 970-5559

Office Email: information@harvestmanitoba.ca

In Winnipeg: appointments@harvestmanitoba.ca

Outside Winnipeg: kellym@harvestmanitoba.ca

Location: 1085 Winnipeg Ave, Winnipeg

Every four weeks, clients can receive a variety of perishable and non-perishable food items to make nutritious meals; a 14-day food supply.

Harvest's First Steps Program provides special products for mothers with infants including powdered baby formula, baby cereal, diapers and other infant care essentials.

[Website](#)

Holy Trinity - Winnipeg

Phone Number: (204) 942-7465

Email: office@holyltrinitywpg.com

Location: 256 Smith Street, Winnipeg

The Lunchroom Hours: Tuesday beginning at 11am

Every Tuesday beginning at 11:00 am, Holy Trinity welcomes everyone who wants a hot, nutritious meal.

[Website](#)

Main Street Project - Winnipeg

Phone Number: (204) 982-8229

Email: admin@mainstreetproject.ca

Location: 661 Main Street, Winnipeg

Hours: Thursday: 10am

[Website](#)

In order to register for food bank services, please contact Harvest Manitoba. Clients will need to have a Manitoba Health Card. Clients can also visit Main Street Project as a walk in, but please note that those who registered go first and food is provided on a first-come first-served basis. Community members are invited to shop Main Street Project's essentials market, free of charge.

North End Women's Centre - Winnipeg

Phone Number: (204) 589-7347

Email: info@newcentre.org

Location: 394 Selkirk Ave, Winnipeg

[Website](#)

On Monday, Tuesday, Thursday and Friday, the NEWC van travels the streets of Winnipeg. Partnering with Acorn Family Place to bring warm nutritious meals, made with love, out to encampments etc.

North Point Douglas Women's Centre - Winnipeg

Phone Number: (204) 947-0321

Email: info@npdwc.org

Location: 221 Austin Street North, Winnipeg

Hours: Monday - Wednesday, Friday: 9am - 4pm

- Drop in for emergency food kits
- Community oven is free to use for trained community members

[Website](#)

Norwest Co-op Community Food Centre - Winnipeg

Phone Number: (204) 615-3117

Location: 103-61 Tyndall Avenue, Winnipeg

Office Hours: Monday-Friday: 9-5pm

Lunch Hours: Monday, Wednesday and
Friday: 12pm - 1:30pm

[Website](#)

Drop-in to enjoy a free, nutritious lunch.

[Lunch Program](#)

Other Food Programs:

- After School Smoothie Drop in
- Fruit and Veggie Market
- Gilbert Park Kids in the Kitchen Program

Oak Table - Winnipeg

Phone Number: (204) 416-2240

Location: 107 Pulford Street, Winnipeg

Hours: Monday - Thursday: 8am - 12am, 2pm - 4pm

[Website](#)

Siloam Mission - Winnipeg

Phone Number: (204) 956-4344 or 1 (866) 648-4673

Email: siloammissioninformation@siloam.ca

Location: 300 Princess Street, Winnipeg

- Nourishing and nutritious meals served three times a day
- Drop in for food and beverage

[Website](#)

The Little Red Pantry - Winnipeg

Email: gkmuc@mymts.net (The Big Red Church)

Location: 127 Cobourg Ave, Winnipeg

[Website](#)

The Salvation Army Heritage Park Temple - Winnipeg

Phone Number: (204) 889-9205

Location: 825 School Rd., Winnipeg

[Website](#)

- Emergency Food Assistance
- Christmas Hampers

West Central Women's Resource Centre - Winnipeg

Phone Number: (204) 774-8975

Email: info@wcwrc.ca

Location: 640 Ellice Ave, Winnipeg

Hours:

Monday, Wednesday, Friday: 9am – 4:30pm

Tuesday and Thursday: 12:30pm – 6pm

Saturday: 9am – 12pm

[Website](#)

Community Meals:

Monday, Wednesday and Friday: Lunch at 12pm

Tuesday and Thursday: Dinner at 5pm

Saturday: Breakfast and Coffee at 10am

Community Garden:

Located at 448 McGee Street, WCWRC grows and harvests fresh fruit and vegetables.

Clothing

Pregnancy Support Centre of Westman - Brandon

Phone Number/Text: (204) 727-6161

Email: info@pregnancysupportcentre.ca

Location: 229 Princess Ave, Brandon

Hours: Monday - Wednesday: 10am - 3pm

[Website](#)

The Care Closet is stocked with maternity and baby items. Parents may come in once a month to pick up supplies such as diapers, formula, and clothing for their child at no cost. Strollers, highchairs, bouncy chairs etc. are also sometimes available. A short intake appointment will be required for your first visit. Please call (204) 727-6161 to book an appointment.

Southland Church - Steinbach

Phone Number: (204) 326-9020 or (431) 815-9200

Location: 190 Highway 52 W, Steinbach

Clothing Closet Hours: Tuesday: 12pm - 6pm

[Website](#)

No appointment necessary to access the clothing closet, just show up at the Seminar Room just inside the North East Entrance.

Steinbach Community Outreach - Steinbach

Phone Number: 1 (204) 326-7954

Location: 345 Loewen Blvd., Steinbach

Hours: Monday - Friday: 9am - 4pm

Drop in for assistance with clothing or other items.

[Website](#)

Steinbach Family Resource Centre - Steinbach

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Location: 101 North Front Drive, Steinbach

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

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 all available during office hours.

[Website](#)

Acorn Family Place - Winnipeg

Phone Number: (204) 560-3141

Email: admin@acornfamilyplace.ca

Location: 202-222 Furby Street, Winnipeg

Hours: Monday, Tuesday, Thursday & Friday: 9am - 4pm

Wednesdays: 1pm - 4pm

Shop the Clothing Depot for clothing, seasonal outerwear and footwear for adults and children.

[Website](#)

Oak Table - Winnipeg

Phone Number: (204) 416-2240

Location: 107 Pulford Street, Winnipeg

Hours: Monday - Thursday: 8am - 12am, 2pm - 4pm

Emergency clothing, hygiene items, shoes and boots, parkas and raincoats, hats and sunscreen are all provided when needed.

[Website](#)

Siloam Mission - Winnipeg

Phone Number: (204) 956-4344

Email: siloammissioninformation@siloam.ca

Location: 300 Princess Street, Winnipeg

[Website](#)

The Clothing Room provides seasonally appropriate clothing free of charge to those in need, Siloam Mission also provides hygiene items and clean undergarments. Call Siloam Mission to access The Clothing Room by booking an appointment.

The Salvation Army Heritage Park Temple - Winnipeg

Phone Number: (204) 889-9205

Location: 825 School Rd., Winnipeg

Clothing assistance provided.

[Website](#)

Healthcare

Mount Carmel Clinic - Brandon

Phone Number: (204) 582-2311

Email: info@mountcarmel.ca

Location: 886 Main Street, Winnipeg

Hours: Monday, Wednesday*, Friday: 9am – 5pm,

Tuesday and Thursday: 9am – 8pm

*Closed 9am -11am on the first Wednesday of each month

[Website](#)

- Physician/Nurse Practitioner
- Dietician
- Hep C Clinic
- Foot Care Clinic
- Diabetes Clinic
- Immunizations
- EKG and X-ray
- Prenatal care
- Midwifery
- Lab

Call to book an appointment.

NorWest Co-op Community Centre - Winnipeg

Phone Number: (204) 938-5900

Walk in Connected Care Hours:

Monday - Friday: 12pm - 7:30pm

Saturday, Sunday and Holidays:

9am - 4:30pm

Primary Care Clinic Hours:

Monday - Friday: 9am - 7:30pm

Saturday: 9am - 4:30pm

*By appointment only

[Website](#)

- Treatment of minor emergencies and illnesses
- Regular complete examinations
- Pregnancy counselling, tests and prenatal care
- Baby examinations, immunizations and support with parenting
- Support and follow-up for clients living with a chronic condition
- Diabetes education and support
- Clinical Pharmacist assessments and education
- Lifestyle counselling (dietitian services, mobility and exercise)
- Community mental health social worker
- Advocacy and referrals
- Foot care
- Teen Clinics
- Vaccine Clinics

Oak Table - Winnipeg

Phone Number: (204) 416-2240

Location: 107 Pulford Street, Winnipeg

Hours: Monday - Thursday: 8am - 12am, 2pm - 4pm

[Website](#)

- Access to medical care on site
- Assistance with getting referrals, appointments, assessments and resources

Siloam Mission - Winnipeg

Phone Number: (204) 956-4344

Email: siloammissioninformation@siloam.ca

Location: 300 Princess Street, Winnipeg

Saul Sair Health Centre has a combination of staff and volunteer health care professionals from many fields provide primary care, specialized care and urgent needs care for those experiencing poverty and homelessness.

[Website](#)

- Primary Care (physicians and nurses)
- Dentistry (dentists and hygienists)
- Optometry
- Podiatry and Foot Care
- Chiropractic Care
- Message Therapy
- Physiotherapy
- Health Education

Thrive Community Support Circle - Winnipeg

Phone Number: (204) 775-9934

Email: jesssmith@thrivewpg.com

Location: 406 Edmonton Street - 3rd floor

Hours: Monday: 1:30pm - 3:30pm

[Website](#)

Public Health Nurse Drop in:

- Referrals for family doctors
- Pregnancy tests
- Pregnancy counselling
- Immunizations
- Answers to any health questions/concerns

Education

Samaritan House Ministries - Brandon

The Samaritan House Employment Resource Centre provides free help and services to anyone looking for new or better employment opportunities.

Provided computers, training workshops, and one-on-one assistance to help improve your prospects for meaningful employment. All programs are free of charge and available to anyone.

Phone Number: (204) 717-3503

Email: erc@samaritanhouse.net

Location: 136 11th Street, Brandon

Hours:

Monday, Tuesday, Friday: 8:30am - 5:30pm

Wednesday, Thursday: 8:30am - 8:30pm

Saturday 8:30 am - 4:30 pm

Resources:

- Computers to help you job search
- Printers, photocopiers and fax machine
- Application forms for employers in the area
- Assistance with online applications

Workshops Currently Being Offered:

- Recognizing Prior Learning and Transferable Skills
- Career Exploration
- Resume Development
- Cover Letter Development
- Conducting an Effective Job Search
- Outstanding Interviews: Preparation
- Outstanding Interviews: Practice
- Success in the Workplace

[Website](#)

Life Culture - Steinbach

Phone Number: (204) 326-5433

Email: mpower@lifeculture.ca

Location: Unit E - 98 Brandt St., Steinbach

Hours: Monday - Thursday: 9am - 3pm

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

[Website](#)

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.

Opening Doors to Success - Steinbach

Phone Number: (204) 346-9840

Email: april@openingdoorstosuccessinc.ca

Location: Unit 1-32 PTH 52 W, Steinbach

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

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

[Website](#)

West Central Women's Resource Centre - Winnipeg

Phone Number: (204) 774-8975

Email: info@wccwrc.ca

Location: 640 Ellice Ave, Winnipeg

Hours:

Monday, Wednesday, Friday: 9am - 4:30pm

Tuesday & Thursday: 12:30pm - 6pm

Saturday: 9am - 12pm

[Website](#)

- One on one Employment Support
- Taking Root Childminding Training
- STEP - Training and Work Experience in Administration or Hospitality
- Food Handlers Certificate
- First Aid/CPR Training
- Women Empowering Women into Leadership program

Employment

Brandon Friendship Centre - Brandon

Four Directions Employment Services: **Phone Number:** (204) 727-1407

- Resume and cover letter
- Casual employment
- Interview preparation
- Support and advocacy
- Employment counseling
- Dress for success

Email: bfcareer2@mymts.net

Location: 836 Lorne Avenue, Brandon

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

[Website](#)

Samaritan House Ministries - Brandon

The Samaritan House Employment Resource Centre provides free help and services to anyone looking for new or better employment opportunities. Provided computers, training workshops, and one-on-one assistance to help improve your prospects for meaningful employment. All programs are free of charge and available to anyone.

Phone Number: (204) 717-3503

Email: erc@samaritanhouse.net

Location: 136 11th Street, Brandon

Hours:

Monday, Tuesday, Friday: 8:30am - 5:30pm

Wednesday, Thursday: 8:30am - 8:30pm

Saturday 8:30 am - 4:30 pm

Resources:

- Computers to help you job search
- Printers, photocopiers and fax machine
- Application forms for employers in the area
- Assistance with online applications

Workshops Currently Being Offered:

- Recognizing Prior Learning and Transferable Skills
- Career Exploration
- Resume Development
- Cover Letter Development
- Conducting an Effective Job Search
- Outstanding Interviews: Preparation
- Outstanding Interviews: Practice
- Success in the Workplace

[Website](#)

Eastman Employment Services - Steinbach

Programs offer employment assistance to people with hidden or visible disabilities or have other barriers to employment. Services are provided to those in Southeast Manitoba that are unemployed or underemployed, and are motivated to seek employment. Eastman Employment Services' Employment Facilitators and Job Coaches can assist with on-the-job training, further education, and continued support throughout employment. Eastman Employment Services' provides resume creation services and a Summer Work Experience Program.

Phone Number: (204) 326-4099

Email: info@eastmanemployment.com

Location: 395 Main Street, Steinbach

[Website](#)

Eden Health Care - Steinbach and Winkler

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.

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

Steinbach: (204) 320-6034

Winkler: (204) 325-8988

Steinbach: 11-380 Stonebridge Crossing, Steinbach

Winkler: 309 Main St., Winkler

Eligibility:

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

[Website](#)

Opening Doors to Success - Steinbach

Phone Number: (204) 346-9840

Email: april@openingdoorstosuccessinc.ca

Location: Unit 1-32 PTH 52 W, Steinbach

[Website](#)

One on One Pre-Employment Coaching:

- Resume and cover letter support
- Potential employment connections
- Interview coaching and role play

Ready, Set, Work - Pre-Employment Workshop:

- A one day workshop
- Focused on motivation and preparation for a successful job search/interview

Doorway to Career Success - 12 Week Workshop Series:

- Explore and research career goals
- Build healthier communication skills for life and work
- Prepare resumes and cover letters
- Prepare for a positive job search
- Positive interview skills
- First Aid/CPR certification
- Mental Health First Aid Training

West Central Women's Resource Centre - Winnipeg

Phone Number: (204) 774-8975

Employment Facilitator: Amasiles Buzato - (204) 774-8975 ext. 223

Email: amasiles@wcwrc.ca

Location: 640 Ellice Ave, Winnipeg

Hours: Monday, Wednesday and Friday: 9am – 4.30pm

Tuesday and Thursday: 12.30pm – 6pm

Saturday: 9am – 12pm

[Website](#)

One-on-one Employment Support:

- Exploring employment & career goals
- Resumes & cover letters
- Searching, applying & interviewing for jobs
- Accessing programs and services related to training, employment & education

Taking Root Childminding Training Program

STEP- Training and Work Experience in Administration or Hospitality

Workplace Education

Workplace Education Manitoba is a leader in providing flexible training and assessment responses across Manitoba. Workplace Education's team includes representation in each region of the province. They deliver in person, online, or a mix of the two, depending on what works for you. Skills for Success training contributes to measurable gains including increased employee retention and productivity, maximizing efficiency and building engagement. Whether it be towards employment, technical training or in the workplace, they are a partner that works with you.

Head Office Phone Number: (204) 272-5030

Brandon: brandonwestcentre@wem.mb.ca

Daupin: Stephanie Jaddock - sjaddock@wem.mb.ca

Flin Flon: west.flinflon@wem.mb.ca

Selkirk: Pamela Anoh - interlake.west@wem.mb.ca

Steinbach: Darlene Redekop - west.steinbach@wem.mb.ca

Thompson: west.thompson@wem.mb.ca

Winnipeg: Jessica LoRusso - jlorusso@wem.mb.ca

Winkler: Natasha Doerksen - west.winkler@wem.mb.ca

[Website](#)

Low Income Families

Steinbach Family Resource Centre - Steinbach

Phone Number: (204) 346-0413

Email: family@steinbachfrc.ca

Location: 101 North Front Drive, Steinbach

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

- Families can apply for school supplies in the fall

[Website](#)

ROC Eastman - Steinbach

Phone Number/Text: (204) 371-2887

Email: info@roceastman.ca

[Website](#)

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, sports, scrapbooking, volunteering, animal care, gardening...the list goes on!

Jumpstart

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

[Website](#)

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.

KidSport

Phone Number: (204) 925-5911

Email: KidSportMB@sportmanitoba.ca

[Website](#)

KidSport supports children who need financial assistance with sport registration fees and equipment costs.

Application found on website.

Government Grants

[Canada Child Benefit](#)

[Manitoba Childcare Subsidy](#)

[T1213 Tax Form](#)

[Divorced or Separated: Splitting Pension Plan Credits](#)

[Canada Workers Benefit](#)

[Employment Insurance](#)

[EI Maternity and Parental Benefits](#)

[EI Caregiving Benefits](#)

[Disability Tax Credit](#)

[Child Disability Benefit](#)

[Manitoba Child Benefit](#)

[Manitoba Legal Aid](#)

[Canada Dental Benefit](#)

[Registered Education Savings Plan \(RESP\)](#)

[Canada Learning Bond](#)

[Rent Assist](#)

[Rent Supplement Program](#)

[Home Ownership Program](#)

Manitoba Resource Guide Last Updated: October 2023

If you have any questions or concerns, please contact Life Culture.

www.lifeculture.ca

(204) 326-5433