

## **Self-Help Organizations**

- MANITOBA SCHIZOPHRENIA SOCIETY 100-4 Fort Street · 204-786-1616
- MOOD DISORDERS ASSOCIATION OF MANITOBA 100-4 Fort Street · 204-786-0987
- ANXIETY DISORDERS ASSOCIATION OF MANITOBA 100-4 Fort Street · 204-925-0600
- OBSESSIVE COMPULSIVE DISORDER CENTRE MANITOBA, INC. 100 - 4 Fort Street · 204-942-3331 · EMOTIONS ANONYMOUS · 204-269-6248
- EATING DISORDERS SELF-HELP PROGRAM CMHA MANITOBA DIVISION 2633 Portage Avenue · 204-953-2358 Provides support, information, and resources to individuals and families impacted by an eating disorder while working to promote healthy body image, self-acceptance, and eating disorder awareness throughout Manitoba.
- INDEPENDENT LIVING RESOURCE CENTRE 311A-393 Portage Avenue · 204-947-0194 Information and referral, peer support, individual advocacy, development of independent living skills, resource/service development and a resource library for people with all types of disabilities.
- SENECA WARM LINE Available 7:00pm-11:00pm daily · 204-942-9276 Offers peer support, help with problem-solving and information about community resources to those who are struggling with mental health and life issues.
- INITIATIVES FOR JUST COMMUNITIES, MENTAL HEALTH AND DISABILITIES PROGRAM Mennonite Central Committee · 204-925-1921 Program raises awareness of the issues of mental illness within congregations by networking with other mental health and community agencies and by providing resources such as speakers, videos, workshops and written materials. · [www.initiativesjc.org](http://www.initiativesjc.org)
- DUAL RECOVERY ANONYMOUS · 204-772-1037 For individuals affected by both chemical dependency and an emotional or psychiatric illness.
- THE COMPASSIONATE FRIENDS 685 William Avenue · 204-787-4896 Resource library, support meetings, drop-in, newsletter, workshops, and telephone friends for bereaved parents.
- RAINBOW RESOURCE CENTRE · 204-474-0212 This centre is a not-for-profit community organization that provides support, education, programming and resources to the gay, lesbian, bisexual, transgender and two-spirit communities of Manitoba and North Western Ontario.  
[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)
- OVEREATERS ANONYMOUS · 204-334-9008 · [www.oa.org](http://www.oa.org)
- S.P.E.A.K. SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE · 242-870 Portage Avenue · 204-784-4064

## **Crisis Services**

### **What is a Crisis?**

- A time of difficulty or change.
- A disruption or breakdown in your daily living pattern.
- A temporary inability to cope by your usual ways of problem solving.
- A feeling of being out of control.

What can you do if this is happening to you or to someone you know? Contact any of the Following  
These services require the consent of the person experiencing the crisis.

WINNIPEG REGIONAL HEALTH AUTHORITY (WRHA), MOBILE CRISIS SERVICE · 204-940-1781 Is a multi-disciplinary team specializing in crisis intervention, mental health assessment, and short term follow-up for adults experiencing a mental health crisis. Offers 24 hour crisis intervention and home visits. Individuals, family members, and service providers can call for assistance.

CRISIS STABILIZATION UNIT (WRHA) 755 Portage Avenue · 204-940-3633 Provides short term intervention for adults experiencing mental health and/or psychosocial crisis.

YOUTH EMERGENCY CRISIS STABILIZATION SYSTEM 204-949-4777 or 1-888-383-2776

OSBORNE HOUSE INC. · 204-942-3052 24 hour crisis line. Provides a safe and supportive environment for women and their children who are being abused by an intimate partner.

MAIN STREET PROJECT 75 Martha Street · 204-982-8245 Provides 24 hour crisis services including shelter, detox, housing, and counselling.

WINNIPEG EMERGENCY SERVICES OPERATOR 911 Will connect your call to the appropriate Emergency Department who will then take details of your crisis situation.

KLINIC 786-8686 or 1-888-322-3019 24 hour crisis line offers counselling service and crisis/suicide intervention.

MANITOBA SUICIDE LINE 1-877-435-7170 Hospital Emergency HEALTH SCIENCES CENTRE  
Adults: 204-787-3167 Children: 204-787-2306

GRACE GENERAL HOSPITAL · 204-837-0157

ST. BONIFACE GENERAL HOSPITAL · 204-237-2260

SEVEN OAKS GENERAL HOSPITAL · 204-632-3232

VICTORIA GENERAL HOSPITAL · 204-477-3148

CONCORDIA HOSPITAL · 204-661-7194

MISERICORDIA HEALTH CENTRE Urgent Care · 204-788-8188 Several hospitals have psychiatric nurses on duty in emergency for part of the day/evening. Inquire about specific schedules.

## Counselling

- Ask your doctor for a referral to a qualified counsellor (a referral may be required by the counsellor or by your insurance plan to receive coverage).
  - See the Yellow Pages under Counsellors.
  - Your employer may have an Employee Assistance Program (E.A.P.) that provides free confidential counselling or referral to counselling.
  - Check if your private medical insurance plan covers professional counselling.
  - Contact these professional organizations: MANITOBA PSYCHOLOGICAL SOCIETY · [www.mps.ca](http://www.mps.ca) · 204-488-7398 MANITOBA INSTITUTE OF REGISTERED SOCIAL WORKERS · 204-888-9477 · [www.mirsw.mb.ca](http://www.mirsw.mb.ca)
- KLINIC COMMUNITY DROP-IN COUNSELLING SERVICE Various locations · 204-784-4067  
Drop-in counselling is available at two locations in Winnipeg. Call for locations and times or visit [www.klinic.mb.ca](http://www.klinic.mb.ca) and go to “counselling services.” These social service agencies provide low cost or no cost professional counselling:
- AULNEAU RENEWAL CENTRE 228 Hamel Avenue · 204-987-7090 • AURORA FAMILY THERAPY CENTRE University of Winnipeg · 204-786-9251
  - CENTRE DE SANTÉ SAINT BONIFACE · 204-235-3910 |D-1048, 409 Taché Avenue • CENTRE RENAISSANCE CENTRE 844 Autumnwood Drive · 204-256-6750
  - CORNERSTONE COUNSELLING SERVICE 302-1200 Portage Avenue · 204-663-0050
  - EVOLVE (KLINIC COMMUNITY HEALTH CENTRE) 870 Portage Avenue · 204-784-4208 (Specializes in domestic abuse issues)
  - EYAA-KEEN HEALING CENTRE 547 Notre Dame Avenue · 204-783-2976 or 1-877-423-4648  
Aboriginal Traditional based therapeutic trauma treatment and psychological rehabilitation · [www.eyaa-keen.org](http://www.eyaa-keen.org)
  - FORT GARRY WOMEN’S RESOURCE CENTRE 1150-A Waverley Street · 204-477-1123 • HOPE CENTRE HEALTH CARE 240 Powers Street · 204-589-8354
  - IMMIGRANT WOMEN’S COUNSELLING SERVICES, NOR’ WEST CO-OP 200-323 Portage Avenue · 204-940-2172
  - JEWISH CHILD & FAMILY SERVICE C200-123 Doncaster Street · 204-477-7430
  - KLINIC COMMUNITY HEALTH CENTRE 870 Portage Avenue · 204-784-4090 TRAUMA COUNSELLING INTAKE · 204-784-4059 24 HOUR CRISIS LINE · 204-786-8686
  - MA MAWI WI CHI ITATA CENTRE 94 McGregor Street · 204-925-0300
  - MEN’S RESOURCE CENTRE 200-321 McDermot Avenue · 204-415-6797 or 1-855-672-6727
  - MOUNT CARMEL CLINIC - Multicultural Wellness Program 886 Main Street · 204-589-9475

- NEW DIRECTIONS PARENTING CENTRE 301-321 McDermot Avenue · 204-956-6560
- NOR' WEST CO-OP COMMUNITY HEALTH CENTRE 103-61 Tyndall Avenue · 204-940-2020 • NORTH END WOMEN'S CENTRE 394 Selkirk Avenue · 204-589-7347
- PREGNANCY & FAMILY SUPPORT SERVICES INC. 555 Spence Street · 204-772-9091
- PLURI-ELLES 570 rue des Meurons · 204-233-1735 (services francophone families)
- PSYCHOLOGICAL SERVICE CENTRE University of Manitoba · 204-474-9222
- RAINBOW RESOURCE CENTRE 170 Scott Street · 204-452-7508 Issues related to sexual orientation and gender identity • RECOVERY OF HOPE 300-309 Hargrave Street · 204-477-4673 or 1-866-493-6202
- THE FAMILY CENTRE OF WINNIPEG 4th Floor, Portage Place · 204-947-1401
- THE LAUREL CENTRE 104 Roslyn Road · 204-783-5460
- WOMEN'S HEALTH CLINIC 3rd Floor, 419 Graham Avenue · 204-947-1517
- YOUVILLE CENTRE 33 Marion Street · 204-233-0262 6-845 Dakota Street · 204-255-4840

## **Help for Families**

The following offer specialized services for families dealing with mental illness:

- ST. BONIFACE HOSPITAL FAMILY THERAPY A referral is required · 204-237-2606 Family Therapy is also provided by:
- AURORA FAMILY THERAPY CENTRE · 204-786-9251
- THE FAMILY CENTRE OF WINNIPEG · 204-947-1401
- NEW DIRECTIONS FOR CHILDREN, YOUTH AND FAMILIES · 204-786-7051 ext 5262 Family Therapy for families with children under 18 years of age.
- THE COUPLES COUNSELLING PROJECT University of Manitoba · 204-790-7221
- CENTRE RENAISSANCE CENTRE · 204-256-6750
- AULNEAU RENEWAL CENTRE · 204-987-7090
- NEW DIRECTIONS PARENTING CENTRE · 204-956-6560 301-321 McDermot Avenue - A service to support families with small children, birth to 12 years of age Also see Counselling or Therapy list on page 3

## **Education and Support Groups**

**MENTAL HEALTH EDUCATION FOR FAMILIES** Are you coping with a mental illness of a family member? Do you struggle with how to support your loved one? Do you want to know how to support yourself, as a family member? CMHA Winnipeg Region is now offering an eight week course for families and friends. Call 204-982-6100 or visit [www.cmhawpg.mb.ca](http://www.cmhawpg.mb.ca)

**"NAME THAT FEELING SUPPORT GROUP"** is for children who have a family member with a mental illness (this includes any mental illness). This is a 7 week support group that offers young people 7 years old and up the opportunity to discuss their needs and feelings around living with a family member with a mental illness. Individual appointments on request. Contact the Manitoba Schizophrenia Society at 204-786-1616

**MANITOBA SCHIZOPHRENIA SOCIETY FAMILY SUPPORT GROUP** - Peer led. Fourth Tuesday of every month from 7 p.m. – 9 p.m. Contact the Manitoba Schizophrenia Society at 204-786-1616

**STRENGTHENING FAMILIES TOGETHER** - An eight session education program for family members and friends of individuals living with psychosis. Contact the Manitoba Schizophrenia Society at 204-786-1616

**EIGHT STAGES OF HEALING** - A ten week program for families and friends of someone with a mental illness and/or a co-occurring disorder. Contact the Manitoba Schizophrenia Society at 204-786-1616

**FAMILY AND FRIENDS** is a support group sponsored by the Mood Disorders Association of Manitoba. It meets weekly on Wednesday evenings 7:00pm - 9:00pm at 100 - 4 Fort Street. 204-786-0987

**S.T.E.P. (Schizophrenia Treatment & Education Program)** This program offers an educational workshop for family members that covers a variety of topics related to understanding and supporting a family member living with schizophrenia. Workshop is offered twice a year. Contact: 204-787-5005

**MANITOBA FIRST-EPISODE PSYCHOSIS FAMILY SUPPORT GROUP** Families with young people who have experienced first-episode psychosis meet monthly to share, learn, support each other and lobby. Contact Christine: 204-475-8381

**CONTINUITY CARE INC.** Assists and supports families to ensure a safer and more secure future for their family member with a disability. Contact 204-779-1679 [www.continuitycare.ca](http://www.continuitycare.ca)

**S.P.E.A.K. SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE** - A family-based education and support group. 204-784-4064 [www.klinic.mb.ca/speak.htm](http://www.klinic.mb.ca/speak.htm)

# Housing

## Mental Health Housing Programs and Services in Winnipeg

CANADIAN MENTAL HEALTH ASSOCIATION, WINNIPEG REGION - REHABILITATION & RECOVERY SERVICE · 204-982-6100 930 Portage Avenue, Winnipeg MB R3G 0P8

FRIENDS HOUSING INC. · 204-953-1160 100-890 Sturgeon Road, Winnipeg MB Provides affordable supportive housing for people with a history of psychiatric illness as well as housing for young, low-income families.

WRHA - RESIDENTIAL CARE FACILITIES For inquiries, please call · 204-940-2336 Care provided, on a voluntary basis, in licensed and approved group homes for adults with a psychiatric diagnosis who have not been able to manage independently. Access to these facilities is through Community Mental Health Services. Offers 24 hour supervision.

SARA RIEL INC. · 204-237-9263 · [www.sararielinc.com](http://www.sararielinc.com) 66 Moore Avenue, Winnipeg MB Safe, stable and affordable housing with the goal of living independently and autonomously.

SALVATION ARMY - THE HAVEN · 204-946-9404 Mental Health Services · 3rd Floor, 72 Martha Street, Winnipeg MB A residential licensed facility that provides supervised residential living for men ages 18-60 experiencing mental illness.

## Emergency Shelter

MAIN STREET PROJECT · 204-982-8245 75 Martha Street · Open 24 hours Emergency shelter offers emergency, overnight shelter and short-term hostel accommodations for men and women.

SILOAM MISSION - HANNAH'S PLACE EMERGENCY SHELTER · 204-943-1748 300 Princess Street. Intake daily at 9:00 pm OSBORNE HOUSE · 204-942-3052 Offers short-term emergency shelter for women and children in abusive relationships.

IKWE-WIDDJITIWIN · 204-987-2780 or 1-800-362-3344 Offers shelter, support and counselling to women who are suffering from emotional, physical or sexual abuse from their intimate partner.

THE SALVATION ARMY - Booth Centre · 204-946-9402 180 Henry Avenue Provides short term accommodations for men and women.

THE SALVATION ARMY - SonRise Village · 204-946-9471 A family shelter.

EMERGENCY SHELTER FOR MEN - During business hours call 204-415-6797 ext. 200. After business hours call: The Provincial Domestic Abuse Line at: 1-877-977-0777 or Osborne House at 204-942-3052 Emergency Shelter for Men and their children is accessible through the Men's Resource Centre for men who are fleeing intimate partner domestic violence and/or abuse.

## **Income Assistance**

Employment and Income Assistance in Winnipeg Based on the needs assessment, this service provides financial assistance so that single parent families, persons with disabilities, individuals and families who are unemployed, are able to provide for their basic needs. Training and employment supports are provided to assist participants in achieving financial independence through employment. Family Services and Consumer Affairs has decentralized services for income assistance clients with the exception of adult clients without children. Services for persons with disabilities, and adult clients with children are provided in Community Area offices throughout the city of Winnipeg. Each of the Community Area offices provides a full range of income assistance services at their location, ranging from intake to case management.

The offices are located as follows:

RIVER EAST / TRANSCONA Access River East · 204-938-5100  
975 Henderson Highway Access Transcona · 204-938-5555 845 Regent Avenue West

ST. JAMES ASSINIBOIA / ASSINIBOINE SOUTH  
2-2015 Portage Avenue · 204-940-2040 3401 Roblin Boulevard · 204-940-1950

RIVER HEIGHTS / FORT GARRY Unit 6, 677 Stafford Street · 204-938-5500

ST. BONIFACE / ST. VITAL Suite 100 - 614 rue Des Meurons · 204-945-8040 · 204-945-2270  
(French Services) 128A Market Avenue · 204-948-4196

DOWNTOWN EAST / WEST / MAIN STREET Access Downtown · 204-940-8441 2nd floor, 640  
Main Street Downtown West · 204-940-8600 755 Portage Avenue 896 Main Street · 204-948-4306

POINT DOUGLAS 2A - 111 Rorie Street · 204-948-4001

SEVEN OAKS / INKSTER Unit 3 - 1050 Leila Avenue · 204-938-5600 128B Market Avenue · 204-948-4056

Services for non-disabled clients without children are provided at: EIA CENTRALIZED SERVICES 1-111 Rorie Street · 204-948-4000 After Hours Emergencies · 204-945-0183  
[www.gov.mb.ca/fs/assistance/eia.html](http://www.gov.mb.ca/fs/assistance/eia.html)

## **Employment**

CLUBHOUSE OF WINNIPEG INC. · 204-783-9400 172 Sherbrook Street, Winnipeg, R3C 2B6

• CANADIAN MENTAL HEALTH ASSOCIATION, WINNIPEG REGION, REHABILITATION & RECOVERY SERVICE 204-982-6100 · [www.cmhawpg.mb.ca/recovery.htm](http://www.cmhawpg.mb.ca/recovery.htm) 930 Portage Avenue, Winnipeg, R3G 0P8

• SAIR TRAINING AND EMPLOYMENT PLACEMENT SERVICES (STEPS) · 204-474-2303 [www.steps2work.ca](http://www.steps2work.ca) 201 Scott Street, Winnipeg, R3C 2Z9

• SARA RIEL INC. EMPLOYMENT SERVICES/WORK PLACEMENT FORCE · 204-237-9263 [www.sararielinc.com](http://www.sararielinc.com) · 66 Moore Avenue, Winnipeg

• S.S.C.O.P.E. INC. · 204-987-6300 · [www.sscope.org](http://www.sscope.org) 1466 Arlington Street, Winnipeg, R2X 1T8

• MANITOBA FAMILY SERVICES LABOUR marketAbilities PROGRAM · 204-945-1335 [www.gov.mb.ca/fs/pwd/voc\\_rehab.html](http://www.gov.mb.ca/fs/pwd/voc_rehab.html)

• OFE/STAGES OF CHANGE FOR PERSONS WITH A DISABILITY 300 - 294 Portage Avenue, R3C 0B9 Free service. For more information call 204-794-1060 · [www.ofe.ca](http://www.ofe.ca)



## Food Assistance

- Siloam Mission - 5641/2 Main Street, Ph. 956-4344  
Offer a breakfast and a hot lunch Monday - Friday 9:30-4 and Saturday 11-1 p.m

- Union Gospel Mission – 320 Princess St. Ph. 943-9904  
Offer: full hot dinner following the chapel service, daily chapel services at 11:30 and 7:30 p.m., a resident men's recovery program, a soup supper, clothing distribution for men on Monday, Wednesday, and Friday 1-4 p.m. and a Food Bank

- Winnipeg Harvest - How to get emergency food: Call the Food Assistance Line at 982-3660.  
Need to register with them and they will refer to the food bank closest to the clients area. Hours of operation: Monday –Friday 9:15-3:30 p.m.

- Agape Table

- Subsidized \$1 Breakfast Monday – Friday: 8AM – 10:30AM

- Free Emergency Meal Monday – Friday: 8AM – 10:30AM

- Emergency Food Bank Tuesdays: Noon – 2PM

- Onsite, Low-Cost Grocery Tuesdays, Wednesdays, and Thursdays: Noon – 2PM

