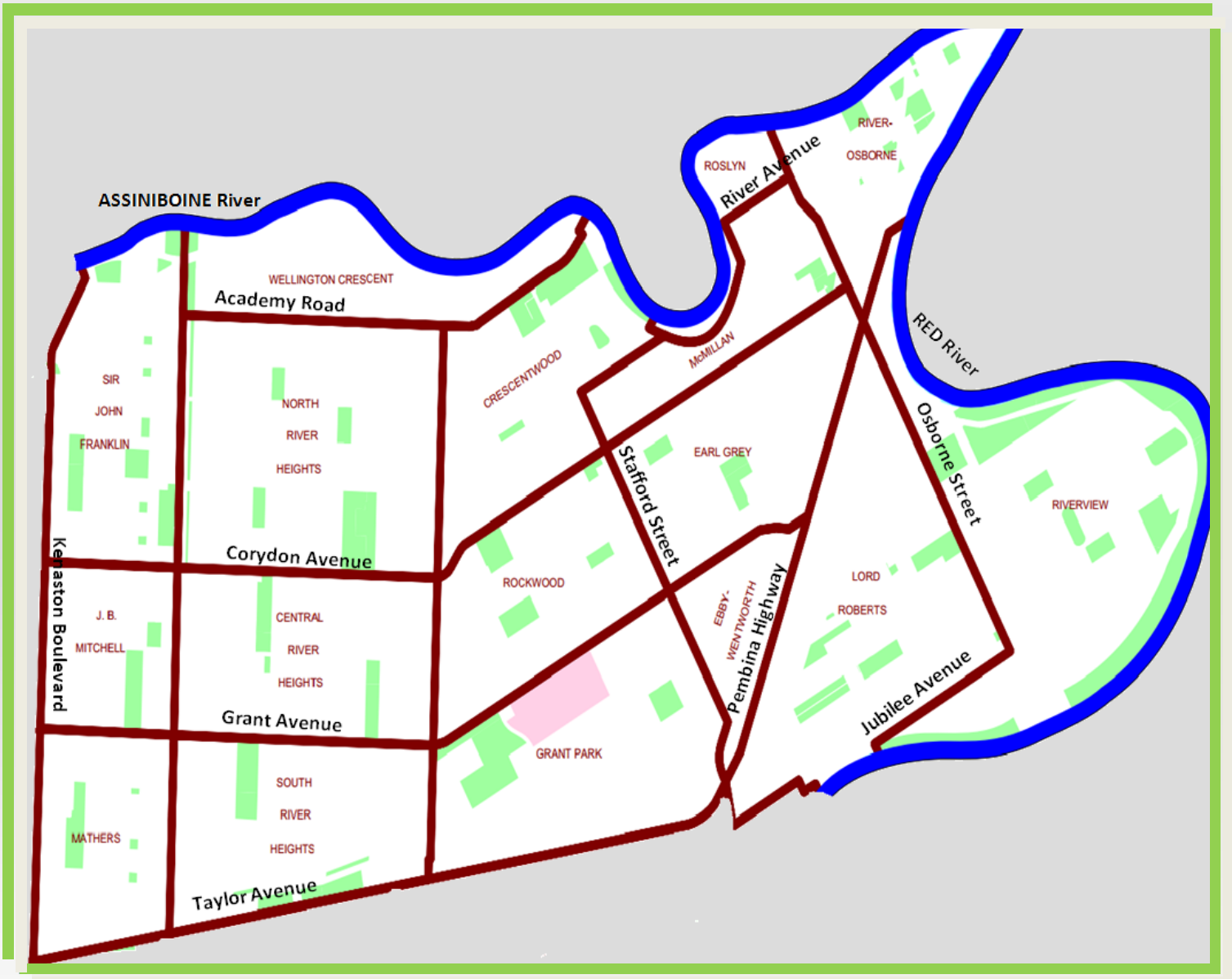


NEIGHBOURHOOD RESOURCE GUIDE

FORT ROUGE / RIVER HEIGHTS AND NEIGHBOURHOOD COMMUNITIES



CURRENT Fall 2012 ★

Please note: This is a general guide and is not a complete listing of services.

This publication was produced for the *Fort Rouge / River Heights Neighbourhood Resource Network* by a Winnipeg Regional Health Authority (WRHA), Community Development Volunteer Assistant. We apologize for any omissions. This guide is not meant to be an exhaustive list of services available. If you have any questions, comments or concerns regarding this *Guide*, please contact the *Network* at the below. We value your feedback. The information provided in this *Guide* is current as of FALL 2012.

Fort Rouge / River Heights Neighbourhood Resource Network

WHO WE ARE

The Network is a volunteer, multi-sectorial network, working to enrich the lives of community members and build community capacity by sharing neighbourhood resources, knowledge and facilitating co-operation.



DISCLAIMER

The Fort Rouge / River Heights NRN has provided this guide as a guide to resources and information, not as an endorsement of any listed service. Neither the Fort Rouge / River Heights NRN nor familiesforward warrants the nature or the quality of the services provided by any of the organizations listed herein. Users of this guide are advised to directly contact the organizations to determine their suitability to meet their needs.

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Children (Ages 0-6)

HEALTH LINKS/INFO SANTÉ (24/7)

For general health information call:

204-788-8200

BREASTFEEDING HOTLINE (24/7)

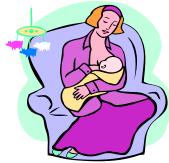
For breastfeeding support call: **204-788-8667**

FORT GARRY / RIVER HEIGHTS

BREASTFEEDING DROP-IN, WRHA

1155 Wilkes Ave. (next to the Golf Dome)

- Meet with other breastfeeding moms,
- Get help with problems,
- Ask infant/child development questions
- And weigh your baby



Wednesdays - 1:00 to 3:00 p.m.

(except holidays)

For more information and/or to schedule an appointment for individual consultation contact: 204-940-2015

LA LECHE LEAGUE

LLL Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

For more information contact:

Phone: 204-257-3509

Website: www.LLCC.ca



FAMILIES CONNECTING

HEALTHY BABY // WINNIPEG COMMUNITY SUPPORT PROGRAMS

- Learn about nutrition and health
- Ask questions about your pregnancy or your baby's development
- Do activities with your baby, visit with other parents and moms-to-be
- Try new recipes and enjoy a nutritious snack
- Milk coupons available during pregnancy and up to 6 months postnatal
- Bus tickets and child minding may be available

AREA GROUPS:

Lord Roberts Community Centre:

725 Kylemore Ave.

Tuesday from 9:45 to 11:45 a.m.

Augustine United Church: 444 River Ave.

Wednesday from 9:30 to 11:30 a.m.

For more information:

Phone: 204-947-2422 ext. 113

INFANT NUTRITION CLASSES, WRHA

Nutrition class for mothers with infants approx. 3-4 months of age. Offered once a month.

For more information and registration call:

204-940-2015





Children (Ages 0-6)

MANITOBA CHILD DAY CARE

Information: 204-945-0776

Intake: 204-945-0776

Subsidy: 204-945-0286



Information, daycare lists, and subsidy application forms available at:

www.gov.mb.ca/childcare

FOR A COMPLETE LISTING OF AREA SITES SEE PAGE 22

ONLINE CHILD CARE REGISTRY

The ONLINE CHILD CARE REGISTRY will make applying for and filling child care spaces faster and more efficient for everyone.

The registry will help child care providers better manage their waiting lists and notify parents as soon as spaces come up. Parents and providers can update their contact and service information regularly. Parents can use the new registry to put their names on several waiting lists, without losing their priority on any of the existing lists.

To access this service, visit the following Government of Manitoba webpage:

www.gov.mb.ca/fs/parentupdate/index.html



WINNIPEG PUBLIC LIBRARY

PRESCHOOL PROGRAMS:

☰ **Osborne Library**

Located at 625 Osborne St.

Phone: 204-986-4775

☰ **River Heights Library**

Located at 1520 Corydon Ave.

Phone: 204-986-4934

Website: www.winnipeg.ca/library

Free programs are offered at both branches for children ages 0-5 including:

Baby Rhyme Time, Time for Twos, Story Time, Family Literacy Fun Days, and seasonal special events. Preschool programs feature stories, rhymes and songs, often based on a popular theme. **A LOVE OF BOOKS AND READING IS A GIFT THAT LASTS A LIFETIME!**

[Call us for program registration information, pick up @ The Library or visit us online.]

Drop in to browse and borrow books, magazines, CDs, DVDs and Blu-rays, or to use a computer or Wi-Fi. Visit us online for free online eBooks and read-alongs too. Library cards are free to anyone living in Winnipeg .





Children (Ages 0-6)

WINNIPEG SCHOOL DIVISION

PROGRAMMING

EARLY SCHOOL YEARS

Offered in Fort Rouge School - 115 River Ave.

The Early School Years Program provides an enriched educational environment for children in nursery and kindergarten. The primary focus is on language development and supporting parents in their involvement in the educational process of their children.

NURSERY

Offered in all Division Schools

Winnipeg School Division offers a free nursery program for children who live within the Division's catchment area. Nursery programs have been offered in the Division since 1965. Today all Winnipeg School Division schools have nursery classes which operate on a ten month basis.

For more information on these and other programs contact the Division's Administrative office at:

Phone: 204-775-0231

Location and Postal information:

1577 Wall Street East

Winnipeg, Manitoba, R3E 2S5

Visit their website at:

<http://ww.wsd1.org/index.html>

Y-NEIGHBOURS

Meetings take place one morning a week in nine community facilities across Winnipeg and give women an opportunity to meet socially, schedule workshops and hear guest speakers on a range of topics. There are also group outings, as well as exciting social evenings.

For more information, or for the group nearest you, contact:

Phone: 204-953-7317

E-mail: bpereira@ymcaywca.mb.ca

Website:

www.ymcaywca.mb.ca/yneighbours.html





Children (Ages 0-6)

families forward Fort Rouge / River Heights Parent Child Coalition

The Coalition financially supports projects that strengthen our guiding principles of: LITERACY and LANGUAGE; HEALTHY LIVING and NUTRITION; POSITIVE PARENTING; and BUILDING STRONG COMMUNITY (with a priority focus on 0-6 years of age).

Families forward also offers the services of a COMMUNITY CONNECTOR who is a representative in the community and who connects with families, service providers and organizations and provides support and outreach.

FOR MORE INFORMATION CONTACT:

Administrative Coordinator: 204-791-0956

Community Connector: 204-804-7781

or **Visit their website: families-forward.com**

Location and postal information:

925 Jessie Ave,

Winnipeg, MB, R3M 0Z9

MOTHER GOOSE PROGRAM

Located in Carpathia School
300 Carpathia Rd.

M

RHYME AND STORY TIME

Located in Harrow United Church
955 Mulvey Ave.

R

PARENTING GET TOGETHER

Crescentwood Community Centre
1170 Corydon Ave.

P

WIGGLE, GIGGLE & MUNCH

MOBILE PROGRAMING

W

NOBODY'S PERFECT FOR NEWCOMERS

Located in Bethel Mennonite Church
456 Stafford St.

N

PARENTS AND TOTS

Riverview Community Centre
90 Ashland Ave.

P



Youth (Up to 12 Years of Age)

CITY OF WINNIPEG YOUTH SERVICES



Youth Action Centres are great places to participate in activities, get fit, and make new friends. On-site activities include basketball, volleyball, crafts, floor hockey, board games, badminton, video games, and special events. **FREE!** Drop in any time. For youth 10–18 years unless otherwise stated.

[AGES, TIMES, DAYS, SITES, AND ACTIVITIES ARE SUBJECT TO CHANGE]

☀ **Earl Grey Community School -**
340 Cockburn St. N.

AGES: 12 Years+

Sunday: 5:00 to 9:00 p.m.

☀ **Lord Roberts Community Centre -**
725 Kylemore Ave.

AGES: 12 Years+

Monday to Thursday: 6:30 to 10:00 p.m.

For current information, location, and times see the Leisure Guide or call 311



MCDONALD YOUTH SERVICES

A charitable organization providing support, care, and treatment for children, youth, young adults and their families.

FOR MORE INFORMATION SEE PAGES 14 TO 16

WINNIPEG PUBLIC LIBRARY

SCHOOL AGED PROGRAMS:



☰ **Osborne Street Library**

Located at 625 Osborne St.

Phone: 204-986-7124

☰ **River Heights Library**

Located at 2724 Pembina Hwy.

Phone: 204-986-4936

Website: www.winnipeg.ca/library

Free programs for youth of all ages are available thru both branches during the summer, and from time to time, during the school year. These may include teen crafts & games, Summer Reading clubs, and Seasonal Special Events.

[Call us for registration information, pick up @ The Library or visit us online]

"STAY IN THE LIGHT" LIGHTHOUSE

Lighthouses is a program run by Manitoba Justice. It is an initiative of Neighbourhoods Alive! Examples of the program include, recreation, computers, art, music, etc. Contact the school for dates and times.

Located at Lord Roberts Community School -

665 Beresford Ave.

Phone: 204-453-6639

(The Lighthouses activities are done in cooperation with the City of Winnipeg Community Development and Recreation Services)



Youth (Up to 12 Years of Age)

Office of the CHILDREN'S ADVOCATE

The Office of the Children's Advocate is an **independent** office of the Manitoba Legislative Assembly. **We are here to represent the rights, interests and viewpoints of children and youth** throughout Manitoba who are receiving, or should be receiving, services under The Child and Family Services Act and The Adoption Act.

For more information contact:

Phone: 204-948-7440

E-mail: info@childrensadvocate.mb.ca

Hours: Monday to Friday from 8:30 a.m. to 4:30 p.m.

Visit their website at: <http://www.childrensadvocate.mb.ca/>



BULLYING.ORG'S purpose is to prevent bullying in our society by supporting individuals and organizations to take positive actions against bullying through the sharing of resources, and to guide and champion them in creating non-violent solutions to the challenges and problems associated with bullying.

PHONE LINES FOR

Resources, Referrals and Information:

- * **AIDS/STI Information Line: 204-945-2437**
- * **Gay, lesbian, Bisexual Info Line: 204-284-5208**
- * **Kids Help Phone Line: 1-800-668-6868**
- * **Manitoba Suicide Line: 1-877-435-7170**

BOYS AND GIRLS CLUBS OF WINNIPEG INC.

Our Mission:

To provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.



Boys & Girls Clubs
of Winnipeg

For more information contact:

Phone: 204-982-4949

Website: <http://www.wbgc.mb.ca/>



**New Site FALL 2012
Carpathia Area**



Youth (Ages 12 - 17)

www.teentalk.ca

TEEN TALK, is a program operated by:

KLINIC COMMUNITY HEALTH CENTRE

The site has comprehensive information about sexual and reproductive health, mental health, healthy relationships, substance use and FASD. The site also has information on our Peer Support training program and a 'Youth Corner' where youth can contribute their own art and stories. The site also explains and promotes youth-friendly resources in Manitoba, including teen clinics. **CHECK OUT THEIR WEBSITE:** www.teentalk.ca



This excellent site offers a comprehensive directory of resources on bullying prevention. It includes websites, books, films, video, policies, programs and projects.

THE DAMAGING EFFECTS OF BULLYING CAN BE LIFE-LONG!

PHONE LINES FOR

Resources, Referrals and Information

- * AIDS/STI Information Line: **204-945-2437**
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- * Kids Help Phone Line: **1-800-668-6868**
- * Klinik Crisis Line: **204-949-4777**
- * Manitoba Suicide Line: **1-877-435-7170**

CORYDON PRIMARY CARE TEEN CLINIC

1001 Corydon Ave.

Drop-in for all youth 21 and under

Times:

Wednesdays: 4:00 p.m. - 7:00 p.m.



Office of the CHILDREN'S ADVOCATE

Represents the rights, interests and viewpoints of children and youth throughout Manitoba who are receiving, or should be receiving, services under The Child and Family Services Act and The Adoption Act.

For more information contact: 204-948-7440

FOR ADDITIONAL INFORMATION SEE PAGE 9

YOUTH SERVING ORGANIZATIONS

MACDONALD YOUTH SERVICES (MYS)



A charitable organization providing support, care, and treatment for children, youth, young adults and their families.

FOR MORE INFORMATION SEE PAGES 14 TO 16

RESOURCE ASSISTANCE FOR YOUTH (RAY)



Resource Assistance for Youth (RAY) works with street-entrenched and homeless youth up to the age of 29.

FOR MORE INFORMATION SEE PAGES 17 TO 19



Youth (Ages 12 - 17)

CITY OF WINNIPEG YOUTH SERVICES



YOUTH ACTION CENTRES are great places to participate in activities, get fit, and make new friends. On-site activities include basketball, volleyball, crafts, floor hockey, board games, badminton, video games, and special events. **FREE!** Drop in any time. For youth 10–18 years unless otherwise stated.

[AGES, TIMES, DAYS, SITES, AND ACTIVITIES ARE SUBJECT TO CHANGE]



⚙️ Earl Grey School -

340 Cockburn St. N.

AGES: 12 Years+

Sunday:

5:00 to 9:00 p.m.



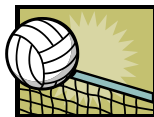
⚙️ Lord Roberts Community Centre -

725 Kylemore Ave.

AGES: 12 Years+

Monday to Thursday:

6:30 to 10:00 p.m.



For current information, location, and times see the Leisure Guide or call **311**

CITY OF WINNIPEG PUBLIC LIBRARY

📖 Osborne Street Library

Located at 625 Osborne St.

Phone: **204-986-4775**

📖 River Heights Library

Located at 1520 Corydon Ave.

Phone: **204-986-4934**

Website: www.winnipeg.ca/library



Teens are invited to drop in, hang out, stock up on books, magazines, movies and music or use computers and Wi-Fi free of charge. Teens can also take in a fun craft or gaming program listed on the **Booked** website:

<http://wpl-teens.winnipeg.ca/views/default.cfm>

Gain valuable volunteer experience by joining a Youth Advisory Council or by participating in Family Literacy Day. For more details call your local library.

"STAY IN THE LIGHT" LIGHTHOUSE

Lighthouses is a program run by Manitoba Justice. It is an initiative of Neighbourhoods Alive! Examples of the program include, recreation, computers, art, music, etc. **Contact the school for dates and times.**

Located at Lord Roberts Community School -

665 Beresford Ave.

Phone: **204-453-6639**

(The Lighthouses activities are done in cooperation with the City of Winnipeg Community Development and Recreation Services)



Youth (Up to Age 30)

www.myvop.ca

MANITOBA YOUTH VOLUNTEER OPPORTUNITIES (**MYVOP**), an initiative of VOLUNTEER MANITOBA, strives to motivate, assist and engage Manitoba youth, **13 – 30 years of age**, in becoming involved citizens through a commitment to volunteerism. Their website provides a comprehensive database of current volunteer opportunities that suit the interests of youth.

MANITOBA WORKINFONET - YOUTH

Acts as part of a Internet directory that provides information on different aspects of the Manitoba labour market. This webpage offers information on employment, learning, and career planning in Manitoba.

Visit their webpage at:



<http://mb.workinfonet.ca/youth/mbyouth>

YOUTH SERVING ORGANIZATIONS

MACDONALD YOUTH SERVICES (MYS)



A charitable organization providing support, care, and treatment for children, youth, young adults and their families. **FOR MORE INFORMATION SEE PAGES 14 TO 16**

RESOURCE ASSISTANCE FOR YOUTH (RAY)



Resource Assistance for Youth (RAY) works with street-entrenched and homeless **youth up to the age of 29**. **FOR MORE INFORMATION SEE PAGES 17 TO 19**

Y.E.S. MANITOBA INC.

FREE EMPLOYMENT SERVICES FOR MANITOBANS 16-29

Located at 614 - 294 Portage Ave.

Services include employment coaching; skills transfer, whether one-on-one or through workshops; direct marketing; client advocacy services, as well as, community presentations.

For more information contact: 204-987-8661

Hours:

Monday to Friday from 8:30 a.m. to 4:30 p.m.

Website:

<http://www.youthemploymentservices.com>

Y.E.S. MANITOBA Inc.



CAREER DESTINATION: MANITOBA

Its' mission is to help meet the human resource needs of Manitoba's growing economic sectors and show our **youth** how to achieve their potential in Manitoba by engaging them in online exploration of Manitoba's workplaces and educational pathways.

Visit their website at: careerdestination.mb.ca

YOUTH CANADA



Youth.gc.ca is all about helping youth **15 - 30 years of age**. Whether you need a hand finding a job or would like to start your own business, it is all here at your fingertips. You will also find information ranging from health and education programs to sports and cultural activities.



Youth (Up to Age 30)

MB4YOUTH

MB4YOUTH works closely with youth, businesses, not-for-profit organizations, community groups, educational institutions, provincial departments, and other levels of government to accomplish two main goals:

1. To work with prospective employers to facilitate the hiring of **students and youth up to age 29** by providing internships, grants, job referrals, mentorship and bursary opportunities, and wage incentives. MB4Youth delivers over 20 employment programs.
2. To be the single source of information for all youth programs and services offered by the Government of Manitoba. MB4Youth would like to make it easier for youth to access over 200 provincial programs and services through the **OpportunitiesMB** web portal.

For more information, call us at 204-945-3556 (in Winnipeg) or toll free 1-800-282-8069, ext. 3556.

Location and postal information:

310-800 Portage Avenue

Winnipeg, MB R3G 0N4

www.opportunitiesmb.ca

It's all here in Manitoba. Get connected to services and programs available throughout the province. Access information on jobs, education and training, student aid, housing and rental options, and so much more.

FIND OUT WHAT'S HAPPENING IN MANITOBA, AND BE PART OF IT.

OUR OPPORTUNITIES ARE HERE.

STEP SERVICES

STEP Services is the official student employment placement service for the Government of Manitoba. STEP assists **students (up to age 29)** find full and part-time jobs with government departments, agencies, and Crown corporations. Part-time (Fall/Spring) and Full-time (Summer) work is available throughout Manitoba in both indoor office settings and outdoor work environments. **Register online at: www.studentjobs.mb.ca**

NOTE: IF YOU ARE UNABLE TO REGISTER ONLINE, CONTACT STEP SERVICES AT 204-945-3556 FOR ASSISTANCE.



Macdonald Youth Services (MYS)



MISSION STATEMENT: MYS fosters hope and opportunities to empower children, youth and families throughout Manitoba to grow and heal through safe, caring, respectful and collaborative relationships.

MYS Programs: Services to Older Adolescents (STOA)

YOUTH RESOURCE CENTRE

Located at 161 Mayfair Ave.

The Youth Resource Centre / Shelter offers short-term, overnight, emergency shelter to eight **youth ages 12 to 17 years of age** per night. Beds are assigned on a first come first serve basis every night. Crisis intervention counselling, food, hygiene needs, shower, clothes and case management are all services offered to youth accessing a shelter bed.

The Youth Resource Centre / Shelter also offers referral, advocacy, resources, information and short term basic needs services to **youth ages 12 to 20 years of age** on a walk-in basis.

For more information contact:

Phone: 204-477-1804

E-mail: info@mys.mb.ca

Website: www.mys.mb.ca



POSITIVE ALTERNATIVES FOR YOUTH (PAY)

Located at 2nd floor - 161 Mayfair Ave.

For more information contact:

Phone: 204-949-4834

E-mail: info@mys.mb.ca

Website: www.mys.mb.ca

Youth participating in the program will work within a team alongside volunteer Mentors/Helpers and staff on community service/volunteer projects.

Positive Alternatives for Youth (PAY) assists youth in successfully completing community service, assessing and developing their life, education, and/or employment skills and being positively involved in the community through individualized case planning/management. Youth will gain confidence and independence as they participate in community service, education/employment preparation and/or life-skill development and recreation events.

FOR ADDITIONAL INFORMATION SEE PAGE 14



Macdonald Youth Services (MYS)

Positive Alternatives for Youth (PAY) || Projects Include:

COMMUNITY SERVICE SUPPORT PROJECT (CSSP)

Youth who have court-ordered community service work and are identified as high-risk of not completing their hours, or have previously been unsuccessful at completing their hours, are referred to the program for extra support and supervision. Youth work in a supported team (mentors and staff) at various locations in the city such as Winnipeg Harvest, The Winnipeg Humane Society and Fred Douglas Lodge.

YOUTH POSITIVELY INVOLVED IN THE COMMUNITY (YPIC)

This program provides an opportunity for youth between the **ages of 12-20** to be involved in positive programming. This project came about as a result of youth interest. The evening programming is provided in hopes of preventing involvement or re-involvement in the criminal justice system. This is made possible due to a partnership with Riverview Health Centre and Fort Rouge School.

SUPPORT TOWARD EDUCATION/ EMPLOYMENT PARTICIPATION (STEP)

Youth between the **ages of 15-20** who are not attending school and are unemployed can apply to participate in the program and receive a stipend, which is the equivalent of minimum wage. Youth develop skills and experience through volunteering in a supported team, participating in life skills workshops, employment workshops and cooking. The goal of the program is for youth to build their skills in order to transition to involvement in school, a training program or employment.

FINE OPTION / COMMUNITY SERVICE ORDERS

Manitoba Justice contracts with Macdonald Youth Services via PAY, to provide a Community Resource Centre in the **FORT ROUGE, CRESCENTWOOD,** and **RIVERVIEW** areas of Winnipeg for youth and adults with fines and/or court ordered community service. PAY staff register, monitor and provide placement and resources to these clients as they work to complete their community service. In most instances, clients with Fine Option/Community Service Orders are placed external to PAY (in other community organizations).

MENTORS/HELPERS TRAINING AND SUPPORT (MTS) PROJECT

The MTS Project is dedicated to the development of Adult Mentors/Helpers (**volunteers 18 and older**) to adequately and effectively provide service to youth at-risk who come to PAY for a variety of reasons. The MTS Project focuses on preparing Mentors/Helpers to build healthy, trusting and safe relationships with youth and to prepare them for handling issues and supporting youth as they develop their skills and work towards their goals.







Macdonald Youth Services (MYS)

YOUTH CRISIS STABILIZATION SYSTEM (YCSS)




INTAKE IS AVAILABLE 24 HOURS/DAY, 7 DAYS A WEEK.

To access the Youth Crisis Stabilization System (YCSS), please call: 204-949-4777

YCSS is an inter-sectoral, inter-agency service that includes:

-  Intake
-  Mobile Crisis Teams (MCT)
-  Brief Therapy Team (BTT)
-  Clinical Follow-up Facilitation (CFF)

Other parts of the service, provided by partner agencies, include:

-  Home-based Crisis Intervention Services (HBCIS)
-  Crisis Stabilization Units (CSU)
-  Youth Emergency Education Services (YEES)

Crises are referred to the MCT, which is a community response team responsible for delivering services to children, adolescents and their families, when crisis services are required.

The BTT is a multi-disciplinary team that provides time limited, solution focused treatment addressing the issues and events that lead up to a crisis.

CFF assists children, families and their support systems in accessing the services they need in order to carry out the intervention strategies developed by the MCT.

LIFE TRAIN PROGRAM

The Life Train Program provides an individualized approach that supports adult participants (**18-29 years of age**) to develop their "skills for life", pre-employment, job search, and self advocacy skills. Life Train also assists with career planning.

Participants receive help with basic needs, legal issues, CFS issues, housing rights and responsibilities and become familiar with computers and other resources in the community. We help participants find work, schooling and training programs. We help them with their income tax, procurement of IDs, treaty cards and applications for funding. We are also linked to Community Connections and can provide a message service at no cost to participants so that when they are looking for work employers have some way to contact them. There is also a follow-up component participants can access if they need support after they have exited the program.

For more information contact:

Phone: 204-949-4777

E-mail: info@mys.mb.ca

Website: www.mys.mb.ca

Location and postal information:

175A Mayfair Ave.

Winnipeg, MB, R3L 0A1





Resource Assistance for Youth (RAY)



RESOURCE ASSISTANCE FOR YOUTH (RAY)

“TO PROVIDE YOUTH WITH WHAT THEY NEED, ON THEIR TERMS, TO BETTER THEIR LIVES.”



Resource Assistance for Youth (RAY) works with street-entrenched and homeless **youth up to the age of 29.**

DROP-IN / RESOURCE CENTRE

125 Sherbrook St.

Winnipeg, MB, R3C 2B5

Phone: **204-783-5617**

www.rayinc.ca

Office Hours:

Monday to Friday: 9:00 a.m. to 5:00 p.m.

Programming and Basic Needs Services:

Monday to Friday: 10:00 a.m. to 5:00 p.m.

Drop-in Hours:

Monday to Friday: 1:00 p.m. to 3:00 p.m.

Wednesday to Thursday: 5:30 p.m. to 9:00 p.m.

Saturday: 12:00 p.m. to 4:00 p.m.

Health and Wellness Services

HEALTH CLINIC:

RAY offers emergency and long-term health care through the on-site RAY Health Clinic.

The Nurse Practitioner is available to discuss a wide range of health issues as well as make referrals to specialists.

The nurse accepts drop-ins, appointments, and regular visits.

Health Clinic hours:

Tuesday:

1:00 p.m. to 4:00 p.m.

Wednesday:

1:00 p.m. to 4:00 p.m.



MENTAL HEALTH:

The Mental Health Outreach Worker supports youth with issues related to mental health and co-occurring disorders.

ADDICTION:

The Addictions Support Worker will help clients to understand their needs and what resources are available to them. RAY also provides them with a continuum of care before and after their treatment process.

DROP-IN COUNSELLING:

Through a partnership with Klinik, RAY offers drop-in counselling to youth who are looking for an open, friendly, non-judgemental ear to listen to their personal and confidential issues. **RAY's counselor is available every Wednesday from 12:00 p.m. to 4:00 p.m.**



Resource Assistance for Youth (RAY)

Street Outreach Services

The outreach team provides youth with information, resources and options in an effort to improve their quality of life and reduce the harms associated with a life on the streets.



Street Outreach Hours:

Monday to Friday: 5:00 p.m. to 9:00 p.m.

Housing Services

RAY's housing department supports youth in accessing suitable and affordable housing and related resources. The mandate is to meet youth needs with regards to emergency shelter, housing and independent living through the provision of information and options.

RAY researches affordable, available, youth friendly housing and updates the Winnipeg Rental Network website regularly.

Winnipeg Rental Network website:



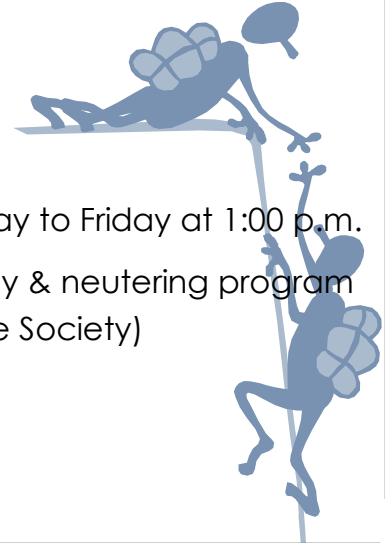
<http://www.winnipegrentnet.ca/>

Emergency Services

The drop-in centre, located at 125 Sherbrook Street, is open during daytime hours with a number of staff ready to respond to the needs of any youth who walk through the doors.

Available services include:

- ▶ Youth Food Bank
(available to youth under the age of 18)
- ▶ Free Clothing and Linens Bank
- ▶ Free Hygiene Bank stocked with toiletries and feminine hygiene products
- ▶ Free condoms
- ▶ Connect 2 phone message service
- ▶ Free laundry
- ▶ Showers
- ▶ Pet Food/Supplies
- ▶ Lunch Meal Monday to Friday at 1:00 p.m.
- ▶ Friends for Pets spay & neutering program
(Winnipeg Humane Society)
- ▶ Referrals



Growing Opportunities Pre-Employment Program

Program staff work alongside participants to overcome their barriers, identify their goals, seek out training opportunities, find supported work placements where youth can learn, and empower youth who never realized how much they have to offer.

For further information contact: 204-783-5617



Advocacy

RAY provides trained advocates to assist youth who are attempting to navigate their way through a myriad of complicated and intimidating systems. RAY's advocates will speak on behalf of an individual until they are comfortable speaking for themselves, ensuring that their rights are being taken care of. RAY's advocates are comfortable in a number of areas including Employment and Income Assistance, Justice, Legal, Education, Child and Family Services, Health and any other system that affects street-involved youth.

Prevention

The primary focus of the Prevention Department is to provide our unique **"LIFE ON THE STREETS"** workshop to Manitoba schools, residential and lock-up facilities, post-secondary institutions, and other social service agencies. The goal is to engage youth before (and sometimes after) they are faced with difficult decisions regarding their home life, their peers, their emotions, and ultimately their future.

For more information contact:

Prevention Coordinator at 204-783-5617 ext. 204

Art and Recreation Programming

URBAN ADVENTURES

RAY and **MOMENTA EXPERIENCE DISCOVER GROW** work in partnership to provide at-risk youth activity-based urban and wilderness experiences through the Urban Adventures program. Program Activities can include:

**CLIMBING // ROPES COURSES // PADDLING //
HIKING // BIKING // HORSEBACK RIDING
SNOWBOARDING // CROSS-COUNTRY SKIING //
SNOWSHOEING**

THE GUTTER ART SPACE (GAS)

The G.A.S is a weekly Art Drop-in created by and for youth and operated by Resource Assistance for Youth (RAY).

Located at 195 Young St.

(Entrance on Broadway East of Young)

The G.A.S. drop-in hours:

Tuesday from 2:00 p.m. to 5:00 p.m.

For more information on this program, check out their website:

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





Parenting

CHILD AND FAMILY ALL NATIONS COORDINATED RESPONSE NETWORK (ANCR)



CHILD AND FAMILY ALL NATIONS COORDINATED RESPONSE NETWORK is generally the first point of contact with the Child and Family Services system. We seek to bridge the gap and provide support and services to families and children to ensure the safety of children. Our holistic approach provides the anchor for families who benefit from the stability and support our agencies offer.

The Child and Family ANCR Network is accessible **round-the-clock** to handle agency and non-emergency calls.

Phone: 204-944-4200

Fax: 204-944-4250

Location and postal information:

835 Portage Ave.

Winnipeg, Manitoba

R3G 0N6

Website: www.ancr.ca/index.php



POSITIVE PARENTING PROGRAM (TRIPLE P)

The POSITIVE PARENTING PROGRAM is a helpful, practical approach to raising children that focuses on the positive. Triple P uses strong, nurturing relationships, good communication and positive attention to help children develop.

Website: www.manitobatriplep.ca

Triple P Parent Line

Staffed by trained Triple P counsellors, the phone line will provide Manitoba parents with free, confidential parenting support based on the Triple P Positive Parenting Program

Phone: 204-945-4777

manitobaparentzone.ca
Resources and information for Manitoba parents.

ManitobaParentZone.ca is a made-in-Manitoba website designed to provide parents with trusted resources and information to help them with the world's toughest and most rewarding job – parenting.

WINNIPEG PARENT NEWSMAGAZINE

WINNIPEG PARENT'S FAMILY SURVIVAL GUIDE

Published annually

This directory will assist you in your search for information related to family life in Winnipeg and around Manitoba

Click on the 'Family Survival Guide' to download from their website: www.winnipegparent.com



Parenting

FORT ROUGE SCHOOL

The **FAMILY ROOM**, located in Fort Rouge School provides support to families within the local community in the areas of housing, literacy, health, nutrition, ESL, and basic needs (emergency food bank and clothing depot). Community events based on current issues / needs in the area.

For more information contact:

Phone: **204-475-5057**

Fax: **204-477-9050**

E-mail: fortrouge@wsd1.org

Location and postal information:

115 River Ave.

Winnipeg, MB, R3L 0A8



Y-NEIGHBOURS

Meetings take place one morning a week in nine community facilities across Winnipeg and give women an opportunity to meet socially, schedule workshops and hear guest speakers on a range of topics. There are also group outings, as well as exciting social evenings.

For more information, or for the group nearest you, contact:

Phone: **204-953-7317**

Website:

www.ymcaywca.mb.ca/yneighbours.html



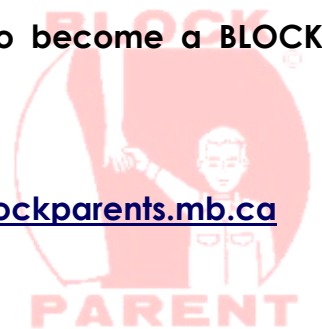
BLOCK PARENT PROGRAM OF WINNIPEG INC.

Sponsors a community neighbourhood volunteer safety program which is directed at children and seniors who temporarily need a safe place to go, with volunteers' homes identified by a sign in the window when they are available for assistance. Facilitates educational safety programs for elementary school children in cooperation with the Winnipeg Police Service.

For more information or to become a BLOCK PARENT contact:

Phone: **204-284-7562**

Website: www.winnipegblockparents.mb.ca





AREA Nursery Schools

CENTRE NAME	ADDRESS	CONTACT	PROGRAM TYPE
ABC MONTESSORI SCHOOL	Room 1 - 340 Cockburn St. N. R3L 1Z3	Phone: 204-488-1291 Fax: 204-488-0132	Infant Preschool School Age
CRESCENTWOOD CHILDREN'S CENTRE FOR MONTESSORI & ORFF	925 Jessie Ave. R3L 0Z9	Phone: 204-453-4112	Preschool
CRESCENTWOOD TINY TOTS	1170 Corydon Ave. R3M 0Z1	Phone: 204-452-9844	Preschool
MONTESSORI LEARNING CENTRE	170 Ashland Ave. R3L 1P2	Phone: 204-475-1039 E-mail: mlc@autobahn.mb.ca	Preschool
MINI SKOOL & MONTESSORI ACADEMY	870 Scotland Ave. R3M 1X8	Phone: 204-488-5046 Fax: 204-452-6563 E-mail: miniskool@shaw.ca	Infant Preschool School Age (to Gr. 3)
OAK STREET NURSERY	255 Oak St. R3N 0M9	Phone: 204-488-1133	Preschool
OHR HATORAH DAY SCHOOL	620 Brock St. R3N 0Z4	Phone: 204-489-1147 Fax: 204-489-4899 E-mail: preschool@ohrhatorah.ca	Preschool
RIVER AVENUE CO-OP DAY NURSERY	175A Mayfair Ave. R3L 0A1	Phone: 204-453-7487	Infant Preschool School Age
SOUTH OSBORNE NURSERY SCHOOL	170 Ashland Ave. R3L 1P2	Phone: 204-452-7116	Preschool
SOUTH WINNIPEG KINDERSCHULE	1118 Grosvenor Ave. R3M 0N9	Phone: 204-231-8028	Preschool



AREA Child Care Facilities

CENTRE NAME	ADDRESS	CONTACT	PROGRAM TYPE
BROCK CORYDON DAYCARE	1510 Corydon Ave. R3N 0J6	Phone: 204-489-4558	Preschool School Age
CARPATHIA CHILDREN'S CENTRE (SITE 1)	1777 Grant Ave. R3M 0N9	Phone: 204-489-6014 E-mail: cccinc@mts.net	Preschool School Age
CARPATHIA CHILDREN'S CENTRE (SITE 2)	1720 John Brebeuf Pl. R3N 0M1	Phone: 204-489-6014	School Age
CAPT INC. (GROSVENOR SITE)	1045 Grosvenor Ave. R3M 0M8	Phone: 204-925-6151 E-mail: captdh@mts.net	Preschool
CAPT INC. (QUEENSTON SITE)	245 Queenston St. R3N 3P7	Phone: 204-925-6150 Fax: 204-925-6154 E-mail: captdah@mts.net	Preschool School Age
CARTER DAYCARE	465B Stafford St. R3M 2E2	Phone: 204-452-3220 E-mail: cdc@mts.net	Preschool
DANTE KIDS	358 Cockburn St. N. R3M 2P5	Phone: 204-474-0403 E-mail: dantekid@mts.net	Infant Preschool School Age
EARL GREY CHILDREN'S CENTRE INC.	240 Cockburn St. N. R3M 2P5	Phone: 204-453-6566 Fax: 204-453-7387	Preschool School Age
FORT ROUGE CHILD CARE PROGRAM	525 Wardlaw Ave. R3L 0L9	Phone: 204-284-5474 Fax: 204-452-3833 E-mail: frccinc@mts.net	Preschool School Age



AREA Child Care Facilities

CENTRE NAME	ADDRESS	CONTACT	PROGRAM
FORT ROUGE CO-OP DAY NURSERY	513 Stradbrook Ave. R3L 0K2	Phone: 204-452-8969 Fax: 204-452-7241 E-mail: frdcn@mts.net	Infant Preschool School Age
HARROW CO-OP CHILDREN'S CENTRE	13-550 Harrow St. R3M 3A2	Phone: 204-453-0507 Fax: 204-453-0507 E-mail: harrowdaycare@mts.net	Preschool School Age
KIDS INC.	112 - 691 Montrose St. R3M 3M4	Phone: 204-488-8948 Fax: 204-489-2853 E-mail: kidsinc@mts.net	Preschool School Age
OHR HATORAH DAY SCHOOL	620 Brock St. R3N 0Z4	Phone: 204-489-1147 Fax: 204-489-5899 E-mail: preschool@ohrhatorah.ca	Preschool School Age
ON THE MOVE INC.	1777 Grant Ave. R3N 0M9	Phone: 204-489-3212 Fax: 204-487-3224 E-mail: otminc@look.ca	Infant Preschool School Age
OUR LADY OF VICTORY DAY CARE	249 Arnold Ave. R3L 0W4	Phone: 204-474-2793	Preschool School Age
RIVER AVENUE CO-OP DAY NURSERY	175A Mayfair Ave. R3L 0A1	Phone: 204-453-7487 Fax: 204-452-4248	Infant Preschool School Age
RIVERVIEW ASHLAND CHILD CARE	112 Ashland Ave. R3L 1K6	Phone: 204-477-0917 Fax: 204-477-0917	Preschool School Age
RHS CHILD CARE INC.	255 Oak St. R3N 0M9	Phone: 204-488-1094 E-mail: rhscare@mb.sympatico.ca	Infant Preschool School Age
ROCKWOOD KIDSPACE	350 Rockwood St. R3M 3C5	Phone: 204-453-6499	Preschool School Age



AREA Public Schools

For additional information regarding the public schools listed please contact Winnipeg School Division (WSD) administrative office by:

Phone: **204-775-0231**

Fax: **204-783-0118** (Secretary Treasurer's Department)

204-772-6464 (Superintendent's Department)

204-786-6940 (Human Resources)

Location and Postal information:

1577 Wall Street East

Winnipeg, Manitoba, R3E 2S5

Visit their website at: <http://ww.wsd1.org/index.html>



ELEMENTARY (Early Years)

SCHOOL NAME	ADDRESS	CONTACT	GRADES / PROGRAMMING OFFERED
BROCK-CORYDON SCHOOL	1510 Corydon Ave.	204-488-4422	Nursery - Grade 6 English / Hebrew
CARPATHIA SCHOOL	300 Carpathia Rd.	204-488-4514	Nursery - Grade 6 English
EARL GREY SCHOOL*	340 Cockburn St. N.	204-474-1441	Nursery - Grade 8 English
ÉCOLE LA VÉRENDRYE	290 Lilac St.	204-452-5015	Nursery - Grade 6 Immersion
ÉCOLE ROBERT H. SMITH SCHOOL	315 Oak St.	204-488-1137	Nursery - Grade 6 English / Immersion
GLADSTONE SCHOOL	500 Gertrude Ave.	204-475-4767	Nursery - Grade 6 English



AREA Public Schools

ELEMENTARY (Early Years)

SCHOOL NAME	ADDRESS	CONTACT	GRADES / PROGRAMMING OFFERED
FORT ROUGE SCHOOL	115 River Ave.	204-475-5057	Nursery - Grade 6 English
GROSVENOR SCHOOL	1045 Grosvenor Ave.	204-475-5242	Nursery - Grade 6 English
HARROW SCHOOL	550 Harrow St.	204-453-3347	Nursery - Grade 6 English
ÉCOLE J.B. MITCHELL SCHOOL	1720 John Brebeuf Pl.	204-488-4517	Nursery - Grade 6 English / Immersion
LORD ROBERTS COMMUNITY SCHOOL	665 Beresford Ave.	204-453-6639	Nursery - Grade 6 English
MONTROSE SCHOOL	691 Montrose St.	204-488-8112	Nursery - Grade 6 English
QUEENSTON SCHOOL	245 Queenston St.	204-489-3423	Nursery - Grade 6 English
RIVERVIEW SCHOOL	253 Maplewood Ave.	204-284-5983	Nursery - Grade 6 English
ROCKWOOD SCHOOL	350 Rockwood St.	204-452-4210	Nursery - Grade 6 English

NOTE: Elementary (Early Years) schools marked with an asterisk extend to include the Junior High (Middle Years).



AREA Public Schools

JUNIOR HIGH (Middle Years)

SCHOOL NAME	ADDRESS	CONTACT	GRADES / PROGRAMMING OFFERED
ÉCOLE RIVER HEIGHTS SCHOOL	1350 Grosvenor Ave.	204-488-7090	Grades 7 & 8 English / Immersion

HIGH SCHOOL (Senior Years)

SCHOOL NAME	ADDRESS	CONTACT	GRADES / PROGRAMMING OFFERED
CHURCHILL SCHOOL*	510 Hay St.	204-474-1301	Grades 7-12 English (Semester)
COLLÈGE CHURCHILL*	510 Rue Hay	204-474-1305	Grades 7-12 Immersion
GRANT PARK HIGH*	450 Nathaniel St.	204-452-3112	Grades 7-12 English (Semester)
ÉCOLE SEC. KELVIN HIGH SCHOOL	155 Kingsway Ave.	204-474-1492	Grades 9-12 English / Immersion (Semester)

NOTE: Schools marked with an asterisk include both Junior High (Middle Years) and High School (Senior Years).



Independent Schools

SCHOOL NAME	ADDRESS	CONTACT	GRADES / PROGRAMMING OFFERED
OHR HATORAH SCHOOL	620 Brock Street	204-489-1147 E-mail: principal@ohrhatorah.ca	Nursery - Grade 8 English
OUR LADY OF VICTORY SCHOOL	249 Arnold St.	204-452-7632 Website: www.victoryedu.com	Nursery - Grade 8 English
ST. IGNATIUS SCHOOL	239 Harrow St.	204-474-1386 Website: www.stignatius.mb.ca	Kindergarten - Grade 8 English
ST. JOHN BREBEUF SCHOOL	605 Renfrew St.	204-489-2115 Website: www.sjbcommunity.ca	Kindergarten - Grade 8 English
ST. MARY'S ACADEMY	550 Wellington Cres.	204-477-0244 Website: www.stmarysacademy.mb.ca	Grade 7 - 12 English
ST. PAUL'S HIGH SCHOOL	2200 Grant Ave.	204-831-2300 Website: www.stpauls.mb.ca	Grades 9 - 12 English

For more information on these schools and/or their curriculum please contact the school or visit their website.



Other Educational Services

WINNIPEG SCHOOL DIVISION

VOLUNTEER SERVICES

The Winnipeg School Division Volunteer Program enables interested parents and members of the community to assist administrators, teachers and other school personnel in helping young people more fully develop their skills, their potential as individuals, and their mastery of subject matter.

For more information and/or to apply to become a volunteer contact:

Coordinator of Volunteer Services at:

Phone: 204-474-1513 or

Phone: 204-453-1748

Location and postal information:

340 Cockburn St. N.

Winnipeg, Manitoba R3M 2P5

or

Administrative Office

1577 Wall St. E.

Winnipeg, Manitoba R3E 2S5

Phone: 204-775-0231

Visit their webpage at:

<http://ww.wsd1.org/parents/volunteer.htm>



ALLIANCE FRANÇAISE DU MANITOBA

Alliance Française

MANITOBA | CANADA

We are a non-profit cultural and educational association managed by a board of directors elected by its members. It is our goal to foster the appreciation of French culture through cultural events and to encourage the study of the French language.

For more information contact:

Phone: 204-477-1515

E-mail: info@afwpg.ca

Website: <http://afwpg.ca/>

Location and postal information:

934 Corydon Ave.

Winnipeg, MB R3M 0Y5

HOMESCHOOLING

EDUCATING YOUR CHILDREN AT HOME

Parents may choose to homeschool their child(ren) or homeschool a group of students from more than one family. In other words, the person(s) providing the education can be the parent(s) or someone the parent(s) have designated.

For more information contact:

Homeschooling Office / Manitoba Education

Phone: 204-945-8138

E-mail: homeschooling@gov.mb.ca



Women's Resources / Services

FORT GARRY WOMEN'S RESOURCE CENTRE (FGWRC)

1150A Waverley St., #104-3100 Pembina Hwy. & #104-210 Ellen St.

Phone: 204-477-1123

Website: www.fgwrc.ca

E-mail: info@fgwrc.ca



FGWRC provides women with information, referrals, outreach, and supportive individual or group counselling, for a variety of issues including abusive relationships, childhood abuse, self-esteem, separation and divorce, coping, parenting, etc. Public education workshops are also offered including free legal consultation and self-defence courses.

A Children's counselling program is available for children who have witnessed and/or experienced domestic violence. All services are free of charge.

FGWRC is open to all women regardless of their cultural, racial economic, social, religious and spiritual backgrounds, welcomes women with differing experiences, abilities, ages and sizes, and welcomes women who identify as either heterosexual, lesbian, bisexual or transgendered.

FGWRC is committed to creating a community where women and children are safe, healthy, valued and empowered.

W.I.S.H. INC.

(Women in Second Stage Housing)

A 12-month program that provides women (and their children), who have been abused by their partner with safe housing, individual and group counselling, support programs, advocacy and community referrals. **Our team would be pleased to answer any questions or inquiries you may have about W.I.S.H. Please feel free to contact us at:**

Phone: 204-275-2600

E-mail: wishinc@mts.net

Visit their website at: www.wishinc.ca/



Y-NEIGHBOURS

Meetings take place one morning a week in nine community facilities across Winnipeg and give women an opportunity to meet socially, schedule workshops and hear guest speakers on a range of topics. There are also group outings, as well as exciting social evenings.

For more information, or for the group nearest you, contact:

Phone: 204-953-7317

Website:

www.ymcaywca.mb.ca/yneighbours.html





Women's Resources / Services

COUNCIL OF WOMEN OF WINNIPEG

Is a federation of women's organizations that supports local and national issues of concern to women and the family.

Acts on the local level for women's issues as well as providing advocacy and lobbying on issues of provincial and national concern with the Provincial Council of Women and the National Council of Women. (ANNUAL FEE)

Phone: 204-261-0937

E-mail: papowell@shaw.ca

Website:

www.councilofwomen-winnipeg.webs.com

Location and postal information:

122-132 Marrington Rd.

Winnipeg, MB, R3T 5Y5

THE CLOTHES CLOSET

Is a program of the SOUTH WINNIPEG FAMILY INFORMATION CENTRE (SWFIC). The program provides good quality business clothing at **no charge** to women re-entering the workforce. The Clothes Closet also provides suitable clothing for court appearances and/or job interviews (referral-based service).

Phone: 204-284-9311

E-mail: registrar@swfic.org

Website: www.swfic.org

Location and postal information:

800 Point Rd.

Winnipeg, MB, R3T 3L8



MATURE WOMEN'S CENTRE

(Victoria General Hospital)



Offers comprehensive, multidisciplinary approach to the care of women who are approaching or are menopausal. Services include assessments and counselling by nurses, education from a registered dietician, exercise therapist and pharmacist. Our Centre offers the following clinics: Menopause, Osteoporosis, Falls and Fractures, Hysterectomy Alternative, Genital Health, Sexual Health, and Lifestyle.

For more information contact the centre by:

Phone: 204-477-3505

E-mail: info@maturewomenscentre.ca

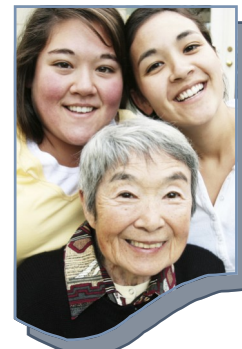
Website: www.maturewomenscentre.ca

Location and postal information:

Victoria General Hospital, 3North

2340 Pembina Hwy.

Winnipeg, MB, R3T 2E8





Aboriginal Groups and Services

ABORIGINAL HEALTH AND WELLNESS CENTRE OF WINNIPEG INC.

Provides programs in primary care, community development, and outreach and education. Also offers Traditional Healers.

Located at 215 - 181 Higgins Ave.

For more information contact: 204-925-3700

ASSEMBLY OF MANITOBA CHIEFS

Phone: 204-956-0610

Location and postal information:

2-260 St. Mary's Ave.

Winnipeg, MB R3C 0M6

Website: www.manitobachiefs.com

INDIAN AND METIS FRIENDSHIP CENTRE

Offers recreational and social activities, bingo, hall rentals, food bank, Healthy Baby programming, Aboriginal Girl Guides, Smoke Signals, Computer Lab, Youth Drop-in, Light-house Program.

Phone: 204-586-8441

E-mail: friendship.centre@imfc.net

Website: www.imfc.net

Location and postal information:

45 Robinson St.

Winnipeg, MB, R2W 5H5

EAGLE URBAN TRANSITION CENTRE

The Eagle Urban Transition Centre is a province-wide First Nation/Aboriginal service delivery agency that advances the principles of healthy independent living by providing leadership and resources to First Nation/Aboriginal people that have relocated or are residents of the City of Winnipeg.

A Primary purpose is to deliver transitional programs and services to assist individuals and families transition to life in the City including counselling, advocacy, and support in areas such as housing, social, education, health etc. The EUTC works in partnership with local organizations, intergovernmental service agencies mandated to address urban service issues in Manitoba.

Phone: 204-954-3050

Fax: 204-954-3066

Website: www.eagleutc.com

Location and postal information:

501 - 286 Smith St.

Winnipeg, MB, R3C 1K4

IKWE-WIDDJIITWIN INC.

A crisis shelter providing safe accommodation for abused Aboriginal women and their children. Offers counseling, advocacy, a non-residential program and follow-up.

For more information contact: 204-987-2780



Aboriginal Groups and Services

INDIAN FAMILY CENTRE

Dedicated to the development and maintenance of the Aboriginal community in a spiritual and social way. Has a multipurpose room and kitchen facilities, as well as pastoral services, sharing circles, worship/healing circles, and seasonal ceremonies with Anishinabe and Christian traditions.

Phone: 204-586-8393

Location and postal information:

470 Selkirk Ave.

Winnipeg, MB, R2W 2M5

MANITOBA METIS FEDERATION WINNIPEG REGION

The Winnipeg Metis Association Inc. is the Manitoba Metis Federation's Winnipeg Region devoted to represent local Metis people. We promote and instill pride in the history and culture of the Metis people through programs we offer.

For more information about the Association and/or the programming they offer contact:

Phone: 204-589-4327

Fax: 204-582-2711

E-mail: wpgregion@mmf.mb.ca

Website: www.winnipegmetis.ca

Location and postal information:

412 McGregor St.

Winnipeg, MB, R2W 4X5



MA MAWI WI CHI ITATA CENTRE INC.

"We all work together to help one another."

Provides supports and resources for Aboriginal children and families within the City of Winnipeg. Programs offered include:

- ⇒ Parent support groups
- ⇒ Family violence
- ⇒ Homemaking services
- ⇒ Child development
- ⇒ Nutrition

E-mail: info@mamawi.com

Website: www.mamawi.com

ADMINISTRATIVE SITE:

94 McGregor Street
Winnipeg, MB R2W 4V5

Phone: 204-925-0300

ANDERSON COMMUNITY CARE SITE:

318 Anderson Avenue
Winnipeg, MB R2W 1E5

Phone: 204-925-0349

SPENCE COMMUNITY CARE SITE:

443 Spence Avenue
Winnipeg, MB R3B 2R8

Phone: 204-925-0348





Aboriginal Groups and Services

MOTHER OF RED NATIONS (MORN) WOMEN'S COUNCIL OF MANITOBA, INC.

THEIR MISSION STATEMENT:

To promote, protect and support the spiritual, emotional, physical and mental well being of all Aboriginal women and children in Manitoba; and to provide voice, representation and advocacy for Aboriginal women through spiritual, cultural, social, economic, political, educational, and recreational development.

TRANSITION RESOURCE CENTRE

MORN's *Transition Resource Centre* provides information, resources, intervention, and advocacy support to Aboriginal women and their families who are in transition, in crisis, or who need support in navigating through social systems. The Centre also promotes empowerment of Aboriginal women by providing the tools that will help them advocate for themselves.

For more information on the services and/or programming they offer contact:

Phone: 204-942-6676

Location and postal information:

300-141 Bannatyne Ave.

Winnipeg, MB, R3B 0R3

Website: www.morn.cimnet.ca

NATIVE WOMEN'S TRANSITION CENTRE INC.

Provides a long-term safe house for Native women and their children who have been victimized and who desire to make positive lifestyle changes. Provides culturally appropriate programs and resources in a residential setting.

For more information contact:

Phone: 204-989-8240

Fax: 204-586-1101

Email: nwtc@mts.net

Website: www.nativewomens.mb.ca

Location and postal information:

105 Aikins St.

Winnipeg, MB R2W 4E6

Ndinawe Youth Resource Centre and Safe Home

Ndinawe provides shelter, culture, recreation, outreach, education and support programs. Ndinawe also operates a safe home that provides 24-hour shelter and basic needs for Winnipeg children and youth who live on the streets and are at risk for abuse and sexual exploitation.

For more information contact: 204-589-5545

Location and postal information:

472 Selkirk Ave.

Winnipeg, MB R2W 2M7



Newcomer Services

NEIGHBOURHOOD IMMIGRANT SETTLEMENT WORKER (NISW)

The NISW can help you find grocery stores and banks, a school for your children, a doctor, furniture, and other help you may need to settle in your new neighbourhood.

Tuxedo Resource Centre: 1 - 225 Doncaster Street

familiesforward - RH/FR Parent-Child Coalition office at St. Ignatius Church on 925 Jessie Ave.

For more information call: 204-489-9141

E-mail: nisw.tuxedo@hotmail.com

MOSAIC

NEWCOMER FAMILY RESOURCE NETWORK

Located at 101 - 583 Ellice Ave.

Mosaic is a neighbourhood language learning program, and family resource network. The agency's aim is to provide English classes and child minding for newcomer parents. Mosaic offers a range of family programming throughout the year and throughout the City of Winnipeg.

For more information call: 204-774-7311

Website: <http://mosaic.imd.miupdate.com/>

COMMUNITY BASED LANGUAGE CLASSES

- ◆ Bethel Mennonite Church - 456 Stafford St.
- ◆ **Levels:** Pre - 2 and 3 - 4
- ◆ **When:** Monday, Tuesday, Wednesday, and Friday from 9:15 to 11:15 a.m.
- ◆ Monthly Intake
- ◆ Child Care for Children 6 months to 5 years of age

Contact the EAL Co-Ordinator: 204-779-6325

FULL TIME ENGLISH CLASSES

Winnipeg Technical College

Pembina Campus - 1551 Pembina Hwy.

The classes include listening, speaking, reading and writing and are designed to meet the needs of each student, focusing on community, academic, and work-related tasks.

DAY CLASSES

LEVELS 2 - 8

9:00 A.M. - 3:00 P.M. MONDAY TO FRIDAY

EVENING CLASSES

LEVELS 1 - 8

7:00 P.M. - 9:30 P.M. MONDAY TO THURSDAY

SPECIALIZED READING AND WRITING

7:00 P.M. - 9:30 P.M. MONDAY TO THURSDAY

This intensive reading and writing class addresses the needs of WTC students who require additional support in their reading and writing skills.

For more information contact: 204-989-6523



Newcomer Services

ENTRY PROGRAM

Located at: Unit 400, 259 Portage Ave.

The Entry Program provides an introduction to life, language and services available in Manitoba. It is a four-week program that helps new immigrants adapt to life in Canada and be successful. The Entry program is delivered by ALTERED MINDS INC. (AMI), a not-for-profit company governed by a board of directors.

- Morning, Afternoon, and Evening programs are available.
- Participants must be 18 years of age OR have completed high school.

For more information contact:

Phone: 204-944-0133

E-mail: info@entryprogram.ca

Website: www.entryprogram.ca



IMMIGRATE TO MANITOBA, CANADA

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

This is the official GOVERNMENT OF MANITOBA IMMIGRATION WEBSITE. All information on this site, including application forms for immigration is provided free by the government. Use this website to learn how to connect with the free newcomer services in Winnipeg and in regional communities. These services will help you adjust to life, improve your English and find a job.

Manitoba
spirited energy

IMMIGRANT CENTRE MANITOBA INC.

Located at 100 Adelaide St.

Immigrant Centre helps new Manitobans connect with a new home, participate in Canadian life and adjust to new surroundings. The Centre's free and low-cost programs and services help immigrant's start a new life in Manitoba that is both enjoyable and rewarding.

PURPOSE:

Empowering immigrants to successfully integrate within Manitoba by delivering:

- Documentation Application (Provincial Nominee Application Centre)
- Settlement Services
- Interpretation and Translation Services
- Access English Centre
- Educational, Employment and Community Services

For more information contact:

Phone: 204-943-9158

Website: <http://www.icmanitoba.com/>

Office Hours:

Monday to Thursday: 8:30 a.m. – 8:00 p.m.

Friday: 8:30 a.m. – 4:30 p.m.

Saturday: 8:30 a.m. – 4:30 p.m.

Sunday: CLOSED





Newcomer Services

CANADIAN HOUSING AND MORTGAGE CORPORATION (CMHC)

Housing for Newcomers:



www.cmhc.ca/newcomers/index.html

This website link is geared toward Canadian Newcomers and has information available in **eight** different languages. Find important housing information on topics such as renting an apartment, buying a home and looking after your home.

CITY OF WINNIPEG PUBLIC LIBRARY

Borrow books, magazines, movies and more for free at any Winnipeg Public Library. Check out the Newcomer/New Canadian webpage on the Winnipeg Public Library website which includes a map of library locations, resources for newcomers, guide to multilingual collections, Learn English and ESL collections, link to language learning databases and more. Library cards are free to anyone living in Winnipeg .

wpl.winnipeg.ca/library/libraryservices/newcomers.asp

Contact your local library for more information:

Osborne Street Library

Located at 625 Osborne St.

Phone: 204-986-4775

River Heights Library

Located at 1520 Corydon Ave.

Phone: 204-986-4934

Website: www.winnipeg.ca/library



HARAMBEE CENTRES CANADA, MANITOBA REGIONAL INC.

Phone: 204-269-4012

Location and postal information:

159 Bellemer Dr.

Winnipeg, MB, R3V 1V5

Provides culturally sensitive programs for black people and others in the community; i.e. family support counselling, educational support, community research and education, race relations, employment counselling and placement, new-immigrant support, foster parents program, after hour day-care, health services counselling, workshops, Computer use for members, Community directory, Co-op housing.

CANADIAN MULTICULTURAL DISABILITY CENTRE, INC. - 1174 Pembina Hwy.

Is a community-based organization that identifies solutions and opportunities that enable persons with disabilities to participate fully in Canadian life; Provides education on the role of cultural diversity in developing opportunities for persons with disabilities, particularly persons with disabilities from ethno-racial backgrounds; Enhances the skills of persons with disabilities through training programs such as health education, computer literacy, and job networking.

For more information contact: 204-453-0391

E-mail: cmdci@cmdci.ca

Website: www.cmdci.ca





Newcomer Services

PUNJABI SENIORS ASSOCIATION OF MANITOBA INC.

Helps Punjabi Seniors to adjust in their new country. Offers weekly meetings, visit to Grand Forks, and park outings.

For more information contact:

Phone: 204-489-0567

Location and postal information:

500 Dovercourt Dr.

Winnipeg, MB, R3Y 1L7

CAREER DESTINATION MANITOBA FOR NEWCOMERS

Online resource:

<http://www.immigrantsandcareers.mb.ca/cdmb-newcomers/general/pages/home/>

These are career stories of immigrants who have successfully integrated into Manitoba's workforce. They talk about their experiences in their own words. They share their success stories to help you build your own success in Manitoba.

See how they learned to succeed in areas such as:

- * Learning English and qualifications recognition
- * Finding work or setting up a business
- * Adapting to workplace culture and daily life in Manitoba



YOUTH EMPLOYMENT NETWORK

The YOUTH EMPLOYMENT NETWORK is a career and job search program for unemployed immigrant youth **16 – 30 years old**. The Program offers a four-week interactive needs/skills assessment, motivational job readiness preparation sessions and one-on-one career planning/counselling, work experience, job placement and coordinated support system.

For more information and/or eligibility contact:

Phone: 204-975-1214

E-mail: aliciarae@aliciarae.com

Website: <http://aliciarae.com>

EMPLOYMENT SOLUTIONS FOR IMMIGRANT YOUTH

Located at 200 - 249 Notre Dame Avenue

EMPLOYMENT SOLUTIONS FOR IMMIGRANT YOUTH assists immigrants who are **18 - 30 years old** and preparing to enter the Canadian workforce. Our program helps clients learn to identify and build on their skills, develop a career plan, and find meaningful employment. The training is similar to a workplace and includes on-the-job experience.

For more information and/or eligibility contact:

Phone: 204-944-8833

E-mail: employmentsolutions@mts.net

Hours:

Monday to Thursday from 8:30 a.m. to 4:30 p.m.

Friday from 8:30 a.m. to 2:30 p.m.





Newcomer Services

Accueil Francophone

L'Accueil Francophone was created by the Franco-Manitoban Society (SFM) in December 2003. As its' name indicates, its mandate is to facilitate the settlement of French-speaking immigrants and refugees who come to the community and the province. **Our mission consists mainly of:**

- ◆ **Pick-up at the airport**
- ◆ **Settlement service:** provides the necessary information (transportation, health, banking, legal rights and responsibilities etc.) and referral to community services; helps register children for schools, helps find a family doctor and assists with basic settlement needs etc.
- ◆ **Housing and Sensitization Service:** helps newcomers with the housing search process and communicating with tenants and organizes meetings with host communities to bring awareness of issues related to health, education, employment and culture differences and examines the legitimacy of immigration.
- ◆ **Host Family Services:** helps to ease transition for newcomers; and promotes cross-cultural understanding by fostering interaction between the Manitoba community and newcomers through various activities. The bond that results from these friendships helps both communities in learning more about the ways of life of each other.
- ◆ **Volunteer Service:** offers translation and interpretation, facilitates access to services in the community for newcomers with limited English, accompanying newcomers to various appointments, helps build a bond between host and immigrants communities through different community activities, helps with tutoring, income tax preparation etc.

For general inquiries e-mail us at: accueil@sfm.mb.ca

For more information contact:

Phone: 204-975-4250

Website: <http://www.accueilfrancophonemb.com>

Location and postal information:

Accueil Francophone du Manitoba

420 rue Des Meurons, unité 104

Saint-Boniface, Manitoba, R2H 2N9

FREE COPIES OF RESOURCE GUIDE FOR NEWCOMERS "RENSEIGNEMENTS PRATIQUES AUX NOUVEAUX ARRIVANTS" ARE AVAILABLE.





Seniors

SOUTH WINNIPEG SENIORS RESOURCE COUNCIL (SWSRS)

SERVING THE AREAS OF CHARLESWOOD, TUXEDO, RIVER HEIGHTS, CRESCENTWOOD AND FORT ROUGE

The South Winnipeg Seniors Resource Council (SWSRC) is a non-profit organization whose goal is to increase the independence and well-being of older adults living within our community.

The Resource Coordinator can provide a range of information and referrals pertaining to community services such as: health education and health care services, meal programs, grocery delivery services, referrals for transportation options, home maintenance, housework and yard care, information for caregivers, recreation and leisure activities, education and social community events, referrals for income tax assistance, senior centres, housing - including downsizing and moving, and programs offered by A & O Support Services for Older Adults.

South Winnipeg Senior Resource Council

F.Y.I (FOR YOUR INFORMATION) PAMPHLETS

A series of leaflets that outline services available for older adults:

- a) TRANSPORTATION
- b) SENIORS HOUSING
- c) RECREATION
- d) MEAL PROGRAMS AND GROCERY DELIVERY
- e) PERSONAL SERVICES
- f) HOME AND YARD MAINTENANCE
- g) INFORMATION & SUPPORT

Available from the Resource Coordinator

EMERGENCY RESPONSE INFORMATION KITS (E.R.I.K.)

E.R.I.K. makes personal medical information available to emergency responders. Kits are available through the Resource Coordinator.

For more information contact:

Phone: [204-478-6169](tel:204-478-6169)

E-mail: swsrc@mts.net

Website: www.seniors.cimnet.ca

Location and postal information:

Riverview Health Centre
117-1 Morley Avenue
Winnipeg, MB R3L 2P4



Seniors

A & O SUPPORT SERVICES FOR OLDER ADULTS

OUR MISSION STATEMENT:

Age & Opportunity Inc. is a not-for-profit social service agency that offers life-enhancing programs and services to older adults 55+ living in the Province of Manitoba. These programs and services support and enhance the physical, intellectual, emotional, social and spiritual lives of older persons and actively promote participation in all aspects of community life.

A & O: PROGRAMS & SERVICES:

SAFETY AND SECURITY:	CONNECT PROGRAM:	COUNSELLING SERVICES
A. ELDER ABUSE PREVENTION SERVICES	A. SENIOR CENTRE WITHOUT WALLS	A. COUNSELLING
B. SAFE SUITE	B. VOLUNTEER VISITORS AND CALLERS	B. INFORMATION AND REFERRAL
C. SENIOR'S ABUSE SUPPORT LINE	C. PAWS WITH A CAUSE	C. INTAKE
D. OLDER VICTIM SERVICES	D. ENTRY PROGRAM FOR OLDER ADULT IMMIGRANTS	D. HOUSING
E. SAFETYAID: CRIME AND FALLS PREVENTION FOR OLDER MANITOBIANS	E. CENTRES / MEAL PROGRAM	E. LEGAL CLINICS
F. THIS FULL HOUSE		

For more information contact:

Phone: **204-956-6440**

Fax: **204-946-5667**

Website: <http://www.ageopportunity.mb.ca/>

Location and postal information:

200-280 Smith Street

Winnipeg, MB R3C 1K2





Seniors

STRADBROOK AVENUE SENIOR CENTRE

Stradbrook Avenue Senior Centre provides a wide range of programs and services addressing the various needs of seniors. Whether you're interested in fun, fitness or learning opportunities, Stradbrook has something to offer. After all, variety is the spice of life!

For more information contact:

Phone: **204-956-6590**

Location and postal information:

400 Stradbrook Avenue
Winnipeg, MB, R3L 2P8



RADY JCC

OLDER ADULTS - DAY PROGRAMS

Enjoy a variety of new classes and workshops geared to adults 55+.

However, everyone is welcome to attend.

For more information contact:

Phone: **204-480-7550**

E-mail: info@radyjcc.com

Website: www.radyjcc.com

Location and postal information:

B100 - 123 Doncaster St.
Winnipeg, MB R3N 2B3



CREATIVE RETIREMENT MANITOBA

"THE CENTRE FOR LIFELONG LEARNING"

MISSION: Creative Retirement Manitoba contributes to the well being of older persons and their communities by developing and offering innovative and interactive learning opportunities.

PROGRAMS INCLUDE:

- ◆ Courses on a wide range of subjects including languages, arts, history, fitness and computers
- ◆ Intergenerational outreach
- ◆ Literacy outreach
- ◆ Retirement preparation
- ◆ Public education on seniors and aging

For more information contact:

Phone: **204-949-2565**

E-mail: info@crm.mb.ca

Website: <http://www.crm.mb.ca/>

Location and postal information:

270 Sherbrook St.

Winnipeg, MB R3C 2B9





Seniors

HOME CARE SERVICES

WINNIPEG REGIONAL HEALTH AUTHORITY

Home Care Services can be requested by an individual, a family member or by your doctor. After service is requested, a Home Care Case Coordinator will meet you at your home to discuss your needs and develop a care plan. Our goal is to help people manage at home for as long as is practical. However, if required, you can access long-term care and housing options through the Home Care program.

For more information contact:

General Information, Intake and Referrals:

204-788-8330

Or, FAX your request for information to:

204-947-9964



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg



RUPERT'S LAND

CAREGIVER SERVICES

Rupert's Land Caregiver Services is a non-profit organization that provides services for supporting caregivers of elderly persons in their own home in Winnipeg.

Services include:

- * Short-term respite
- * Transportation
- * Telephone support
- * Caregiver support groups
- * Communication education



For more information contact:

Phone: 204-452-9491

E-mail: rlcs@mts.net

Location and postal information:

168 Wilton Street

Winnipeg, MB, R3M 3C3

SENIORS ABUSE LINE

Is available 24 hours a day, 7 days a week

Contact: 204-945-1884





Seniors

MEDICATION INFORMATION LINE FOR THE EDERLY (MILE)

Do you have questions or concerns about the medication you, or someone close to you is taking?

If so, this free resource can help answer people's questions. Using experienced licensed pharmacists, the information line is a supplement for information offered by the person's pharmacist and physician.

This program is sponsored by the Faculty of Pharmacy, University of Manitoba.

Inquiries about drugs and proper drug use practices can be made over the phone to a pharmacist consultant:

Monday to Thursday: 9:30 a.m. to 2:30 p.m.

Phone: 204-474-6493

Fax: 204-474-7572

Email: [Mile_resource@umanitoba.ca](mailto: Mile_resource@umanitoba.ca)

Location and postal information:

Medication Information Line for the Elderly
Room 111, University Center Building
Winnipeg, MB, R3T 2N2



UNIVERSITY
OF MANITOBA

WINNIPEG PUBLIC LIBRARY

The Library offers books and magazines in large type, audiobooks, DVDs and Blu-rays, and DAISY & Talking Books. Programs include Book Clubs, computer workshops and consumer information - free!

**[Call us for registration information, pick up @
The Library or visit us online]**

Osborne Street Library

Located at 625 Osborne St.

Phone: 204-986-4775

River Heights Library

Located at 1520 Corydon Ave.

Phone: 204-986-4934

Website: www.winnipeg.ca/library

A Homebound Service is available to those who cannot physically access a library and do not have anyone to visit the library on their behalf. For more information contact:

Outreach Services (Homebound Service)

Phone: 204-986-5530

GOLDEN RULE SENIORS

Located at the Fort Rouge Leisure Centre

265 Osborne St.

This group is open to anyone 55+. Activities include bingo, crafts, bridge, cards, square dancing, painting, carpet and lawn bowling, glee club, etc.

For more information contact:

Phone: 204-986-4931



Seniors

THE ROYAL CANADIAN LEGION Winnipeg South Osborne Branch #252

Located at 426 Osborne St.

Phone: 204-284-1695

Website: <http://www.rcl252.mb.ca/>



OUR MISSION: IS TO SERVE VETERANS AND THEIR DEPENDENTS, PROMOTE REMEMBRANCE AND ACT IN THE SERVICE OF CANADA AND ITS' COMMUNITIES.

There are two billiard tables & five dart boards available at no charge. During winter months, a dart league & a cribbage league operate weekly in the Clubroom. These leagues are open to membership by members & non-members alike.

BRIDGE CLUBS

◆ Ambassador Bridge Club:

426 Osborne St. S.

Contact: 204-669-1458

◆ Bridge at the Centre:

1460 Chevrier Blvd.

Contact: 204-475-0935

◆ The Harty Hearts Bridge Club:

420 Corydon Ave.

Contact: 204-475-8651

◆ Tuxedo Bridge Studio:

1460 Chevrier Blvd.

Contact: 204-453-0708

CONGREGATE MEAL PROGRAMS

WRHA

Congregate meal programs offer seniors the opportunity to enjoy well-balanced affordable meals in a social setting. Seniors are encouraged to participate in planning, cooking meals, setting tables and helping with clean up.

Hot nutritious meals are offered to seniors three to five days per week in a group setting, such as an apartment block or senior centre. Meals are very reasonably priced (\$3.00 to \$6.00).

☛ **Bethel Place:** 445 Stafford Ave.

Contact: 204-284-3762

☛ **Delmar Congregate Meal Program:**

110 Adamar Rd.

Contact: 204-269-6322

☛ **Manitoba Housing Authority:**

601 Osborne St.

Contact: 204-945-2680 or 204-474-0642

☛ **Villa Cabrini:** 433 River Ave.

Contact: 204-284-2880

☛ **Stradbroke Senior Centre:**

400 Stradbroke St.

Contact: 204-956-6490

☛ **64 Nassau Meal Program:** 64 Nassau St.

Contact: 204-452-8758



Adult Learning

DIRECTORY OF ADULT LITERACY PROGRAMS AND ADULT LEARNING CENTRES (2011-2012)

This is the Adult Learning and Literacy **eDirectory**. This directory will assist you in locating adult learning and literacy programs throughout the province.

View or download a copy of this directory by visiting the following webpage:

http://www.edu.gov.mb.ca/ael/all/directory/map_index.html



Manitoba Advanced Education and Literacy ADULT LEARNING AND LITERACY BRANCH

The Adult Learning and Literacy Branch funds agencies and organizations to provide a continuum of adult learning in Manitoba through adult literacy programs and adult learning centres.

Phone: 204-945-8247

E-mail: all@gov.mb.ca

Location and postal information:

350 - 800 Portage Ave.

Winnipeg, MB, R3G 0N4

Website: www.gov.mb.ca/all

CITY OF WINNIPEG PUBLIC LIBRARY

Osborne Street Library

Located at 625 Osborne St.

Phone: 204-986-4775

River Heights Library

Located at 1520 Corydon Ave.

Phone: 204-986-4934

Website: www.winnipeg.ca/library

Free programs for babies, toddlers, children, teens and adults are offered at both libraries.

[Call us for registration information, pick up @ The Library or visit us online]

Borrow books, magazines, music and movies for all interests and reading levels. You will also find resources and online learning databases for ESL and adult literacy learners. Free computer use. Free Wi-Fi.

LEARN Line

The LEARN Line links adult learners and potential volunteers to literacy and adult programs in Manitoba.

For help or to help call the LEARN Line at:

204-947-5757 or 1-866-947-5757

E-mail: learnline@mb.literacy.ca

The LEARN Line is a referral service operated by LITERACY PARTNERS OF MANITOBA





Adult Learning

WINNIPEG TECHNICAL COLLEGE

WINNIPEG TECHNICAL COLLEGE provides secondary and post-secondary students with applied skills training for careers in Health Care and Human Services, Information and Business Technology, and Skilled Trades.

WINNIPEG TECHNICAL COLLEGE is a not-for-profit educational facility which offers a variety of technical training in **17** core programs delivered at either the Henlow or Pembina Campuses and English as an Additional Language (EAL) training at both the Pembina and Erin Campuses. The campuses are located at:

- ☞ **Henlow Campus**
130 Henlow Bay
Winnipeg, MB R3Y 1G4
- ☞ **Pembina Campus**
1555 Pembina Highway
Winnipeg, MB R3T 2E5
- ☞ **Erin Campus**
609 Erin Street
Winnipeg, MB R3G 2W1

For more information contact: **204-989-6500**

OR visit their website at:

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



WINNIPEG ADULT EDUCATION CENTRE (WAEC)

☞ Main Campus:

310 Vaughan Street,
Winnipeg, MB, R3B 2N8

Phone: 204-947-1674



☞ River Osborne Off-Site Campus

101 Pembina Hwy.

(Inside the River Osborne Community Centre)

Phone: 204-477-0164

Email: riv-osb@wsd1.org

Website:

<http://www.wsd1.org/waec/river-osborne.html>



PLEASE NOTE: Potential students must register, in person, at the WAEC main campus at 310 Vaughan Street. (Contact the office first to find out what you need to bring.)

Life Long Learning

MOREducation in cooperation with Winnipeg School Division

MOREducation offers a wide range of courses, seminars, and workshops, in addition to staff and program development, conference planning and systems facilitation.

For more information or to register contact:

Phone: 204-789-0435

E-mail: lifelonglearning@wsd1.org

Website: <http://lifelonglearning.wsd1.org>

Location and postal information:

1577 Wall St. E.

Winnipeg, MB, R3E 2S5



Adult Learning

HORIZONS LEARNING CENTRES

A success oriented adult learning centre delivering accredited high school education to mature students in an innovative, supportive, community environment. Flexible programming, free tuition, modern technology and dedicated professionals provide a bridge between the needs of the individual learners and their educational goals.

Horizon Learning Centre: Crossways Site

Lower Level - 222 Furby St.
(Entrance on Broadway Avenue)

Phone: 204-775-8486

Horizons Learning Centre: Newport Centre Site

2nd Floor - 330 Portage Ave. (Next to MTS Centre in the Skywalk)

Phone: 204-943-1229

Horizons Learning Centre: Elmwood Site

Unit G - 431 Thames Ave.
(East of Watt Street)

Phone: 204-772-1234

For additional information visit their website at:

<http://www.horizonslearning.com>



JOBWORKS: ADULT LEARNING CENTRE

Located at 1175 Pembina Hwy.

Jobworks is an adult learning centre providing students with a variety of academic and vocational programs. The four main programs offered at Jobworks are Adult High School, Alternative High School, Educational Assistant Internship, and Youth Builders.

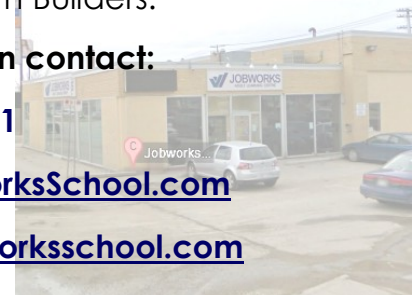
For more information contact:

Phone: 204-453-8351

E-mail: info@JobworksSchool.com

Website: www.jobworksschool.com

PLEASE NOTE: The registration form can be completed online, but must be printed, signed, dated and returned **in person** to Jobworks.



CANLEARN

CANLEARN is a Government of Canada webpage that is a resource for the information and planning tools needed to explore learning and education opportunities in Canada. Research occupations, develop learning strategies, and create the financial plans to achieve your goals.

Visit their webpage at:

www.canlearn.ca





Employment Services

EMPLOYMENT INCOME ASSISTANCE (EIA)

MANITOBA FAMILY SERVICES AND LABOUR

The program provides financial assistance to those who require help to meet basic personal and family needs. The program aims to assist participants to find and sustain employment, and increase self sufficiency.

AREA OFFICE:



6-677 Stafford St.

Winnipeg, MB, R3M 2X7

Phone: **204-938-5500**

Employment and Income Assistance - Intake

204-948-4000 or **1-800-230-1885**

For after hour emergencies call **204-945-0183**

For additional information and resources check out their webpage at:

www.gov.mb.ca/fs/index.html

REACHING E-QUALITY EMPLOYMENT SERVICES

REES

Located at 305-1200 Portage Ave.

REES is an employment service that assists people with physical disabilities or health conditions to gain employment.

For more Information contact:

Phone: **204-882-REES (7337)**

E-mail: info@re-es.org

Website: www.re-es.org

CITY OF WINNIPEG PUBLIC LIBRARY

Borrow career, resume and interviewing books, DVDs and Blu-rays for free at any library. Go online for free databases and online job help including Career Cruising. Free computer use and Wi-Fi. **For more information on library services contact:**

Osborne Street Library

Located at 625 Osborne St.

Phone: **204-986-4775**



River Heights Library

Located at 1520 Corydon Ave.

Phone: **204-986-4934**

Website: www.winnipeg.ca/library

MENTAL HEALTH WORKS

Canadian Mental Health Association (CMHA)

The program builds capacity within Canadian workplaces to effectively address the many issues related to mental health in the workplaces. It is available in both official languages. **Learn more about MENTAL HEALTH WORKS training and tools by contacting:**

Phone: **204-953-2353**

OR VISIT THE **MENTAL HEALTH WORKS** HOMEPAGE FOR ADDITIONAL INFORMATION/RESOURCES THAT MAY ASSIST YOU: <http://www.mentalhealthworks.ca/>





Employment Services

SARA RIEL INC.

WORK PLACEMENT FORCE (WPF)

Located at 210 Kenny St.

The WPF program provides work re-entry support to adults who have been absent from the workforce due to a mental health concern. **The Program delivers services in part through:**

-  Skill Development Workshops
-  Marketing: Assisted Employment Services
-  Placement
-  Supported Job Search
-  Work Site Support
-  Supported Education
-  Counselling and Referral Services



For more information contact the Program Coordinator: 204-237-9559

Website: <http://www.sararielinc.com>

OSBORNE VILLAGE RESOURCE CENTRE

Located at 1 - 107 Osborne St.

Is a non-profit pre-employment centre.

For additional information contact:

Phone: 204-989-6503

Website: www.ovrc.ca

FOR MORE INFORMATION SEE PAGE 67












opportunitiesforemployment
HOPE IN ACTION

Opportunities for Employment (OFE) is a private organization that assists people prepare for and find employment.

Mission Statement: "TO EQUIP INDIVIDUALS TO ACHIEVE GREATER INDEPENDENCE BY PURSUING AND MAINTAINING MEANINGFUL EMPLOYMENT"

Services are provided FREE of charge to Winnipeg Residents.

OFE offers a variety of workshop options to enhance the employability of job seekers such as:

-  One-on-one employment consultation
-  Guided daily job search
-  Networking opportunities
-  Job searching assistance
-  Interview preparation
-  Resume development
-  Daily job leads
-  Direct access to employers
-  Daily motivational sessions

For more information contact the Main Office:

Phone: 204-925-3490

Location and Postal Information:

300-294 Portage Ave.
Winnipeg, MB, R3C 0B9

Hours of Operation:

Monday - Friday: 8:00 am - 4:30 pm



Employment Services

Online Resources: **Manitoba**



WORKINFONET

WORKINFONET is an online resource for Manitobans seeking assistance or information regarding employment in Manitoba and the rest of Canada.

Visit their website at:

www.mb.workinfonet.ca

FOR ADDITIONAL INFORMATION SEE PAGE 12

MANITOBA JOB FUTURES

MANITOBA JOB FUTURES currently consists of 203 occupational profiles. These provide detailed information on employment prospects, wages and salaries, skills, working conditions, and education/training routes. The profiles address current and anticipated conditions in the Manitoba labour market and are developed for students, guidance counsellors, parents, or anyone choosing or changing a career.

Visit their website at: mb.jobfutures.org/

EMPLOYMENT AND WORKFORCE DEVELOPMENT

Entrepreneurship, Training and Trade (ETT)

This Government of Manitoba webpage offers a wealth of information on programs, services and resources to assist Jobseekers in Manitoba.

Visit their webpage at:

www.gov.mb.ca/tce/emp_work/index.html

CITY OF WINNIPEG - CAREERS

Are you interested in working for the City? For information and current job openings visit the following webpage at:

www.winnipeg.ca/hr/

WORKING IN CANADA

Working in Canada is the Government of Canada's leading source for labour market information. It offers users free occupational and career information such as job opportunities, educational requirements, main duties, wage rates and salaries, current employment trends and outlooks. Visit their webpage at :

www.workingincanada.gc.ca

COMMUNITY ACCESS PROGRAM (CAP)

Through an agreement with Industry Canada, COMMUNITY CONNECTIONS manages the COMMUNITY ACCESS PROGRAM (CAP) in Manitoba.

The CAP provides access to those people who might not have computers or Internet access in their homes or workplaces.

For a list of PUBLIC ACCESS SITES visit their website at:

www.communityconnections.mb.ca/cim/9.dhtm





Service Canada

SERVICE CANADA -

PROGRAMS AND SERVICES FOR YOU

Service Canada offers single-window access to a wide range of Government of Canada programs and services for citizens through more than 600 points of service located across the country, call centres, and the Internet.

Visit the various sections of this Website to find out more about our service commitment and how we can help you.

www.servicecanada.gc.ca/eng/home.shtml

SERVICE CANADA CENTRES

OTHER LOCATIONS:

 **Winnipeg La Verendrye** 

Located at 614 des Meurons St. , Suite 100

 **Winnipeg St. Vital** 

Located at 1001 St. Mary's Rd.

 **Winnipeg North-East** 

Located at 1122 Henderson Hwy.

 **Winnipeg South-West** 

Located at 3338 Portage Ave.

PLEASE NOTE some services may not be available at all locations.

WINNIPEG CENTRE -

SERVICE CANADA CENTRE

Service Canada Centres are full service centres offering a mix of information and transactional services.

Located at the:

Stanley Knowles Building - 391 York Avenue

Hours of Service:

Monday to Friday from 8:30 a.m. to 4:00 p.m.

Services offered for:

- All Canadians
- Aboriginal People
- Employers and Organizations
- Families and Children
- Labour and Workplace Information
- Newcomers to Canada
- People with Disabilities
- Seniors
- Workers





Recreation & Physical Activity

GENERAL COUNCIL OF WINNIPEG COMMUNITY CENTRES (GCWCC)

Oversees numerous Community Centres operating throughout Winnipeg; seven of which are located in the Fort Rouge / River Heights area.

Check out their website for specific programming and centre amenities: www.gcwcc.mb.ca

Phone: **204-475-5008**



Location and postal information: 265 Osborne St., Winnipeg, MB, R3L 1Z7

Community Centres provide recreation programs and services to their area residents through a cooperative partnership between the centres' volunteers and the City administration. These individuals efforts provide activities for all ages and interest that develop skills and lead to enduring friendships.

LOCAL COMMUNITY CENTRES

CENTRAL CORYDON COMMUNITY CENTRE

Website:

www.centralcorydoncc.com



◆ CRESCENTWOOD SITE:

Located at 1170 Corydon Ave.

Phone: **204-452-9844**

◆ RIVER HEIGHTS SITE:

Located at 1370 Grosvenor Ave.

Phone: **204-488-7000**

◆ SIR JOHN FRANKLIN SITE:

Located at 1 Sir John Franklin Rd.

Phone: **204-489-9537**

EARL GREY COMMUNITY CENTRE

Located at 360 Cockburn St. N.

Phone: **204-452-2074**

LORD ROBERTS COMMUNITY CENTRE

Located at 725 Kylemore Ave.

Phone: **204-452-9744**

RIVER OSBORNE COMMUNITY CENTRE

Located at 101 Pembina Hwy.

Phone: **204-452-8822**

RIVERVIEW COMMUNITY CENTRE

Website: www.riverviewcc.ca

Located at 90 Ashland Ave.

Phone: **204-452-9944**



Recreation & Physical Activity

City of Winnipeg Parks & Fields

City of Winnipeg | Public Works Department | Parks and Open Space Division

This webpage provides a list of Parks within the City of Winnipeg and their locations.

<http://winnipeg.ca/publicworks/ParksandFields/Parks/ParksByName.asp>



FIELDS FOR FIDO

Sponsored by the City of Winnipeg Parks and Open Space Division and the Animal Services Agency, Fields for Fido is a joint initiative for off-leash dog areas.

Dog owners can let their pets socialize and exercise off-leash in a safe environment.

OFF-LEASH DOG AREAS ARE NOT FENCED IN.

For more information and/or locations contact **311**

Local dog parks:

- **Brenda Leipsic Park (formerly Hurst Way):**

Located on the vacant land between Hurst Way and Planet St. off Parker Ave.

- **Bourkevale Park:**

The Park is located at 100 Ferry Rd. Off-leash Dog Area is south of dike, along riverbank

WINNIPEG'S

ACTIVE TRANSPORTATION NETWORK

This expansive system covers all areas of our city, with multi-use paths, bike boulevards and pedestrian corridors designed to get you to your destination safely.

For more information contact: **311**

Website: jointhemovement.ca

TOURISM WINNIPEG

This website has information on events/festivals happening in the City of Winnipeg; many of which offer **free** activities for persons of all ages.

Check out their website at:

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





Recreation & Physical Activity



TENNIS COURTS



- **Crescentwood Community Centre:**
414 Lindenwoods Dr. W.
- **Earl Grey Community Centre:**
360 Cockburn St. N.
- **Fort Rouge Leisure Centre:** 625 Osborne St.
- **Joe Malone Park:**
Bolton Bay east of Kenaston Blvd.
- **Mayfair Park:**
Mayfair Place and River Ave.
- **River Heights Community Centre:**
370 Grosvenor Ave.
- **Riverview Community Centre:**
90 Ashland Ave.
- **Sir John Franklin Community Centre:**
1 Sir John Franklin Road
- **Sir John Franklin Park:**
Wellington Cres. & Renfrew St.
- **TR Hodgson Park:**
South of Tuxedo Ave. between
Carpathia & Lockwood St.

LAWN BOWLING CENTRES

- ⇒ **Fort Rouge Recreation and Leisure Centre:**
625 Osborne St.
- ⇒ **River Heights Community Centre:**
1370 Grosvenor Ave.



SPRAY PADS & WADING POOLS

ADMISSION IS FREE!

SPRAY PADS ARE UNSUPERVISED

For the most current schedule information visit the following website: www.winnipeg.ca or

FOR ADDITIONAL INFORMATION CALL **311**

- **Brock-Cordova Park:** 372 Cordova St.
- **Crescentwood Community Centre:**
1170 Corydon Ave.
- **Earl Grey Community Centre:**
360 Cockburn St. N.
- **Harrow Park:** 1000 Fleet Ave.
- **Linden woods Spray Pad:**
414 Lindenwoods Dr. W.
- **McKittrick Park:** 790 Rathgar Ave.
- **Montrose Park:** 31 Montrose St.
- **River Heights Community Centre:**
1370 Grosvenor Ave.
- **River Osborne:** 466 Gertrude Ave.
- **Riverview Community Centre:**
90 Ashland Ave.
- **Sir John Franklin Community Centre:**
1 Sir John Franklin Road
- **T.R. Hodgson Park:** 303 Lockwood St.
- **William Osler Park:** 787 Brock St.





Recreation & Physical Activity

CITY OF WINNIPEG - LEISURE GUIDE:

Many sites and programming opportunities for children, youth, adults and seniors. The Leisure Guide is delivered/distributed 3 times per year. Pick up a copy at arenas, libraries, civic pools, leisure centres or at any one of 200 retail outlets.



To view a copy of the guide online visit: www.winnipeg.ca/cms/recreation/leisureguide.stm

For information/registration contact: 311

WINTER FUN

PLEASURE RINKS



The City operates numerous skating rinks located in parks, school sites and at Community Centres. Many small neighbourhood rinks are also maintained for public use.

Contact 311 to obtain information on the hours of operation and location of all skating rinks in your neighbourhood.

AREA LOCATIONS:

- Enderton Park - 11 Ruskin Row
- Harrow Park - 1000 Fleet Ave.
- Montrose Park - 680 Elm St.
- Lanark Bay - 805 Lanark Bay
- Sir John Franklin Park -

1405 Wellington Cres.

WINTER WALKWAYS

CHURCHILL DRIVE PARK

Located at Churchill Drive & Cockburn St.



ARENAS

Charles A. Barbour Indoor Arena

500 Nathaniel St.

Phone: 204-986-6084



River Heights Community Centre

1370 Grosvenor Ave.

Phone: 204-510-1743

Sam Southern Arena

625 Osborne St. South

Phone: 204-986-4926



SLIDING, SLEDDING, TOBOGANNING

* Crescentwood Community Centre

(1 Slide)

Located at 1170 Corydon Ave.

* Sir John Franklin Community Centre

(1 Slide)

Located at 1 Sir John Franklin Rd.





Recreation & Physical Activity

WINNIPEG IN MOTION

Winnipeg in Motion is a community-wide collaboration that supports Winnipeggers to be physically active for health benefits.

Whatever your age, it's never too early or too late to get active. So get "in motion" today!

If you need some ideas to get you started, visit winnipeginmotion.ca or call Winnipeg in motion at 204-940-3648



ATHLETICS MANITOBA

Located at 414-145 Pacific Ave.

ATHLETICS MANITOBA is the governing and sanctioning organization for Track and Field, Road Running and Cross Country in the province of Manitoba. ATHLETICS MANITOBA is a not-for profit provincial sport organization and we are partners and members of Sport Manitoba.

For more information contact:

Phone: 204-925-5743

Office Hours:

Monday - Friday 8:30 a.m. to 4:30 p.m.

E-mail: office@athleticsmanitoba.com

Website: www.athleticsmanitoba.com



MANITOBA RUNNER'S ASSOCIATION (MRA)

Promotes running in Manitoba. Supports all runners and racers in the province, from recreational to the elite. **ANNUAL MEMBERSHIP FEE**

For more information contact the Association by:

Phone: 204-477-5185

E-mail: office@mrsweb.ca

Website: www.mrsweb.ca



TRACK RUNNING OVALS

- Grant Park Athletic Grounds

Located at 500 Nathaniel St.

- Kelvin High School

Located at 155 Kingsway Ave.





Recreation & Physical Activity

Fitness Centres

FORT ROUGE RECREATION AND LEISURE CENTRE

A multi-purpose recreation facility, which is also home to the Sam Southern Arena and the local branch of the Winnipeg Public Library.

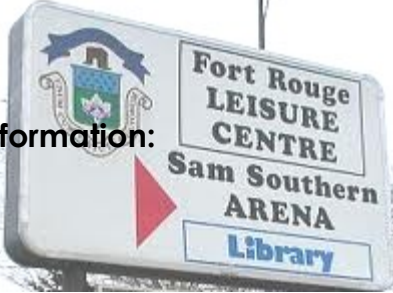
Available programs are included in the Leisure Guide.

Phone: 204-986-4928

Location and postal information:

625 Osborne St.

Winnipeg, MB, R3L 2B3



RADY JEWISH COMMUNITY CENTRE

The Rose and Max **Rady Jewish Community Centre** is a not-for-profit community agency providing a broad range of programs and services for all age groups to meet the diverse needs of its members, the Jewish community, and the community-at-large. Programs include cultural, social, educational, health, fitness, and recreational activities for all age groups, from infant to older adult.

For more information on services and programs:

Phone: 204-477-7510

Email: inquiry@radyjcc.com

Website: www.radyjcc.com

Location and postal information:

B100 - 123 Doncaster St.

Winnipeg, MB R3N 2B3



REH-FIT CENTRE

Located at 1390 Taylor Ave.

The Reh-Fit Centre offers programs and services for people of all ages and abilities. **Services & programs include:**

- Health Education Classes
- Nutrition Counselling
- Cardiac Rehabilitation
- Falls Prevention
- Weight Management Programs
- Personal Training
- Massage Therapy
- Specialty Fitness Programs
- Yoga, Pilates and Tai Chi



FINANCIAL ASSISTANCE and BUDDY SYSTEM are available based on individual need.

For more information contact:

Phone: 204-488-8023

E-mail: reh-fit@reh-fit.com

Website: <http://www.reh-fit.com/>

PAN AM POOL

Located at 25 Poseidon Bay

Indoor pool and facility which includes the following features; diving board and tower, chair lift, land fitness programs, aerobic studio, weights, and indoor track.

For more information contact: 204-986-5890





Recreation & Physical Activity

SCOUTS CANADA - MANITOBA COUNCIL

We offer programs for boys and girls, young men and women **aged 5-26**.

For more information or for the group nearest you contact: **1-888-726-8876**

E-mail: manitoba@scouts.ca

Website: <http://www.scouts.ca/>



GIRL GUIDES OF CANADA - MANITOBA COUNCIL



Experienced based programming for girls **aged 5 to 18+**.

For more information, to volunteer, or find the group nearest you contact: **204-774-GIRL (4475)**

Website: www.girlguides.mb.ca



UNIVERSITY
OF MANITOBA

BISON ATHLETIC FACILITIES

Recreation Services - programs for all ages!

Customer Service Desk: 204-474-6100

Website: www.bisonactiveliving.ca

From kayaking & climbing to fitness, aquatics, dance, martial arts, cycling, circuit training and yoga - we have something for everyone!

UNIVERSITY OF MANITOBA - LIBRARIES

University libraries provide access to 2 million volumes, the largest collection of research materials in Manitoba. Library annual fee is \$50 or \$25 for alumni. **Call 204-474-9881 for more details on obtaining a library card.**

WHAT'S HAPPENING AT THE U OF M?

Residents are encouraged to check the U of M website regularly for information on free lectures and other events on campus.

www.umanitoba.ca



THE UNIVERSITY OF
WINNIPEG

DUCKWORTH CENTRE:

The University of Winnipeg Duckworth Centre invites you to enjoy our quality programs and services. Our broad based memberships offer "Something for Everyone" from learning a new skill to improving and maintaining your overall fitness. Our programs are delivered and supported by highly qualified staff, working as a team to meet your every need

Located at: 400 Spence Street

Phone: **204-786-9349**

Email: duckworth@uwinnipeg.ca

WHAT'S HAPPENING AT THE U OF W?

UWinnipeg offers many free public lectures, films, arts shows and events that are open to the public year-round.

Check out our events calendar at:

www.uwinnipeg.ca/index/siteevent-app



Recreation & Physical Activity

Cultural and Art Centres

DANTE ALIGHIERI CULTURAL SOCIETY INC.

Fosters the development of the Italian language and culture in Manitoba. Offers Italian language instruction for children and adults, and general information on the Italian culture and community.

For more information contact:

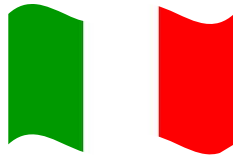
Phone: **204-488-3834**

E-mail: dantesociety@cabotocentre.com

Website: <http://www.dantewinnipeg.com/>

Location and postal information:

1055 Wilkes Ave
c/o Centro Caboto Centre
Winnipeg, MB, R3P 2L7



GAS STATION ARTS CENTRE (Osborne Village Cultural Centre)

Located at 445 River Ave.

A full service rental theatre used by professionals, semi-professionals, amateur and school groups. They also operate a live music patio in their courtyard in the summer and host neighbourhood events throughout the year.

For more information contact:

Phone: **204-284-9477**

E-mail: thegasstationtheatre@gmail.com

Website: www.thegasstationtheatre.com



MUSLIM AHMADIYYA ASSOCIATION

Serves as an Islamic religious and cultural centre and place of worship. Houses the Islamic Ahmadiyya Library, with books and audio tapes on Islam and Comparative religions. Serving members and the public.

For more information contact:

Phone: **204-475-2642**

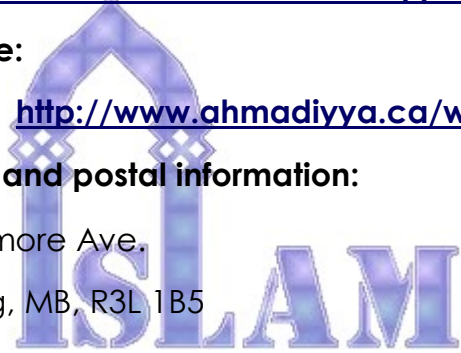
E-mail: QuestionsOnIslam@ahmadiyya.ca

Webpage:

<http://www.ahmadiyya.ca/winnipeg/>

Location and postal information:

525 Kylemore Ave.
Winnipeg, MB, R3L 1B5



WINNIPEG ARTS COUNCIL (WAC) CULTURAL MAP OF WINNIPEG

WAC's Cultural Map of Winnipeg is an web-based resource that provides location and information for many of the cultural resources in Winnipeg. As the cultural community of Winnipeg continues to grow and change, this map will remain a work in progress. It provides many of the current organizations available to Winnipeg.

Visit this online resource at:

<http://winnipegculturalmap.ca/>





Places of Worship

NAME	LOCATION	CONTACT	DENOMINATION
AUGUSTINE UNITED CHURCH	444 River Ave.	204-284-2250 E-mail: augustine.uc@mts.net Website: www.augustineunitedchurch.org	United
BETHEL MENNONITE	465 Stafford St.	204-453-2199 E-mail: office@bethelmennonite.ca Website: www.bethelmennonite.ca	Mennonite
BETHESDA CHURCH	1350 Grant Ave.	204-987-2890 E-mail: bill@bethesdachurch.ca Website: www.bethesdachurch.ca	Non-Denominational
CANADIAN TIBETAN BUDDHIST SOCIETY OF MANITOBA	758 Scotland Ave.	204-775-8123	Buddhist
CHRISTIAN FELLOWSHIP CHAPEL	465 Osborne St.	204-452-5720 Email: cfc3@mymts.net Website: www.cfc-wpg.org/	Evangelical
CHURCH OF CHRIST	217 Osborne St.	204-475-6462 E-mail: central@winnipegchurch.ca Website: www.winnipeg.church.ca	Non-Denominational



Places of Worship

NAME	LOCATION	CONTACT	DENOMINATION
CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS	505 Academy Rd.	204-475-6898 Website: www.lds.org	Church of Jesus Christ of Latter-Day Saints
CHURCH OF THE WAY	450 Lilac St.	204-452-2800 E-mail: kenwark@mts.net	Non-Denominational
CHURCHILL PARK UNITED CHURCH	525 Beresford Ave.	204-475-6011 E-mail: office@churchillparkunited.ca Website: www.churchillparkunited.ca	United
CRESCENT FORT ROUGE UNITED CHURCH	525 Wardlaw Ave.	204-475-6011	United
FAITHWORKS	775 Cambridge St.	204-477-0689 Email: info@efaithworks.ca Website: http://new.efaithworks.ca/	Mennonite
FIRST UNITARIAN UNIVERSALIST CHURCH	603 Wellington Cres.	204-474-1261 E-mail: uuwpg@mts.net Website: www.uuwinnipeg.mb.ca	Unitarian
GATEWAY CHURCH SOUTH CONGREGATION	486 Rathgar Ave.	204-255-5425 E-mail: south@gatewaywinnipeg.com Website: www.gatewaywinnipeg.com	Inter-Denominational



Places of Worship

NAME	LOCATION	CONTACT	DENOMINATION
GOSPEL MENNONITE CHURCH	232 Nassau St. N.	204-475-3841 E-mail: admin@gmchurch.org Website: www.gmchurch.org	Mennonite
GRACE BIBLE CHURCH OF WINNIPEG	366 Oakwood Ave.	204-284-8003 E-mail: gbcowf@mts.net Website: www.gracebiblechurch.ca	Non-Denominational
HARROW UNITED CHURCH	955 Mulvey Ave.	204-284-0079 E-mail: secretary@harrowunited.ca Website: www.harrowunited.ca	United
HERZLIA-ADAS YESHURUN SYNAGOGUE	620 Brock St.	204-489-6262 E-mail: reception@herzlia.org Website: www.herzlia.org	Judaism
HOLY ROSARY PARISH	510 River Ave.	204-284-5140 E-mail: horos@mts.net	Roman Catholic
HOLY FAMILY (UKRAINIAN CATHOLIC) CHURCH	1001 Grant Ave.	204-453-4653	Ukrainian Catholic
LUTHERAN CHURCH OF THE REDEEMER	59 Academy Rd.	204-475-6898 E-mail: pastor@redeemerlutheran.ca Website: www.redeemer-lutheran.ca	Lutheran



Places of Worship

NAME	LOCATION	CONTACT	DENOMINATION
MANITOBA CATHOLIC CHURCH OF THE DEAF (WINNIPEG OFFICE) LOCATED IN THE DEAF CENTRE OF MANITOBA	234-285 Pembina Hwy.	V/TTY & FAX: 204-475-9392 E-mail: mccd@istar.ca	Roman Catholic
MUSLIM AHMADIYYA CENTRE - MOSQUE	525 Kylemore Ave.	204-475-2642	Islam
OUR LADY OF VICTORY PARISH	254 Arnold Ave.	204-475-7414 E-mail: olvparish@shaw.ca	Roman Catholic
PAROISSE DU SACRE- COEUR	421 Brandon Ave.	204-477-1211 E-mail: eglises@mts.net	Roman Catholic
ST. AIDEN'S ANGLICAN CHURCH	274 Campbell St.	204-489-3390 E-mail: staidans@mts.net Website: www.staidanswinnipeg.ca	Anglican
ST. ANDREW'S RIVER HEIGHTS UNITED CHURCH	255 Oak St.	204-488-1130 E-mail: stanuc@mts.net	United



Places of Worship

NAME	LOCATION	CONTACT	DENOMINATION
ST. GEORGE'S CRESCENTWOOD ANGLICAN CHURCH	168 Wilton St.	204-453-5655 E-mail: office@stgeorges.mb.ca Website: www.stgeorges.mb.ca	Anglican
ST. IGNATIUS PARISH	255 Stafford St.	204-474-2351 E-mail: office@stignatiusparish.ca Website: www.stignatiusparish.ca	Roman Catholic
ST. JOHN BREBEUF PARISH	1707 John Brebeuf Pl.	204-488-4467 E-mail: info@sjbcommunity.ca Website: www.sjbcommunity.ca	Roman Catholic
ST. LUKE'S ANGLICAN CHURCH	130 Nassau St. N.	204-452-3609 E-mail: stluke@shaw.ca Website: www.stlukewinnipeg.com	Anglican
ST. MARKS LUTHERAN CHURCH	600 Cambridge St.	204-452-4326 E-mail: stmarkslutheran@mts.net	Lutheran
ST. MICHAELS & ALL ANGELS	300 Hugo St.	204-452-4227 E-mail: stmichaelswinnipeg@shaw.ca Website: www.stichaelswinnipeg.ca	Anglo-Catholic



Places of Worship

NAME	LOCATION	CONTACT	DENOMINATION
ST. PETER'S ANGLICAN CHURCH	755 Elm St.	204-488-8093 E-mail: stpetes@mts.net Website: www.stpersanglican.ca	Anglican
SHAAREY ZEDEK SYNAGOGUE	561 Wellington Cres.	204-452-3711 E-mail: rabi@shaarezedek.mb.ca Website: www.shaarezedek.mb.ca	Judaism
TEMPLE SHALOM	1077 Grant Ave.	204-453-1625 E-mail: tshalom@mts.net Website: www.shalomwinnipeg.ca	Reform Judaism
TRINITY BAPTIST CHURCH	549 Gertrude Ave.	204-475-5976 E-mail: info@trinitybaptistwinnipeg.com Website: www.trinitybaptistwinnipeg.com	Baptist
WESTWORTH UNITED CHURCH	1750 Grosvenor St.	204-489-6974 E-mail: wuc@mts.net Website: www.westworth.ca	United
WINNIPEG CHURCH OF THE DEAF LOCATED IN THE DEAF CENTRE OF MANITOBA	232-285 Pembina Hwy.	Contact Manitoba Relay System at 1-800-855-0511 and ask for number 204-475-9392 (TTY)	United



Resource Centres

ABORIGINAL SENIORS RESOURCE CENTRE

The Aboriginal Seniors Resource Centre is a non-profit charitable organization that utilizes a holistic approach to ensure the respect and well-being of Aboriginal Seniors in Winnipeg.

For additional information contact:

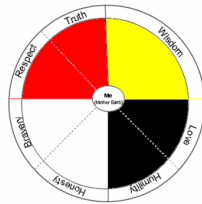
Phone: 204-586-4595

Website: <http://asrcwpg.ca/index.htm>

Location and postal information:

120-102 Robinson St.

Winnipeg, MB, R2W 5M8



FAMILY RESOURCE CENTRES

☼ MAYFAIR FAMILY RESOURCE CENTRE:

145A Mayfair Ave.

Phone: 204-477-5652

E-mail: mayfair@mts.net

☼ TUXEDO FAMILY RESOURCE CENTRE:

1-225 Doncaster

Phone: 204-488-2133

E-mail: tuxedoresourcecentree@mts.net

This Resource Centre works with the residents of the Manitoba Housing Complex to organize and deliver programs and services requested by the community. Decisions are made through a Resident Advisory Group. Services such as free laundry and computer access, and programs such as a community kitchen

OSBORNE VILLAGE RESOURCE CENTRE

Offers career counselling; job search and employability skills training; resources; referral services; follow-up for individuals to move from unemployment, under employment and fragile employment to full employment while instilling a positive attitude toward technology and life-long learning.

For additional information contact:

Phone: 204-989-6503

Fax: 204-477-0903

Website: www.ovrc.ca

Location and postal information:

1 - 107 Osborne St.

Winnipeg, Manitoba, R3L 1Y4



RAINBOW RESOURCE CENTRE

Located at 1-222 Osborne St. S.

Serves as the central agency offering support, information, telephone counselling, referrals, library, and public education on issues related to sexual and gender minority.

Peer support and information line: 204-284-5208
(answered weeknights 7:30 - 10:00 p.m.)

For more information contact:

Phone: 204-474-0212

E-mail: info@rainbowresourcecentre.org

Website: www.rainbowresourcecentre.org



Resource Centres

YOUTH RESOURCE CENTRE

(A Project of Macdonald Youth Services)

Located at 161 Mayfair Ave.

The Youth Resource Centre / Shelter offers short-term, overnight, emergency shelter to 8 youth ages 12 to 17 years of age per night. Beds are assigned on a first come first serve basis every night. Crisis intervention counselling, food, hygiene needs, shower, clothes and case management are all services offered to youth accessing a shelter bed.

The Youth Resource Centre / Shelter also offers referral, advocacy, resources, information and short term basic needs services to youth ages 12 to 20 years of age on a walk-in basis.

For more information contact:

Phone: 204-477-1804

E-mail: info@mys.mb.ca

Website: www.mys.mb.ca



WINNIPEG MILITARY FAMILY RESOURCE CENTRE

We are a resource centre for families of military members. Our services in the River Heights area include nursery school, parent and tot participatory programs and a youth centre on Doncaster St.. **For more information, please contact the centre at:**

Phone: 204-833-2500 ext. 4500

E-mail: winnipegmfr@familyforce.ca

Website: www.familyforce.ca



RESOURCE CENTRE FOR MANITOBANS WHO ARE DEAF-BLIND (RCMDB)

Located at 228 - 285 Pembina Hwy.

Provides support to those who are deaf-blind. Offers information, advocacy, public education and linking individuals with appropriate community resources.

For more information contact:

TTY: 204-284-2531

Fax: 204-452-0688

E-mail: jsayer@rcmdb.org

Website: <http://www.rcmdb.mb.ca/>

DEAF RESOURCE CENTRE

The Centre performs a number of functions related to information dissemination at the Deaf Centre and in Manitoba. Responds to inquiries on a diverse range of topics related to Deaf and Hard of Hearing persons, including cultural, medical, educational and family information.

For more information contact:

Phone: 204-284-0802

TTY: 204-284-9373

Website: www.deafmanitoba.net

Location and postal information:

101-285 Pembina Hwy.

Winnipeg, MB, R3L 2E1





Community Supports & Services

For life threatening emergencies and crimes in progress DIAL **9 1 1**

For police non-emergencies: **204-986-6222**

HEALTH LINKS/INFO SANTÉ (24/7)

Phone: **204-788-8200**

This is a 24-hour, 7 day a week telephone health information service. Health Links is staffed by registered nurses with knowledge to answer your health care questions and guide you to the care you need.

ST. BONIFACE GENERAL HOSPITAL

Located at 409 Taché Avenue

General Inquiries: **204-233-8563**

Website: www.sbgh.mb.ca

Patient Inquiries: **204-237-2193**

Emergency: **204-237-2260**



WINNIPEG HARVEST INTAKE

For information on emergency food banks in your local area contact: **204-982-3660**

Monday to Friday to make an appointment. Hours of operation are 9:15 a.m. to 3:30 p.m. **HAVE YOUR 6 DIGIT MEDICAL NUMBER ON HAND WHEN YOU CALL.**

EARL GREY NEIGHBOURHOOD ASSOCIATION

PHONE: **204-477-1513**

CITY OF WINNIPEG POLICE STATION #6



Phone: **204-986-6042**

RIVER HEIGHTS PRIMARY CARE CLINIC (WRHA)

Located at 1001 Corydon Ave.

Phone: **204-940-2000**



Provides general medical care by a team of physicians and nurses to clients of all ages. If you do not have a family physician, please call and inquire if the clinic is accepting new patients.

PAN AM CLINIC

Located at 97 Poseidon Bay

Pan Am Clinic main phone line: **204-925-1550**

Offers the following services:

☞ SPORT MEDICINE PHYSICIANS

☞ PHYSIOTHERAPY

☞ MINOR INJURY CLINIC

☞ ORTHOPEDIC CLINIC

☞ CAST CLINIC

☞ COMPUTER RADIOGRAPHY

☞ FOUR OPERATING ROOMS

☞ MAGNETIC RESONANCE IMAGING

☞ CLINICAL SPACE FOR PLASTIC SURGERY

☞ PAIN CLINIC

☞ MINOR INJURY CLINIC FOR KIDS

☞ PREHABILITATION PROGRAM

☞ RESEARCH/EDUCATION LAB

☞ CLINICAL OFFICE SPACE



Community Supports & Services

Are You Covered?



MANITOBA HEALTH

If you have questions about whether Manitoba Health covers a service contact:

Manitoba Health Client Services: 204-786-7101

PHONE LINES FOR

RESOURCES, REFERRALS AND INFORMATION:

- AIDS/STI INFORMATION LINE: 204-945-2437**
- BEDBUG HOTLINE (MANITOBA): 1-855-362-2847**
- BREASTFEEDING HOTLINE: 204-788-8667**
- CONTACT SERVICE CENTRE: 204-287-8827**
- FAMILY DOCTOR CONNECTION LINE: 204-786-7111**
- GAY, LESBIAN, BISEXUAL INFO LINE: 204-284-5208**
- MEDICATION INFORMATION LINE FOR EVERYONE (MILE): 204-474-6493**
- SENIORS INFORMATION LINE: 204-945-6565**

24 HOUR LINES

- CHILD AND FAMILY SERVICES: 1-888-834-9767**
- DOMESTIC VIOLENCE CRISIS & INFORMATION LINE: 1-877-977-0007**
- GAMBLING HELP LINE: 1-800-463-1554**
- KIDS HELP PHONE LINE: 1-800-668-6868**
- KLINIC CRISIS LINE: 204-786-8686**
- KLINIC SEXUAL ASSAULT CRISIS LINE: 204-786-8631**
- MANITOBA SUICIDE PREVENTION LINE: 1-877-435-7170**
- MOBILE CRISIS LINE: 204-940-1781**
- POISON CONTROL CENTRE: 204-787-2591**
- SENIORS ABUSE LINE: 204-945-1884**
- YOUTH CRISIS STABILIZATION SYSTEM (YCSS): 204-949-4777**

AREA MEDICAL CLINICS

CLINIC NAME	ADDRESS	NUMBER
Corydon Medical Clinic	894 Corydon Ave.	204-475-0876
Lincoln Walk-In Medical Centre	756 Pembina Hwy.	204-284-5408
Kenaston Mall Walk-In Clinic	A - 1859 Grant Ave.	204-487-8009
Prairie Trail Medical Centre	1345 Taylor Ave.	204-475-0088
Tuxedo Family Medical Centre	981 Corydon Ave.	204-989-6040
Wardlaw Medical Centre	1 - 165 Osborne St.	204-927-1700



Community Supports & Services

COMMUNITY MENTAL HEALTH SERVICES

WINNIPEG REGIONAL HEALTH AUTHORITY

Our community mental health program includes a range of community-based programs designed to help **adults** experiencing mental health problems. In a variety of settings, we provide:

- * Assessment
- * Crisis intervention
- * Counselling
- * Consultation
- * Referral
- * Case management
- * Rehabilitation and education services



For more information contact the general information, intake and referral line:

204-788-8330

Monday to Friday from 8:30 a.m. to 4:30 p.m.

Klinic Community Health Centre

Located at 870 Portage Ave.

Klinic provides a full range of health related services from medical care to counselling to education. Provides confidential services.

For more information contact:

Main Number: 204-784-4090

Counselling Intake: 204-784-4059

E-mail: klinic@klinic.mb.ca

Website: www.klinic.mb.ca

FACES

Co-LOCATED AT 4 FORT STREET, SUITE 100

Houses **six** self-help mental health organizations that work for and represent the many FACES of individuals with mental illness, including their friends, families and natural supports.

Faces includes the following organizations:

- ☪ Anxiety Disorders Association of Manitoba Inc. (ADAM): **204-925-0600**
- ☪ Canadian Mental Health Association, Manitoba Division Inc. (CMHA): **204-982-6100**
 - a. Partnership for Consumer Empowerment (PCE): **204-953-2354**
 - b. Mental Health Education Resource Centre of Manitoba (MHERC): **204-953-2355**
 - c. Eating Disorders Self Help (EDSH): **204-953-2358**
 - d. Mental Health Works (MHW): **204-953-2353**
- ☪ Manitoba Schizophrenia Society (MSS): **204-786-1616**
- ☪ Mood Disorders Association of Manitoba, Inc. (MDAM): **204-786-0987**
- ☪ Obsessive Compulsive Disorder Centre Manitoba Inc. (OCDC): **204-942-3331**
- ☪ Suicide Prevention Education Awareness Knowledge (SPEAK): **204-831-3610**



Community Supports & Services

RECYCLING DEPOT

OPEN 24 HOURS, 365 DAYS A YEAR

Located at Pan Am Pool | Poseidon Bay at Taylor Ave.

For more information, call the Recycling and garbage information line at:

204-986-8888, Code **9819** or contact **311**



HEALTH E-PLAN

Health e-Plan is a secure, interactive, online health assessment tool. Using information you supply, Health e-Plan identifies your current health status, helps you set goals and track progress toward meeting those goals. It also connects you with resources and support in your community based on the results of your personal health assessment.

For more information or to get started today:

Visit www.manitoba.ca and enter **Health e-Plan** in the search box at the top of the page.



CONTACT Community Information

As a program of VOLUNTEER MANITOBA, CONTACT'S data warehouse is a quick and easy source of information to the broad spectrum of community services available throughout Manitoba.

Visit the **CONTACT** website at:

cms00asa1.winnipeg.ca/crc/crc

Dial-a-Dietitian

1-877-830-2892

Call **788-8248** in Winnipeg

Free nutrition information for everyone

Eating well can be a daily challenge and you may have questions.

Call to speak to a Registered Dietitian right here in Manitoba and get answers about food and nutrition.



Provincial Health CONTACT CENTRE
Ligne d'aide à votre santé
Centre Provincial de Communication en Santé
Ligne directe à votre santé
Financial contribution from:
Public Health Agency of Canada
Agence de santé publique du Canada
Manitoba

handsofhope.ca

Furniture and household goods for people in need.



Provides **free** furniture and household goods to individuals and families in need in the City of Winnipeg.

Phone: **204-261-8607**

Fax: **204-663-6478**

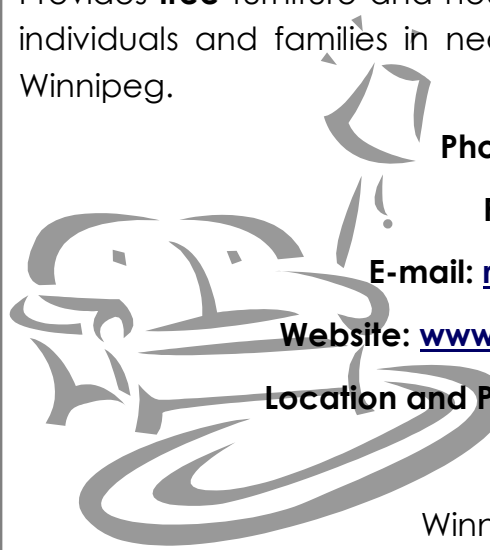
E-mail: redmond@mts.net

Website: www.handsofhope.ca

Location and Postal Information:

50 Barnes St.

Winnipeg, MB, R3T 4Z7





Community Supports & Services

BEHAVIOURAL HEALTH FOUNDATION INC.

ADDICTIONS AND Co-OCCURRING MENTAL HEALTH TREATMENT

The BEHAVIOURAL HEALTH FOUNDATION provides long-term residential addictions treatment programming for men, women, teens and family units experiencing a variety of addiction problems and co-occurring mental health concerns.

For more information contact:

Phone: **(204) 269-3430**

E-mail: info@bhf.ca

Website: www.bhf.ca/index.html

Location and postal information:

35 ave de la Digue

Box 250

St. Norbert, Manitoba R3V 1L6



CHILD AND FAMILY ALL NATIONS COORDINATED RESPONSE NETWORK (ANCR)

CHILD AND FAMILY ALL NATIONS COORDINATED RESPONSE NETWORK is generally the first point of contact with the Child and Family Services system. The Child and Family ANCR Network is accessible **round-the-clock** to handle emergency and non-emergency calls.

Phone: **204-944-4200**

Fax: **204-944-4250**

Location and postal information:

835 Portage Ave.

Winnipeg, Manitoba

R3G 0N6

Website: www.ancr.ca/index.php



The Addictions Foundation of Manitoba (AFM) is a Crown agency that contributes to the health and well being of Manitobans by addressing the harms associated with the use of alcohol, other drugs and gambling. AFM is responsible for providing intervention, rehabilitation, prevention, education and research to citizens of Manitoba. AFM provides treatment services to youth and adults for alcohol and other drugs and for gambling problems. **For more information contact the:**



Winnipeg Region Administration Office

1031 Portage Avenue

Winnipeg, MB, R3G 0R8

Phone: **204-944-6200**

Email: wpgreg@afm.mb.ca

Website: <http://www.afm.mb.ca/index.htm>

PLEASE SEE THE FOLLOWING PAGES **(74, 75, 76)** FOR AN OVERVIEW OF THE SERVICES PROVIDED FOR
ADULTS, YOUTH AND FAMILY.



Community Supports & Services

FAMILY SERVICES

AFM strives to meet the needs of family and friends of persons who are struggling with alcohol, drugs or gambling. Through education, counselling and therapy services, individuals, couples and families are offered opportunities to:

- ### **Improve the quality of their lives**
- ### **Explore the effects of addiction on themselves**
- ### **Make personal changes and healthy choices for their own lives**



Programs listed are available either by appointment or for scheduled sessions. For information contact:

Location and postal information:

Christie House

- 586 River Ave.

Winnipeg, MB, R3L 0E8

Phone: 204-944-6229

E-mail: family@afm.mb.ca

Family Information Sessions

- These groups are free, open to all and completely confidential.
- No pre-registration is required.
- There is no obligation to attend any further sessions.

A counsellor will talk about the addictive process and how family members react to addiction. Information will be provided about services for families. Questions are encouraged.

Family Recovery Program

In this therapy group, clients will have a safe place to explore and challenge beliefs and behaviours developed as a result of living with addiction

The Family Awareness Program

Provides the opportunity to begin to examine the nature of addiction and the impact it has had on both themselves and their families.

Pre-registration is required for the Family Awareness Program, and attendance at a Family Information Session is a pre-requisite.

AFM ALSO PROVIDES THE FOLLOWING SERVICES FOR FAMILIES:

- Confidential individual consultation sessions for individuals, couples, or families
- Individual, couple, and family counselling
- Marriage and family therapy (for those who have used AFM services)
- Specific services for partners and families of gamblers
- Intervention consultation
- ReParenting Program (Available in Brandon)



Community Supports & Services

AFM ADULT SERVICES

Adult services are provided to adults 18 years and older who are seeking assistance either due to their own or another's involvement with alcohol, drugs, and/or gambling. There are five program areas available as part of Adult Services:

1. **Residential Treatment**
2. **Continuing Care**
3. **Community Based Treatment Programs**
4. **Gambling Residential Treatment**
5. **Impaired Driver Program**



Residential Treatment

A short term (21 to 28 days) residential rehabilitation program for those dependently involved. Provides medical and psychology services with on-site physician and psychologists. The program offers gender specific content to address the differing needs of men and women.

‡ **Women's Residential Facility**

588 River Ave.

Winnipeg, MB, R3L 0E8

Phone: 204-944-6229

‡ **Men's Residential Facility**

1041 Portage Ave.

Winnipeg, MB

Phone: 204-944-6200

After completing the residential rehabilitation program, clients are encouraged to participate in the **CONTINUING CARE PROGRAM**, which gives them opportunities to access continued support in a healthy peer environment.

Community Based Treatment Programs

Are for individuals experiencing problems with alcohol, other drugs and/or gambling and have sufficient community resources and supports in place. Programs are offered during the day and evening and are open to both men and women or on a gender-specific basis.

For more information contact: 204-944-6200

Gambling Residential Treatment

AFM offers a 14-day residential program for both men and women. The program takes place at the Parkwood Treatment Centre in Brandon and is available for problem gamblers in the province.

For more information contact: 1-866-767-3838

Impaired Driving Program

The purpose of the program is to help individuals avoid future impaired driving offenses.

For more information contact: 204-944-6290



Community Supports & Services

YOUTH SERVICES

The goal of AFM Youth Services is to provide clients (youth ages 12 to 18) with the information, skills and opportunities to successfully address their concerns about alcohol, other drugs or gambling (AODG) involvement, and related problems. For more information contact:

Located and postal information:

200 Osborne St. N.
Winnipeg, MB, R3C 1V4

Phone: **204-944-6235**

E-mail: youth@afm.mb.ca



Community Based Treatment Programs

AFM youth programs are designed to help youth look at their alcohol, other drugs and gambling (AODG) involvement to see if it is negatively affecting their life.

Services include:

- ✿ Assessment and counselling for youth who may be experiencing difficulties with their own or another person's involvement with AODG
- ✿ Individual and group counselling
- ✿ Information and support for parents.

Residential Treatment

Compass Residential Youth Program is an eight-week program for adolescents 13 to 17 years old who are experiencing significant problems with their use of alcohol or other drugs.

The facility is located in Southport, four kilometers south of Portage la Prairie, Manitoba.

NOTE: AFM Youth Services also provides school-based services and education and prevention services.

Parents Intervention/Information Program (PIP)

PIP is designed for parents or caregivers who are concerned about their child's involvement with AODG. The guidelines offered to parents through this program will assist them in supporting their child, while helping to establish a more manageable living environment.

Strengthening Families

Provides family therapy to youth and their families involved in AFM programming. It is designed to support families experiencing challenges with family interactions related to alcohol, other drugs and gambling involvement.

Outreach Services

AFM has partnerships with the Department of Justice and the Department of Family Services to provide outreach services to clients meeting the program criteria.

The counsellors provide assessment, education, counselling and referral services for their clients.



Community Supports & Services



Healthy Together Now! (HTN!)

HTN! is an initiative intended to prevent chronic disease in Manitoba. Projects are community initiated, planned and led. Initiatives support and encourage *physical activity, healthy eating, mental wellness and smoke-free living*. Participating communities design programs to address the risk factors that affect their community.



River Heights / Fort Rouge
Healthy Together Now – Funding Guideline - 2012



Funds can be used to support **PHYSICAL ACTIVITY, HEALTHY EATING, MENTAL WELLNESS** and **SMOKE-FREE LIVING** initiatives in River Heights/For Rouge community area. The RH/FR HTN! funds can be used by the community to develop projects or enhance existing programs. HTN! funds supports activities that reduce barriers to participation. Grants of \$500 to \$3,000 will be awarded but can vary based on program activities and available funds.

GRANTING CRITERIA

- ☛ Non-profit community groups, child care facilities and schools are eligible.
- ☛ Partnerships between community groups and service providers are encouraged.

ADDITIONAL ELIIBILITY REQUIREMENTS

- ☛ Projects must benefit River Heights/Fort Rouge community members.
- ☛ Nutritious and safe food must be provided at all sessions (e.g. hotdogs, fast food will not be covered).
- ☛ When projects are delivered they should aim to support and incorporate healthy living principles and/or activities (physical activity, healthy eating, mental wellness and smoke-free living).
- ☛ Projects should aim to reduce barriers to community participation.

For more information about HTN! in River Heights / Fort Rouge contact Amanda Younka by:
Phone: 204-940-2196
E-mail: ayounka@wrha.mb.ca
 To learn more about Healthy Together Now, Healthy Together Now tools and resources - including a collection of Manitoba stories, visit:
Website: <http://healthy.healthincommon.ca/>

Prevention is our best option to fighting chronic disease!



Community Supports & Services

CONTACTING THE GOVERNMENT

CITY

Winnipeg's **311** inquiry service provides citizens the opportunity to ask questions about, or to request city services at their convenience. This service is available **24 hours a day, 365 days a year**. Inquiries from the public can be dealt with in both English and French.

Contact:

Phone: 311

E-mail: 311@winnipeg.ca

Website: <http://winnipeg.ca/interhom/contact/>



PROVINCE

The primary access point to the Government of Manitoba is through **MANITOBA GOVERNMENT INQUIRY**. They can assist you in identifying the program, service, or person that you need to speak to in the provincial government. MANITOBA GOVERNMENT INQUIRY is open Monday through Friday, 8:00 a.m. to 4:30 p.m. Central Standard Time.

Contact:

Toll free in Manitoba: 1-866-MANITOBA (1-866-626-4862)

E-mail: mgi@gov.mb.ca

Website: www.gov.mb.ca/contact.html

COUNTRY

This is your primary access point to the **GOVERNMENT OF CANADA**. This service operates a toll-free telephone referral service nation wide to help the public find answers to questions concerning a wide variety of federal government services. Their hours of operation are Monday through Friday, 8:00 a.m. to 8:00 p.m. Eastern Standard Time.

Contact:

Phone: 1-800-O-CANADA (1-800-622-6232)

E-mail: sitecanadasite@canada.gc.ca





Community Supports & Services

WINNIPEG REGIONAL HEALTH AUTHORITY (WRHA)

The WRHA is the governing body for healthcare regulation and is responsible for coordinating health services in designated regions. The City of Winnipeg's residents are served by the Winnipeg Health Region. The WRHA is composed of health care providers and management professionals who coordinate, manage, deliver, allocate funds to and evaluate health care and health promotion in Winnipeg.

For more information contact their main line at: **204-926-7000** OR

Contact your Community Health Office (SEE BELOW)

VISIT THE WINNIPEG HEALTH REGION'S WEBSITE AT:

WinnipegHealthRegion.ca
News and Information from the Winnipeg Regional Health Authority

AMANDA YOUNKA

COMMUNITY FACILITATOR:

WINNIPEG REGIONAL HEALTH AUTHORITY

Supports and enables the creation and promotion of community-based and community-directed initiatives.

Strengthens community action and creates supportive environments.

E-mail: ayounka@wrha.mb.ca

COMMUNITY NUTRITIONIST

WINNIPEG REGIONAL HEALTH AUTHORITY

Exercising proper nutrition is important in keeping a body healthy. WRHA Community Nutritionists are available to provide information about proper nutrition.

For more information on nutrition topics contact the community nutritionist for River Heights at: **204-938-5129**



WINNIPEG REGIONAL HEALTH AUTHORITY

RIVER HEIGHTS

HEALTH AND SOCIAL SERVICES OFFICE

Access a variety of services including:

- ◆ Homecare
- ◆ Public Health
- ◆ Mental health
- ◆ Families first Program
- ◆ Community Nutritionist
- ◆ Community Development

Phone: **204-938-5500**

Location and Postal Information:

Unit 6 - 677 Stafford St.

Winnipeg, MB, R3M 2X7

The logo for 'Healthy Together Now!' features the word 'healthy' in a large, lowercase, black sans-serif font. The letter 'o' is replaced by a green circle with a blue leaf-like shape above it. Below 'healthy' is the phrase 'TOGETHER NOW' in a smaller, blue, uppercase, sans-serif font.

healthy

TOGETHER NOW

Healthy Together Now! (HTN!)

HTN! is an initiative intended to prevent chronic disease in Manitoba. Projects are community initiated, planned and led. Initiatives support and encourage *physical activity, healthy eating, mental wellness* and *smoke-free living*. Participating communities design programs to address the risk factors that affect their community.

FOR MORE INFORMATION SEE PAGE 77