



## Counselling & Resources Available During COVID-19

### Helplines

#### Provincial Support & Distress Lines

First Nations and Inuit Hope for Wellness Helpline-----1-855-242-3310  
[Health Links-Info Santé](#)-----1-888-315-9257 or 204-788-8200

Kids Help Phone (national line available to Manitoba youth)-----1-800-668-6868  
Klinic Crisis Line (24/7)-----1-888-322-3019 or 204-786-8686  
Manitoba Suicide Prevention & Support Line (24/7)-----1-877-435-7170  
Manitoba Farm, Rural & Northern Support Services-----1-866-367-3276

#### People with Disabilities

TTY deaf access counselling -----204-784-4097

#### Mental Health & Addictions

Manitoba Addictions Helpline-----1-855-662-6605  
Gambling Helpline-----1-800-463-1554

#### Abuse & Assault

Domestic Violence Hotline Manitoba-----1-877-977-0007 or TTY 1-888-987-2829  
Human Trafficking Hotline-----1-844-333-2211  
Seniors Abuse Support Line-----1-888-896-7183

#### Region-Specific Crisis Lines in Winnipeg & Churchill

Crisis Stabilization Unit-----204-940-3633 (press 2)  
Adult Mobile Crisis Service-----204-940-1781  
Seneca House Hotline (7PM-11PM)-----204-942-9276  
Youth Mobile Crisis Team-----1-888-383-2776 or 204-949-4777

#### Interlake-Eastern Regional Health Authority

24-hour Crisis Line-----1-866-427-8628 or 204-482-5419  
Mobile Crisis Services-----1-877-499-8770 or 204-482-5376  
Crisis Stabilization Unit-----1-888-482-5361 or 204-482-5361

#### Northern Health Region

Thomson Youth (17 and under) Mobile Crisis Team-----1-866-242-1571 or 204-778-1472  
Hope North Crisis Response-----204-778-9977



## Mental Health/Counselling Supports

<p><b><u>Access NorWest Co-Op Community Health</u></b> Need to talk? Schedule a phone counselling session:</p> <ul style="list-style-type: none"> <li>• <b>Mon-Wed, 9 am – 5 pm</b> Call Caprice at (204) 479-2426</li> <li>• <b>Wed-Fri 9 am – 5 pm</b> Call Danae at (204) 918-6186</li> </ul>	<p><b><u>Klinic Community Health Centre</u></b> Offering counselling appointments by phone. For domestic abuse, trauma, sexual assault or suicide bereavement counselling: (204) 784-4059 For drop-in phone counselling: (204) 784-4090</p>
<p><b><u>Aurora Family Therapy Centre</u></b> Accepting new clients for phone &amp; video therapy. No wait times for couple &amp; family therapy Phone (204) 786-9251</p>	<p><b><u>Mental Health Crisis Response Centre (CRC)</u></b> For people experiencing an immediate need for mental health services, the CRC is open 24/7 at 817 Bannatyne Avenue in Winnipeg, MB (204-788-8330) They can also come to you via the Mobile Crisis Service: (204) 940-1781</p>
<p><b><u>Centre Renaissance Centre Inc.</u></b> For counselling and support services, please contact Daniel at (204) 256-6750</p>	<p><b><u>Mood Disorders Association of Manitoba</u></b> Offering a COVID-19 support line for people experiencing anxiety due to the outbreak, available 9 am – 9 pm at (204) 925-0040</p>
<p><b><u>Elmwood Community Resource Centre</u></b> Counselling services available over the phone, online, and via email support. Call (204) 982-1720 or email <a href="mailto:counselling@elmwoodcrc.ca">counselling@elmwoodcrc.ca</a> Counselling warm-line open Mon-Fri (10 am – 6pm) – call (431) 275-2287</p>	<p><b><u>Mount Carmel Clinic</u></b> Offering over-the-phone counselling services for North End residents. Call (204) 589-9477</p>
<p><b><u>Family Dynamics</u></b> Will continue to provide adapted services in all of their programming. Call (204) 947-1401</p>	<p><b><u>Pluri-elles (Manitoba) Inc.</u></b> Phone : 204-233-1735 Poste 201 <a href="http://www.pluri-elles.mb.ca/index.html">http://www.pluri-elles.mb.ca/index.html</a></p>
<p><b><u>Fort Garry Women’s Resource Centre</u></b> Supports will be provided via phone &amp; email. Counselling intake: (204) 477-1123 <a href="http://fgwrc.ca/our-programs/counselling/">http://fgwrc.ca/our-programs/counselling/</a></p>	<p><b><u>Recovery of Hope Counselling Services</u></b> Offering a 24-hour helpline: 1-888-617-7715 For new clients, or to inquire about services at any of their 6 locations, call 1-866-493-6202 <a href="https://edenhealthcare.ca/roh/services-programs/">https://edenhealthcare.ca/roh/services-programs/</a></p>
<p><b><u>Jewish Child and Family Services</u></b> Services will continue virtually. Please call (204) 477-7430</p>	<p><b><u>The Men’s Resource Centre of Manitoba</u></b> Counselling &amp; supports available via email, phone, or videoconferencing Phone (204) 415-6797 <a href="http://www.mens-resourcecentre.ca/programming.html">http://www.mens-resourcecentre.ca/programming.html</a></p>
<p><b><u>Jonah Counselling &amp; Consulting</u></b> 462 Selkirk Avenue (204) 998-0843 <a href="https://www.jonahconsulting.ca">https://www.jonahconsulting.ca</a></p>	

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## Supports for Indigenous Peoples

<p><b><u>Abinotci Mino Ayawin</u></b> Traditional healing, advocacy, child wellness Phone: (204) 952-7504 <a href="http://ahwc.ca/abinotci">http://ahwc.ca/abinotci</a></p>	<p><b><u>Eagle Urban Transition Centre</u></b> Assistance for Indigenous people who have relocated to Winnipeg 200 – 275 Portage Avenue Phone: (204) 954-3050 <a href="https://eagleutc.com/">https://eagleutc.com/</a></p>
<p><b><u>Andrews Street Family Centre Inc.</u></b> Drop-in centre; services for youth 6-17 220 Andrews Street Phone: (204) 589-1721</p>	<p><b><u>Indigenous Family Centre</u></b> Drop-in centre for social &amp; emotional supports 470 Selkirk Avenue Phone: (204) 586-8393 <a href="https://www.ifcentre.com">https://www.ifcentre.com</a></p>
<p><b><u>Ka Ni Kanichihk Inc.</u></b> Indigenous-led services and programs 455 McDermot Avenue Phone: (204) 953-5820 <a href="https://www.kanikanichihk.ca">https://www.kanikanichihk.ca</a></p>	<p><b><u>Kivalliq Inuit Centre</u></b> Offers patient care, discharge planning, travel and interpreter services to people registered with Nunavut Health 310 Burnell Street Phone: (204) 989-1020</p>
<p><b><u>Ma Mawi Wi Chi Itata Centre Inc.</u></b> Sweat lodge ceremonies, counselling programs 445 King Street Phone: (204) 925-0300</p>	

## Supports for Newcomers

<p><b><u>Accueil Francophone</u></b> Please note that all facilities are no longer accessible to the public until further notice. Please contact them by phone or email. Contactez-nous: 204-975-4250 Envoyez-nous un courriel: <a href="mailto:accueil@sfm.mb.ca">accueil@sfm.mb.ca</a></p>	<p><b><u>Jewish Child and Family Services</u></b> Counselling and mental health supports Address: 123 Doncaster Street Phone: 204-477-7430 Email: <a href="mailto:jcfs@jcfswinnipeg.org">jcfs@jcfswinnipeg.org</a></p>
<p><b><u>Aurora Family Therapy Centre</u></b> Address: 5th Floor, 491 Portage Ave. Phone: 204-786-9163 Email: <a href="mailto:aurora@winnipeg.ca">aurora@winnipeg.ca</a></p>	<p><b><u>Language Access Interpreter Services</u></b> The Language Access Interpreter Services (Winnipeg Regional Health Authority) offers free interpreter services available in many languages (in-person and over-the-phone). Contact/Address Information: *Access available ONLY through your doctor. Ask your doctor or the receptionist to phone 204-788-8585</p>

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<p><b><u>Family Dynamics</u></b> Address: 401 – 393 Portage Avenue Phone: 204-947-1401 Email: info@familydynamics.ca</p>	<p><b><u>Mount Carmel Clinic – Multicultural Wellness Program</u></b> Address: 886 Main Street Phone: 204-589-9447 or 204-589-9426</p>
<p><b><u>Immigrant Women’s Counselling Services</u></b> Address: 200 – 323 Portage Ave. Phone: 204-940-6624 Email: <a href="mailto:iwcs@mts.net">iwcs@mts.net</a></p>	

## LGBT2SQ\* Resources

### Rainbow Resource Centre

Address: 170 Scott St.  
Phone: 204-474-0212

### Sexuality Education Resource Centre MB

Address: 200-226 Osborn St. North  
Phone: 204-982-7800

## Supports for Older Adults

### Geriatric Mental Health Team

(Assessment and short-term interventions for people over the age of 65)  
Phone: 204-982-0140

### A & O Support Services for Older Adults

Address: 200-280 Smith St  
Phone: 204-956-6440

## Supports for Youth

### Mental Health Services for Youth

(Services for parents/caregivers seeking support for children/youth)  
Phone: 204-958-9660

## Supports for Women

<p><b><u>A Woman’s Place</u></b> Address: 200-323 Portage Ave. Phone: 204-940-6624</p>	<p><b><u>West Central Women’s Resource Centre</u></b> Address: 640 Ellice Ave. Phone: 204-774-8975</p>
<p><b><u>Fort Garry Women’s Resource Centre</u></b> Address: 1150 Waverly St. Phone: 204-477-1123</p>	<p><b><u>Indigenous Women’s Healing Centre</u></b> Address: 105 Aikins St. Phone: 204-989-8240</p>



<p><b><u>North End Women’s Centre Inc.</u></b> Address: 394 Selkirk Ave Phone: 204-589-7347</p>	<p><b><u>Elizabeth Fry Society of Manitoba Inc.</u></b> Address: 544 Selkirk Ave Phone: 204-589-7335</p>
<p><b><u>North Point Douglas Women’s Centre</u></b> Address: 221 Austin St. North Phone: 204-947-0321</p>	<p><b><u>Women’s Health Clinic</u></b> Address: Unit A – 419 Graham Avenue Phone: 204-947-1517</p>

## Emergency Shelters and Short-term Housing for Youth

<p><b><u>MacDonald Youth Services</u></b> (Age: 12-17) Address 175 Mayfair Ave. Phone: 204-477-1722</p>	<p><b><u>Resource Assistance for Youth</u></b> (Age: up to 29) Address: 125 Sherbrook St. Phone: 204-783-5617</p>
<p><b><u>Ndinawemaaganag Endaawaad</u></b> (Age: 11-17) Address: 372-370 Flora Ave. Phone: 204-586-2588 (safe house)</p>	<p><b><u>Rossbrook House</u></b> (Age: 6-24) Address: 658 Ross Ave Phone: 204-949-4090</p>
<p><b><u>Ndinawe/Tina’s Safe Haven</u></b> (Safe house 11-17) Address: 472 Selkirk Ave Phone: 204-417-7233</p>	

## Emergency Housing

<p><b><u>Indigenous Women’s Healing Centre</u></b> (Indigenous women and their children) Address: 105 Aikins Street Phone: 204-989-8240</p>	<p><b><u>Siloam Mission</u></b> Address: 300 Princess Street Phone: 204-956-4344</p>
<p><b><u>Main Street Project</u></b> Address: 75 Martha St. Phone: 204-982-8229</p>	<p><b><u>West Central Women’s Resource Centre</u></b> (Women’s Home Program) Address: 640 Ellice Ave. Phone: 204-774-8975 ext.208</p>
<p><b><u>New Journey Housing</u></b> Housing resource centre for newcomers, provides:</p> <ul style="list-style-type: none"> <li>• Housing-related information, advice, support, and workshops</li> <li>• Home ownership counselling and information about budgeting</li> </ul>	



Address: 200-305 Broadway  
 Phone: 204-942-2238  
 Email: info@newjourneyhousing.com  
 Website: [www.newjourneyhousing.com](http://www.newjourneyhousing.com)  
 \*NOTE: This service does not provide help to find housing

## Emergency Food

<p><b><u>Agape Table</u></b>          Address: 364 Furby St.          Phone: 204-783-6369</p>	<p><b><u>Thrive Resource Centre</u></b>          (Food bank/ baby supplies)          Address: 555 Spence St          Phone: 204-775-9934</p>
<p><b><u>Main Street Project</u></b>          Address: 75 Martha St.          Phone: 204-982-8229</p>	<p><b><u>Winnipeg Harvest</u></b>          (Food hamper: Mon-Sat. 9:45am-2:45pm)          Address: 1085 Winnipeg Ave.          Phone: 204-982-3660</p>
<p><b><u>Siloam Mission</u></b>          (Meals 3 times per day-during COVID bagged meals)          Address: 300 Princess          Phone: 204-956-4344</p>	

**\*\* For additional resources please follow the link below:**

<https://www.sjasd.ca/school/strathmillan/Documents/Community%20Resource%20List.pdf>