

COVID-19 RELATED COMMUNITY RESOURCES

Health/Covid-19

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Health Links	Phone Line	204-788-8200 1-888-315-9257	Health Links offers recommendations to how callers should proceed with there inquiry, for example, calling 911, visiting an emergency department, urgent care, walk-in clinic or family physician, or advice and education information to help manage symptoms.
ADAM	Anxiety Support COVID-19	204-925-0040	Mood Disorders is offering Covid-19 support line for people who are experiencing anxiety due to the outbreak of the virus. They are available from 9am – 9pm.
Help Next Door	https://helpnextdoormb.ca/	help@helpnextdoormb.ca	Manitobans unable to leave their homes (elderly, disabled, vulnerable) that require items such as groceries, medication (and more), with a volunteer to perform the necessary tasks.
Aulneau	Wellness Checks	Wellness check link - https://aulneau.com/wellness-check-covid-19/	Aulneau is offering wellness checks for anyone needing coping tools and resources to help manage anxiety due to COVID-19. Follow the link for more information.

Crisis Lines/Centre

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Klinic	Klinic Crisis Line	204-786-8686	This Crisis Line is open to people of all ages, genders, and backgrounds. This line is to help support people who are struggling with difficult feelings and behaviours.
Klinic	MB Suicide Line	1-877-435-7170	Manitoba Suicide Prevention and Support Line helps anyone who is at risk of suicide, concerned about someone who may be at risk, or who has experienced a suicide loss. The line is available 24/7.
Klinic	Sexual Assault Line	204-786-8631	The Sexual Assault Crisis Program (SACP) offers short-term counselling (up to 12 weeks) and focuses on sexual assault trauma. The counsellors supports clients while seeking medical attention, as well as provide support if they choose involve the police. The line is available 24/7.
WRHA	Adult Mobile Crisis Service	204-940-1781	The Mobile Crisis Service support individuals experiencing mental health or psychosocial crisis, including persons with a co-occurring mental health/substance use disorder. The line is available 24/7

Pregnancy Crisis Centre		1-800-665-0570 info@pregnancy.ca	The Pregnancy Crisis Centre is currently closed to in-person appointments; however, diapers and formula are available for pick up. Please call to arrange for pick up. Immediate support for those who need to talk is available via phone and email M-F 10:00am-2:00pm
Hope for Wellness Helpline		1-855-242-3310	The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Requests can be made for counselling English, French, Cree, Ojibway, and Inuktitut. This line is available 24/7.
Adult Mental Health Services			
ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Aulneau	Counselling Services	Counselling link: https://aulneau.com/counselling/register-for-counselling/	Aulneau is offering counselling services online, by phone, and in person for low cost and sliding scale.
CMHA MB & WPG	Service Navigation HUB	204-775-6442 hub@cmhawpg.mb.ca	Canadian Mental Health Association is providing support, information, and guidance on navigating and accessing mental health supports and services in Winnipeg.
Mood Disorders	Peer Support Line/ Virtual Peers Support groups	204-786-0987	Mood Disorders is offering a Peer Support Line from Monday to Friday from 9 am, 9 pm, and Saturday & Sunday from 10am to 4 pm. They provide one-on-one support over the phone. Mood Disorder has mental health virtual peer support groups such as Depression, Personality Disorder, Bipolar, Eating Disorders, 18+ Women's Wellness, Postpartum and ADHD. These virtual peer support groups are available on Go To Meetings and Zoom. They are all free, and to access call the peer support line.
Mount Carmel Clinic	Over the phone counselling services	204-589-9477	Mount Carmel Clinic is offering over the phone counselling services for North End residents.
Seneca/ Sara Riel	Peer Support Warm-Line	204-942-9276 or 204-231-0217	Sara Riel is providing 24/7 Peer Support Warm Line for individuals wanting to connect with someone or interested community resources.
Thrive	Counselling Therapy	Text 204-809-4011	This service is offering 24/7 for anyone needing counselling services.
FINANCIAL SERVICES			

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Employment and Income Assistance (EIA)	Financial Assistance for Manitobans	Centralized Call Centre @ (204) 948-2888 or 1-855-944-8111 eia@gov.mb.ca	Anyone who is interested to apply for EIA needs to contact the new Centralized Call Centre Monday - Friday 7 - 7 PM.
Canada Emergency Response Benefit (CERB)	Financial assistance for Canadians who are financially impacted by COVID-19	The Canada Emergency Response Benefit will be accessible through a secure web portal starting in early April. Applicants will also be able to apply via an automated telephone line or via a toll-free number.	The Canadian Federal government will provide a taxable benefit of \$2,000 a month for up to 4 months to: -Workers who must stop working due to COVID19 and do not have access to paid leave or other income support. -Workers who are sick, quarantined, or taking care of someone who is sick with COVID-19. -Working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures. -Workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work. -Wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance.
FOOD ACCESS			
ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Winnipeg Harvest	Food Access	In Winnipeg 204-982-3660 E: appointments@winnipegharvest.org Outside of Winnipeg: 1-800-970-5559 E: kellym@winnipegharvest.org	Winnipeg Harvest is changing the way they provide their services with the COVID-19. They are now providing one large, pre-packaged Food Hamper per registered address every 4 Weeks for pick up Mon to Fri 9:15 AM – 3:15 PM, Sat 9:15 AM – 12:15 PM
Nor'West	Community Food Centre Blake Gardens Nor'West on Alexander	Check our website & social media daily for updates. https://norwestcoop.ca/	Nor'west is providing take-out Meals Mon, Wed & Fri 12:00pm-1:30 pm and Thurs evenings 5:30pm-6:30 pm at their Community Food Centre. There are also offering services at Blake Gardens Resource Centre and Nor'West on Alexander which includes Kid's Breakfast for pickup, Lunch for pickup and limited drop-in.

Ma Mawi	Emergency Kits	McGregor: 204-925-0330 204-925-6816 Spence: 204-925-0352 204-925-0348	Ma Mawi is providing emergency kits that include food, baby supplies, and basic needs. The agency is making deliveries at the following times Mon – Fri 11:00am-1:00pm and 4:00pm-6:00pm and on Sat from 11:00am-1:00pm.
Agape Table		204-783-6369	Currently continuing with all resources for subsidized breakfast and emergency food. Subsidized and free emergency meals available M-F between 8:00-10:30am. Emergency food bank available Tuesdays and Thursdays 12:00-2:00pm.
Feed my Lambs		204-254-0992	Feed my Lambs is a weekly foodbank that requires no sign-up which is offered on Friday at 3:30 PM. They are not affiliated with Winnipeg Harvest.
DOMESTIC VIOLENCE SUPPORT SERVICES			
ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Domestic Violence Crisis Line	Provincial crisis line	1-877-977-0007	The Provincial domestic violence crisis line is offering 24/7 support for individuals who are in crisis, want to talk about what is happening to them or someone they care about.
Ikwe Widdjiitiwin	Ikwe Widdjiitiwin	Ikwe Crisis Line 1-800-362-3344	Ikwe Widdjiitiwin is providing services on the crisis line and have limited space for their residential program; all other programs are still being offered as usual.
Willow Place	Willow Place Crisis Line Shelter Counselling Follow-up	204-615-0311 OR 1-877-977-0007 reception@willowplace.ca	Willow Place offer a few different program such as a 24-hour Crisis Line, emergency shelter for women and children leaving family violence, counselling and group counselling, follow-up services. In addition, they provide advocacy and links to community supports, outreach and prevention services. These services are available at no cost.
North End Women's Centre	North End Women's Centre	204-589-7347 info@newcentre.org	North End Women's Centre is offering bagged lunches, Hygiene products, harm reduction kits, and safe sex items between 1 -3 PM.
West Central Womens' Resource Centre	West Central Womens' Resource Centre	774-8975 or stop by 640 Ellice Ave	West Central Women's Resource Centre is serving bagged lunch and dinner at the door on Monday, Wednesday, and Friday from 12 - 1PM, & Tuesday, Thursday from 5 – 6 PM and Saturday 10 – 11 AM. One-one-one supports will be offered over the phone or email, unless it is gender-based violence

			emergency, housing, EIA. For laundry, shower, and crisis support please call to make an appointment.
North Point Douglas Women's Centre	North Point Douglas Women's Centre		North Point Douglas Women's Centre is offering bagged lunches and Hygiene products Monday Wednesday, and Friday, visits of 10 minutes or less, five people inside at a time.
Mount Carmel Clinic	Sage House		Drop in counselling cancelled. Snacks and hygiene available for pickup at door.
Wahbung Abinoonjiag Inc.	Wahbung Abinoonjiag Inc.	@wahbung225	Wahbung is temporarily closed. They are available over social media and phone to help community members.
Fort Garry Women's Centre		204-477-1123	All programming suspended; Centre closed to the general public. Telephone check-ins with counselling clients can be arranged. Voicemails are checked regularly by staff to answer any outstanding questions
Nor'West Coop/Legal Help Centre	Women's Place	204-940-6624	Women's Place is providing counselling services, safety planning, protection orders, legal consults and representation for anyone in need.
Men's Resource Centre	Emergency Shelter Program	204-415-6797 ext 207 ryan@mens-resource-centre.ca	The Emergency Shelter program (for men experiencing intimate partner or family violence) will remain open. All contact will be done remotely by phone or email.

ADDICTIONS SUPPORT SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Addiction Foundation of Manitoba (AFM)	Addictions services	Hotline 1-855-662-6605 204-944-6334	AFM's In-house treatment will continue with safety precautions in place. Out-patient services will be provided via telephone, email or other forms of technology, or if needed in person. IDP assessments will be done over the phone.
BHF – Behavioural Health	River Point Centre offices	204-269-3430 204-582-2357 info@bhf.ca	BHF services at River Point Centre is closed, however clients seeking BHF Intake or outreach services may call River Point Centre Staff at 204-269-3430. They are doing interviews over the phone 204-582-2357.
Main Street Project	Emergency Shelter/Drop in Services	admin@mainstreetproject.ca	Emergency Shelter and Drop In Services Emergency Shelter, Food Bank Services - hamper model Withdrawal Management Services, limiting intakes in both Withdrawal & Residential Services

St Raphael Wellness Centre		204-956-6650 info@srwc-mb.ca	St. Raphael Wellness Centre offers pre and pose treatment non-residential counselling and education affected by substance use disorder and other mental health issues. The Centre is taking referrals over the phone, and they offering group sessions, however are limiting the number of people who attend, and individual sessions face to face, by phone or video chat. They are open on Mon, Tues, Thurs 8:30 – 7:30, Wed 11:00 – 4:30, Fri 8:30 – 4:30
Hope Centre Health Care Inc.		204 589-8354 hopece@mymts.net	Please phone clinic before coming in, you doctor may be able to price care over the phone. Also available, Monday-Friday between 9am and 4pm to see our nurse for STI testing, pregnancy testing and STI treatment.
AA Meetings		204-942-0126 https://aamanitoba.org/	AA is holding online (virtual) meetings using a variety of software platforms (Zoom, Skype, etc.). Please refer to the line provide for updated information.

YOUTH SUPPORT SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
MYS	Crisis Text Line	Text MYS to 686868 or call 1-800-668-6868	This is a mental health service available 24/7 for kids, teens and young adults Canada-wide. Access services by texting, or phone.
MYS	Family Navigator	204-452-0551 or 1-844-452-0551 (toll free) FamilyNavigator@mys.mb.ca	MYS Family Navigators guide youth 13 - 24 & their families through a network of mental health & addiction supports & services in Manitoba.
CMHA	Youth Service Navigator	Stephanie Johnson 204-479-1449 Indigenous Worker Kristyn Hancock 204-801-8428	Canadian Mental Health Association program Youth Services Navigator works collaboratively with the Futures Forward Program, and partnerships with Youth Employment Services, and Community Financial Counselling Services. They are providing Mental Health, Addictions, EIA, Housing, Emergency Food, service over the phone, and social media.
Nor'West	Youth Hub	204-221-9800 Check Social Media for Updates	Nor'West is offering phone counseling, coping tips, and information about mental health, addictions and employment. If a youth needs to be connected with AFM and EIA.

Resource Assistance for Youth	RAY (29 and under)	204-783-5617 ext. 206 info@rayinc.ca	Ray is offering bag lunches and hot coffee from 1 – 3 PM at the front door. There street outreach program is available during the day from 1 -4PM and the Evening 5 – 8 PM. Ray is offering afterhours support, as well and appointments with the Nurse Practitioner or Counsellor must be made over the phone.
Mood Disorders	Youth Peer Support Grp Ages 12 -17	mdamyouthgroup@outlook.com	Mood disorders is offering a Youth Peer Support Group on Wednesday from 5:30-7:00 PM, please email to register and get access information.
Ndinawe Youth Resource Centre	Youth Support	204-417-7233 info@ndinawe.ca	Ndinawe Youth Resource Centre is providing youth with take away lunches twice daily.
Elmwood Resource Centre	ReachOut!	204-698-7536	The after-school & homework program is providing youth 12-17 services through online apps and virtual using “Remind” and “WhatsApp”as well as through social media platforms. There will also be online teaching videos uploaded to our YouTube channel and website www.elmwoodcrc.ca . There service is available from 2 – 7 PM.

PARENTING SUPPORT SERVICES

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Healthy Child Manitoba	MB Parent Line Information	204-945-4777 or toll-free 1-877-945-477	Parents who are struggling with their children’s behaviour can access the phone line Monday to Friday, 8 a.m. – 8 p.m.
New Directions	Urgent Essential Services	204-786-7051	New Directions is only offering Urgent Essential Services to existing clients, and are not taking any new intakes.

SUPPORT and SERVICES for 2SLGBTQ+

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Rainbow Resource	Group teleconferencing	OTR@rainbowresourcecentre.org (204) 474-0212	The Rainbow Resource Centre is providing group teleconferencing on Wed + Thurs 10 -2 PM.

MEDICAL CLINICS

ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Nine Circles Clinic		204-940-6043	Drop-in & safe use supplies
Mount Carmel Clinic		204-589-9477	Resources Available: Community building closed-harm reduction supplies are available at 888 Main Street ACT Program Daily outreach continuing with: Food delivery

			Phone checks with priority checks to clients that do not have phones Transportation still continuing for clients to appts Needs: Food and hygiene supplies Sage House: closed but there are staff on site, just need to ring the doorbell Have ramped up outreach supports in terms of harm reduction supplies and food Wellness team: Phone counseling set up with triage and callers will get a call back # 204-589-9477
Women's Health Clinic	Abortion Clinic Pap Test STI Checks & Treatment Teen Clinic Midwifery Intake	204-947-1517	Graham/Portage Screened upon arrival for COVID-19 in-person (and in some cases, phone) appointments: -Abortion (both surgical and medication abortion) including intake and follow-up, Emergency contraception, Pregnancy and birth control counselling/information, Birth control (including pill pick up, IUD insertions and urgent follow-up), Pap tests (only if previously abnormal result) -STI checks and treatment -Sexual Health Drop-In Teen Clinic is still open (Thursdays 3-8 pm for 21 years old and under) Birth Centre Midwifery Intake 204-947-2422 ext. 307 NorthernStar Mothers Milk Bank Drop Site 204-594-0900
Klinik	STI Klinik	204 784-4090	Klinik is only offering services for individuals who have symptoms of an STI, have a recent sexual partner who has chlamydia, gonorrhea, syphilis, or HIV, have been told to come in for STI testing, were sexually assaulted and/or need emergency contraception.
EMERGENCY SHELTERS			
ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Salvation Army	SonRise Village	204-946-9400	Emergency shelter, transitional housing, and all programming are still in full operation. Upcoming special events are cancelled, and no unexpected or unnecessary visits to facilities are allowed.
	Haven	204-946-9404	

			Emergency shelter, transitional housing, and all programming are still in full operation.
Siloam Mission	Emergency shelter	204-956-4344	The Drop-In space is being closed between mealtimes to be thoroughly sanitized, although continuing its operation for meals. On-site health centre has moved to educating participants on reducing their risk of spreading COVID-19, and how to stay healthy.
NEWCOMERS			
ORGANIZATION	SERVICES	CONTACT	DESCRIPTION OF SERVICES
Immigrant Centre	Over the phone services	204-943-9158	Suspended In-person Services Until March 31st. All other inquiries they can be reach thru email and phone M-W-F-Sat 8:30am-4:30pm, Tues-Thurs 8:30am-8:30pm
Manitoba Start	Employment Services	204-944-8833 frontdesk@manitobastart.com.	Operating Virtually, to register for Manitoba Start services or for general inquiries
Elmwood Resource Centre	The Newcomer and Immigrant Settlement (NISW) program	Auday at 204-982-1720 ext. 205 nisw@elmwoodcrc.ca Sally at 204-982-1720 ext 206 nisw2@elmwoodcrc.ca	NISW will continue to support individuals who are seeking settlement services through phone/emails by contacting the Settlement Worker. We will be uploading education materials on our website on a weekly basis. In-person appointment will only be available for emergency cases by calling us at 431-275-2289 from 10am to 4pm
	The Building Futures program	204-982-1720 ext. 211 or via email teacher@elmwoodcrc.ca	The building Futures Program will also continue to support newcomers who are seeking language and employment supports through online streaming and by appointment on a case by case.