

Environmental Scan



Examining the Nature & Context of Intimate Partner Violence in 2SLGBTQ+ Communities

Acknowledgements

The Rainbow Resource Centre and RESOLVE would like to acknowledge the generous financial support from the Prairie-action Foundation for this study. We thank Dr. Renée Hoffart (research associate) and Karen Power and Lauren Bresch (research assistants) for their work on the environmental scan. Thank you to all research team members who reviewed the document and provided valuable information and feedback. Thanks are also extended to Patricia Karascony for the design of the final environmental scan report.

Research Team Members

Manitoba

- Dr. Kendra Nixon, Principal Investigator, RESOLVE Network Director, Faculty of Social Work, University of Manitoba
- Dr. Janice Ristock, Co-Investigator, Women and Gender Studies Program, University of Manitoba
- Dr. Tracey Peter, Co-Investigator, Vice-Provost (Academic Affairs), Department of Sociology and Criminology, University of Manitoba
- Dr. Renée Hoffart, Research Associate, RESOLVE Manitoba, University of Manitoba
- Noreen Mian, Grant Applicant & Community Partner, Executive Director, Rainbow Resource Centre
- Lauren Bresch, Research Assistant, RESOLVE Manitoba, University of Manitoba
- Ashley Haller, Research Assistant, RESOLVE Manitoba, University of Manitoba
- Kathleen McDonald, Research Assistant, RESOLVE Manitoba, University of Manitoba
- Prairie Skye Young-Brown, Research Assistant, RESOLVE Manitoba, University of Manitoba

Saskatchewan

- Dr. Karen Wood, Co-Investigator, Interim Director, RESOLVE Saskatchewan, University of Saskatchewan
- Krystal Nieckar, Community Partner, Executive Director, OUTSaskatoon
- Iris Akbar, Community Partner, Counsellor, OUTSaskatoon
- Jess Fisher, Community Partner, Gender Based Violence Project Coordinator, OUTSaskatoon
- Shaylyn White, Research Assistant, RESOLVE Saskatchewan, University of Saskatchewan

Alberta

- Dr. Nicole Letourneau, Co-Investigator, Director, RESOLVE Alberta, Faculty of Nursing & Cummings School of Medicine, University of Calgary
- Carrie McManus, Director of Innovation and Programs, Sagesse Domestic Violence Prevention Society
- Jason Novick, Project Director, RESOLVE Alberta, University of Calgary
- Sue Marshall, Research Assistant, RESOLVE Alberta, University of Calgary
- Carrie Pohl, Research Assistant, RESOLVE Alberta, University of Calgary
- Olivia Giacabbo, Research Assistant, RESOLVE Alberta, University of Calgary

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Executive Summary

This environmental scan reports on the agencies, programs, and services available to 2SLGBTQ+ individuals in Manitoba, Saskatchewan, and Alberta who have experienced intimate partner violence (IPV). The scan includes a listing of organizations and a brief description of the services they provide for each province. The scope of the scan includes telephone support lines, criminal justice services, shelter and housing, counselling and support services, and services related to parenting and children affected by IPV. Agencies and programs are listed under these categories.

In addition to telephone support lines, and criminal justice services offered in different regions in each province, a total of 242 agencies and/or programs are included in the scan. In Manitoba, a total of 92 agencies/programs are included. These include 27 emergency shelters and second stage transitional housing supports, six homeless shelters, 32 counselling services, community supports and/or outreach programs, as well as five programs that provide parenting and child supports. There are also five youth-specific programs included, as well as 17 2SLGBTQ+ specific services and supports listed. In Saskatchewan, a total of 55 services are available. These include 18 emergency shelters or transitional housing supports, five homeless shelters, 17 counselling, community and/or outreach services, and three programs that offer parenting and child supports. There are three youth-specific programs/supports listed, and eight services and supports specific to 2SLGBTQ+ individuals. In Alberta, there are a total of 95 agencies and/or services offered, including: 42 emergency shelters or transitional housing supports, six homeless shelters, 22 counselling, community and/or outreach services, and nine programs that offer supports for parents and children. There are two youth-specific services noted, and 14 2SLGBTQ+ specific supports included.

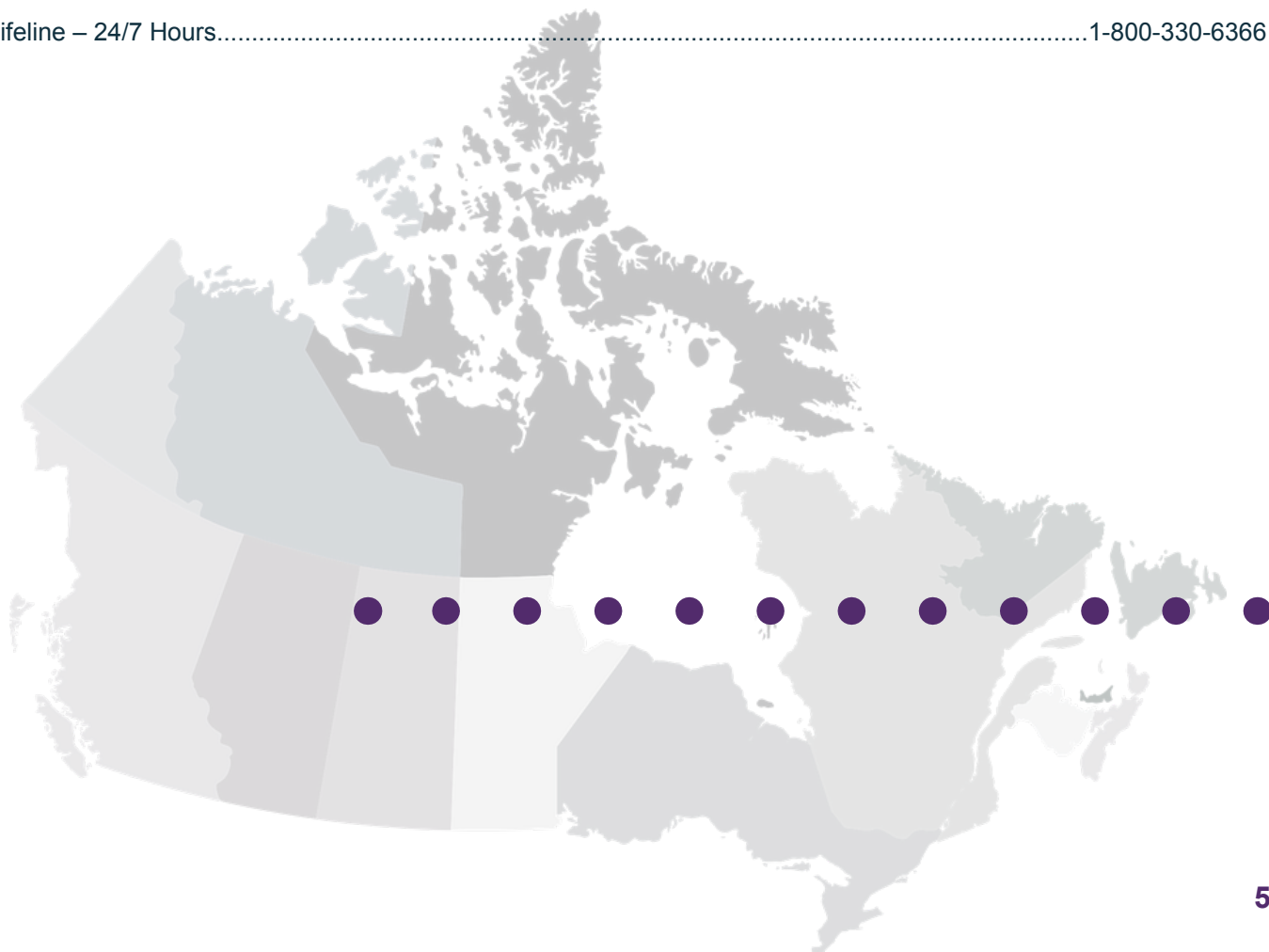
Note:

It is important to note that with the COVID-19 pandemic, some in-person services and programs are temporarily suspended or closed. For further information on how certain services and supports are affected, please contact the agency directly.

Another important note is that this environmental scan reports only on what an organization has indicated in their policies regarding services for 2SLGBTQ+ populations, and that practice may in fact, be different. To address if, and how, agencies and programs service 2SLGBTQ+ populations affected by intimate partner violence, research assistants first conducted an in-depth online review of organization websites and other accessible webpages. Agencies were then contacted via email and/or telephone for information about their specific policies and protocols put in place to serve gender-diverse populations, and to ask if, and how, they could support all identities within the 2SLGBTQ+ community at their organization. Organizations included in this scan have different policies and practices put in place to support 2SLGBTQ+ individuals experiencing violence, therefore, the wording in this document is reflective of their specific supports. As policies and practices change on an ongoing basis, please contact the agency for up-to-date information or new supports for gender-diverse populations.

Canada-Wide

Police Emergency.....	911
RCMP Emergency.....	911
Local RCMP Detachment.....	http://www.rcmp-grc.gc.ca/cont/index-eng.htm
Find a Safe Shelter.....	www.sheltersafe.ca
Missing and Murdered Indigenous Women, Girls and Two-Spirit People Support Line	
Immediate Assistance – 24/7 Hours.....	1-844-413-6649
Long-Term Support – 24/7 Hours.....	1-866-250-1529
First Nations and Inuit Hope for Wellness Help Line – 24/7 Hours.....	1-855-242-3310
Indian Residential School Crisis Line – 24/7 Hours.....	1-866-925-4419
Canada Suicide Prevention Service – 24/7 Hours	1-833-456-4566 or Text: 45645
Kids Help Phone – 24/7 Hours.....	1-800-668-6868 or Text: 686-868
2SLGBTQ+ Youth Line (Peer Support) – 24/7 Hours.....	1-800-268-9688 or Text: 647-694-4275
The Trevor Project (for LGBTQ Youth) – 24/7 Hours.....	1-866-844-7386
Trans Lifeline – 24/7 Hours.....	1-800-330-6366



Manitoba Services:

Manitoba Crisis Support Lines

Toll-Free Province-Wide Domestic Abuse Crisis Line (24 Hour)	1-877-977-0007
Manitoba Suicide Prevention & Support Line (24 Hour).....	Toll Free: 1-877-435-7170
.....	www.reasonstolive.ca
Manitoba Farm, Rural & Northern Support Services.....	Toll Free: 1-866-367-3276
Crisis Chat Line (Monday to Friday 10am – 9pm).....	www.supportline.ca
Klinik Crisis Line (24 Hour)	Toll Free: 1-888-322-3019
Sexual Assault Crisis Line (24 Hour).....	Toll Free: 1-888-292-7565
Trafficking Hotline (24 Hour).....	Toll Free: 1-844-333-2211

Mental Health Crisis Lines by Health Region:

Interlake-Eastern Regional Health Authority:

Mental Health and Intake and Crisis Line at Corporate Office (Mental Health Support)

.....	24 Hour Crisis Line: 204-482-5419
.....	Toll Free: 1-866-427-8628

Northern Health Region:

Hope North Crisis Line.....	204-778-9977
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Prairie Mountain Health Region:

South District Crisis Line.....	1-888-379-7699
North District Crisis Line.....	1-888-332-3030
Southern Health-Santé Sud Health Region Crisis Line.....	1-888-617-7715

Winnipeg Regional Health Authority (including Churchill):

Adult Mobile Crisis Unit.....	204-940-1781
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Manitoba Criminal Justice Services

Non-Emergency Police Assistance

Winnipeg.....	204-986-6222
Brandon.....	204-729-2345
Steinbach	204-326-4452
Thompson.....	204-677-6909
Selkirk.....	204-482-1222
Portage la Prairie	204-857-4445
Churchill	204-675-2551

Manitoba Justice Victim Services

Manitoba Justice Victim Services provides support to victims of domestic assault throughout Manitoba when criminal charges have been laid against their partners. In addition, the program also provides support to families who receive assistance from the Winnipeg Police Services for domestic violence incidents that do not result in charges. This support includes court and criminal justice system information, liaison with the Crown attorney and other justice system staff, court preparation, court support/accompaniment (when possible), referrals for counselling, and safety and protection planning.

Toll-Free Manitoba Line.....	1-866-484-2846
Winnipeg Region (Winnipeg).....	204-945-6851
Interlake/Eastman Region (Selkirk).....	204-785-5213
Central Region (Portage la Prairie).....	204-239-3378
South Central Region (Morris).....	204-746-8249
Westman Region (Brandon).....	204-726-7400
Parkland Region (Dauphin).....	204-622-5080
Norman Region (The Pas).....	204-627-8483
Thompson Region (Thompson)	204-677-6368

Domestic Violence Support Services

405 Broadway Avenue (Manitoba Justice Building)

Winnipeg, MB R3C 3LC

Phone: 204-945-6851 (Winnipeg Region Phone #, see below for other regions)

Toll-free: 1-866-484-2846

Domestic Violence Support Services (DVSS) helps victims of domestic violence when criminal charges have been laid, as well as assists those who have gone to police for domestic violence incidents but have not had their case result in charges or arrests. They provide information about the court process and criminal charges so that individuals understand the justice system. They may also speak with Crown attorneys regarding specific concerns victims may have about their cases and can connect both parents and children to appropriate community resources through referral and advocacy. The DVSS also provides safety planning services, emotional support, and short-term counselling.

Central Region Phone	204-239-3378
Interlake Region Phone.....	204-785-5213
Parkland Region Phone.....	204-622-5080
Norman Region Phone.....	204-627-8483
Thompson Region Phone.....	204-677-6368
Westman Region Phone.....	204-726-6515

Child Victim Support Service

1410 – 405 Broadway Avenue
Winnipeg, MB R3C 3LC
Phone: 204-945-0662

Manitoba Justice Victim Services has created the Child Victim Support Service (CVSS) to help parents and children understand the court processes and to connect individuals with other supportive services. CVSS will provide court information, emotional support, referrals to other community resources, and assistance with victim impact statements. They can help prepare a child for court, including a visit to the courtroom to ensure the child is comfortable. Testimonial aids to help with the court experience are also an option. Short-term counselling is also offered for both victims and witnesses of crime.

Compensation for Victims of Crime Program

1410 – 405 Broadway Avenue
Winnipeg, MB R3C 3L6
Phone: 204-945-0899
Toll-free: 1-800-262-9344
Email: CVCP@gov.mb.ca

This program provides compensation such as money and services to victims or witnesses who have been injured and affected as a result of a crime that occurred in Manitoba. Individuals are eligible for this program if they have been injured or hurt in a crime, if they have personally witnessed a crime, and if they apply within one year of the crime or right after it occurs. Application for compensation is initiated by filling out the correct form from the Compensation for Victims of Crime office or from various Victim Services offices in the province. Costs such as medical expenses, counselling fees, lost wages, and rehabilitation expenses can all be covered.

Manitoba Advocate for Children and Youth (MACY)

Advocacy Office

Unit 100 – 346 Portage Avenue
Winnipeg, MB R3C 0C3
Phone: 204-988-7440

300 Mystery Lake Rd
Thompson, MB R8N 0M2
Phone: 204-677-7270

Email (all locations): info@manitobaadvocate.ca
www.manitobaadvocate.ca

Research and Investigations Office

270 Osborne Street N
Winnipeg, Manitoba R3C 1V7
Toll-free: 1-800-263-7146

MACY is an independent office of the Manitoba Legislative Assembly that seeks to respect and represent the rights and viewpoints of children and youth in Manitoba who are accessing services from a variety of agencies and governmental branches. These may include CFS, mental health and addiction organizations, and victim support (including young people impacted by domestic violence or exploitation). They advocate directly with children and their parents and will advise young people of their rights and the services available to them.

Legal Aid Manitoba

Administration Office*

4th Floor – 287 Broadway Avenue
Winnipeg, MB R3C 0R9
Phone: 204-985-8500
Toll-Free: 1-800-261-2960
Email: info@legalaid.mb.ca

Brandon Area Office

236 – 11th Street
Brandon, MB R7A 4J6
Phone: 204-729-3492
Toll-Free: 1-800-766-2148

*Includes LA Management Council Appeal Committee

Northern Area Office – The Pas

P.O. Box 4062
1 – 236 Edwards Avenue
The Pas, MB R9A 1S6
Phone: 204-627-4837
Toll-Free: 1-855-775-2397

Northern Area - Thompson

2nd Floor, 3 Station Road
Thompson, MB R8N 0N3
Phone: 204-677-1224
Toll-Free: 1-855-444-4665

Parklands Area Office – Dauphin

138 1st Avenue S.W., Unit A
Dauphin, MB R7N 1S2
Phone: 204-622-4666
Toll-Free: 1-877-622-4660

Legal Aid Manitoba (LAM) helps Manitobans with accessing justice. LAM ensures that all individuals are represented in the legal system through providing free or affordable legal services to low-income adults and youth, and public interest groups. Cases are covered on a case-by-case basis, and some of the legal cases that LAM cover include: public interest, family (including custody, child abduction, divorce, domestic abuse), immigration and refugee, residential tenancies, child protection (in cases where a child has been taken by a child protection agency), mental health, government benefits, criminal, etc. Legal aid is determined based on financial hardship – if an individual qualifies, they may receive representation for free, or may be required to pay at legal aid rates.

Protection Order Designates

A Protection Order Designate (POD) is an individual trained specifically to help people apply for Protection Orders. These orders are granted by a Justice of the Peace and often prevent the respondent from contacting the applicant, coming near the applicant, following the applicant, etc. These orders may also give the applicant the assistance of a police officer to remove belongings from the home. Protection Order Designates will help applicants with the process and are located at the following agencies in various regions:

Brandon:

Brandon Friendship Centre.....204-729-8115
Women's Resource Centre.....204-726-8632

Dauphin:

Parkland Crisis Centre.....204-622-4626

Flin Flon:

Women's Resource Centre.....204-681-3105

Portage la Prairie:

Portage Family Abuse Centre.....204-239-5234

Selkirk:

Nova House.....204-482-7882

Steinbach:

Agape House.....204-364-0028

Swan River:

Swan Valley Crisis Centre.....204-734-9369

The Pas:

Aurora House.....204-623-5497

Thompson:

MAPS.....204-778-6040
Thompson Crisis Centre.....204-677-9668

Winnipeg:

A Woman's Place (NorWest Coop Community Health).....	204-938-5912
Klinic.....	204-784-4090
North Point Douglas Women's Centre.....	204-947-0321
Pluri-elles (Manitoba) Inc.	204-233-1735 ext. 208
The Refuge (Riverwood Church Community).....	204-668-3181 ext. 220
Salvation Army Correctional & Justice Services.....	204-949-2100
Willow Place.....	204-651-0311

Snowflake Place

225 Portage Avenue
Winnipeg, MB R3B 2A6
Phone: 204-944-1405
Email: infosnowflakeplace@winnipeg.ca
www.snowflakeplace.ca

Snowflake Place collaborates with Winnipeg Police Service and other partners to address the needs of children who have experienced abuse or have witnessed violence. They are a children's advocacy centre intending to minimize trauma by providing a child-friendly setting for child victims and witnesses. Forensic interviewers who are trained in conducting interviews with children who have experienced trauma are available to complement the investigation process.

Salvation Army Correctional & Justice Services

2nd Floor 324 Logan Avenue
Winnipeg, MB R3A 0L5
Phone: 204-949-2100

The mission of this branch of the Salvation Army is to offer programs and services to offenders, victims, and witnesses who are involved with the criminal justice system. They have many specialized programs available that cater to different individuals. The Peace of Mind program is designed for women-identifying victims of domestic violence and their Women's Outreach program includes a variety of events and services catered to supporting female-identifying folks of all ages and backgrounds.

Manitoba Shelters/Housing

Agape House

P.O. Box 3130
Steinbach, MB R5G 1P5
Phone: 204-326-6062
Crisis Line: 204-346-0028
www.agapehouse.ca

Agape House provides emergency shelter for female-identifying individuals and their children, where they can access crisis and ongoing counselling, assistance with medical, legal and social services, and the basic daily provisions: food, clothing and personal hygiene items at no cost. Non-residential services include counselling, support groups, education and outreach services. Their facility has internal policies in place to ensure that all individuals staying in their shelter feel safe and welcome; there is zero-tolerance for bullying and abuse. Accepts clients of all sexual orientations. Non-female identifying victims of abuse in need of emergency shelter will be accommodated at a hotel, and will receive support services in their accommodation, and can access all non-residential services. Agape House offers transition housing through two interim housing units to help clients make the transition toward independent living, while allowing for access to support services.

Agape House offers services to any abused woman (and her children) regardless of background, and any person is welcome to call their crisis line.



A & O Support Services for Older Adults – Safe Suite

200-280 Smith Street (Main Office)
Winnipeg, MB R3C 1K2
Phone: 204-956-6440
Toll-Free: 1-888-333-3121
Email: intake@aosupportservices.ca
www.aosupportservices.ca

The Safe Suite Program provides temporary housing for individuals and couples aged 55 years and older, regardless of gender, who are in need of a safe place to stay due to abuse or neglect. Clients are provided with furnished accommodations for up to 60 days at no cost. Registered social workers provide counselling services and practical assistance in accessing housing, financial and legal services.

Aurora House

P.O. Box 3779
The Pas, MB R9A 1S4
Phone: 204-623-7427
Crisis Line: 204-623-5497
www.aurorahouse-sharethecare.com

Aurora House is an emergency shelter for female-identifying individuals and their children that offers crisis intervention and safety planning, food and clothing. They offer a 24-hour crisis line, counselling (including youth) for both residents and non-residents, peer support groups, resources and referrals. They run a second stage housing program through My Sister's House for up to a year with access to supportive services. Individuals who do not identify as female that are experiencing domestic violence will be offered shelter off-site, and are able to access their non-residential services.

Aurora House offers services to all populations, including: 2SLGBTQ+ individuals (including trans women and men), deaf people, developmentally disabled and other disabled individuals, immigrant and refugees, individuals from rural areas, people who are trafficked and/or exploited.

Bravestone Centre

St Norbert P.O. 202
Winnipeg, MB R3V 1L6
Phone: 204-275-2600
Email: info@bravestonecentre.ca
<http://bravestonecentre.ca>

Bravestone Centre is a non-profit organization which assists women (including trans women, non-binary folks, and Two-Spirit individuals) and children affected by domestic violence and abuse. The Centre offers secure and safe transitional housing, individual and group counselling, support programs, advocacy services, and referrals to community resources. Bravestone Centre provides women and children fleeing family violence with independent housing for a period of 12 months while offering ongoing therapeutic and support programs.

Bravestone Centre accepts clients of sexual orientations, and believes that all people (regardless of background) have value and deserve to be treated with dignity and respect.

First Nation Healing Centre

P.O. Box 365

Koostatak (Fisher River), MB R0C 1S0

Phone: 204-645-2750

www.firstnationhealingcentre.ca

First Nation Healing Centre is a short-term crisis shelter, providing housing with services that promote traditional healing for self-identifying Indigenous women and their children who are victims of violence. Non-residential programs such as family violence and anger management, art therapy, clothing and household giveaways, as well as a clothing depot are open to anyone in the community. Shelter can be offered to Two-Spirit and non-binary folks on a case-by-case basis.

Genesis House

P.O. Box 389

Winkler, MB R6W 4A6

Phone: 204-325-9957

24 H Crisis Line: 204-325-9800

Email: sccfv@genesis-house.ca

www.geneshouseshelter.ca

Genesis House serves the South-Central part of the province and provides crisis emergency shelter to female-identifying individuals and their children who have experienced abuse. They offer both residential and non-residential services which include a 24-hour crisis line, crisis and long-term counselling, counselling for children and youth, support for abused elderly persons, support groups, referrals and advocacy, protection planning, follow up services, second stage housing, and a resource centre.

Shelter for Two-Spirit individuals is assessed on a case-by-case basis; cannot guarantee shelter for non-binary individuals, however they can access non-residential services. Accepts clients of all sexual orientations, and religious/spiritual/cultural backgrounds.

Ikwe Widdjiitiwin (Ikwe)

P.O. Box 1056

Winnipeg, MB R3C 2X4

Phone: 204-987-2780

Toll-Free Crisis Line: 1-800-362-3344

www.ikwe.ca

Ikwe provides an emergency shelter for women and children fleeing an abusive relationship. They offer services which support the preservation and restoration of Aboriginal cultures, and are inclusive and affirming of all cultures. Residential services include individual and group counselling (including children), assistance with accessing housing, medical and legal services, advocacy and referral services, protection orders, and access to cultural ceremonies. They also offer limited interim housing and follow up services. Each family is assigned their own room, but single women may have to share a room when they are at capacity.

Ikwe welcomes everyone through its doors and endeavors to meet all physical, emotional, mental, and cultural/spiritual needs of those who access their services, providing supports to women of any gender identity and sexual orientation.

Jean Folster Place Women's Shelter

P.O. Box 250
Norway House, MB R0B 1B0
Emergency Line: 204-359-3444
Toll free: 877-885-5889

Jean Folster Place offers emergency shelter, safety planning, and crisis intervention services for women of any sexual orientation and their children.

Shelter services for self-identifying women, Two-Spirit and non-binary individuals is currently assessed on a case-by-case basis. Non-residential services are available to clients of any gender expression and sexual orientation.

Chez Rachel (L'entre-temps des Franco Manitobaines)

P.O. Box 183
Winnipeg, MB R2H 3B4
Phone: 204-925-2550
Email: etfm@mts.net
<http://cdeacf.ca/organisation/lentre-temps-franco-manitobaines-inc>

L'entre-temps des Franco Manitobaines is a non-profit organization that offers safe and stable housing for women and children fleeing domestic violence. In addition to providing safe housing, they offer several services and supports in an effort to end the cycle of violence and promote family harmony. ChezRachel is one of their secure residences (which offers 12-month longer-term housing) for women and children, and some of the services that they provide include counselling, education and awareness-building, as well as advocacy services and legal support.

ChezRachel is a bilingual shelter with experience serving women from diverse and multilingual backgrounds. Chez Rachel provides supports to women of any gender identity or sexual orientation.

Mamawehetowin Crisis Centre

P.O. Box 133
Pukatawagan, MB R0B 1G0
Phone: 204-553-2198
Crisis Line: 866-432-1041

This shelter provides women and children experiencing domestic abuse with temporary secure shelter. Services are culturally appropriate and include support groups, 24/7 walk-in counselling, crisis counselling, referrals and a follow-up program are provided.

Shelter for self-identifying women is assessed on a case-by-case basis.

Meredith Place Transitional Shelter (YWCA Brandon)

148 11th Street
Brandon, MB R7A 4J4
Phone: 204-571-3680
Email: ywcaadmin@wcgwave.ca
www.ywcabrandon.ca/homes-and-programs

YWCA Meredith Place is a co-ed transitional housing facility with 21 individual bedrooms and several emergency family units (accepts clients of all gender expressions and sexual orientations). Residents of Meredith Place are provided with shelter, meals, support, referrals and information to assist them in acquiring the necessary skills to move towards their maximum level of independence. Rent payment is required and can be arranged through EIA as eligible. The Peaceful Futures Program run through Meredith Place is a free counselling program with qualified marriage and family therapists for couples seeking to deal with their past relationship issues, and are committed to a peaceful future.

Native Women's Transition Centre

105 Aikins Street
Winnipeg, MB R2W 4E6
Phone: 204-989-8240
Email: rswnt1@nwtc.cc
www.nwtc.cc/Home.html

The Native Women's Transition Centre provides comprehensive supports to Indigenous women and their children who are struggling to move on from violent or unhealthy situations. The agency encourages traditional Indigenous values and cultures and uses Indigenous healing methods to help women and children achieve stability. They offer long-term safe housing to Indigenous women and their children who are struggling to make life positive changes and escape poverty, homelessness, addictions, violence and other systemic issues in an extended family environment. They offer crisis services, parenting programs, healing circles, and family violence prevention programs. Second stage housing is available at Memengwaa Place in a semi-furnished apartment environment that can accommodate 7 families with a live-in 'House Mom' and includes access to supportive services through NWTTC.

Self-identifying women are assessed on a case-by-case basis.

Nisichawayasihk Cree Nation (NCN) Women's Shelter

22 Otetiskiwin Drive
Nelson House, MB R0B 1A0
Shelter Landline: 204-484-2634
24 Hour Line: 204-679-1996
www.ncncree.com/community-facilities-and-programs/ncn-womens-shelter/

The NCN Women's Shelter provides temporary shelter for all Nisichawayasihk Cree Nation women and their children and provides counselling, family violence programs, Elder support, and childcare. NCN also partners with many other programs in the community to offer presentations about domestic violence and healing ceremonies.

Counselling services on their 24-hour line are available to victims of abuse of all gender expressions, sexual orientations, and spiritual backgrounds.

Nova House

P.O. Box 337
Selkirk, MB R1A 2B3
Phone: 204-482-7882
Crisis Line: 204-482-1200
Text Line: 204-805-NOVA (6682)
Email: info@novahouse.ca
www.novahouse.ca

Nova House is an emergency and transitional shelter for female-identifying individuals of all sexual orientations and their children experiencing domestic and family violence. They also offer a 24-hour crisis line, individual short- and long-term counselling, individual and group counselling for children, weekly support groups, assistance accessing community resources and follow-up support.

They provide service to individuals of all gender expressions, sexual orientations, and cultural backgrounds. Lesbians, transgender women, and bisexual women are all accepted and welcomed into the shelter. Those who do not identify as a woman are assisted through off-site accommodations. The shelter is accessible for women and children who have disabilities, and they also have interpretation services available.

Parkland Crisis Centre

P.O. Box 651
Dauphin, MB R7N 2V4
Phone: 204-638-9484
24 H Crisis Line: 1-877-977-0007
www.parklandcrisiscentre.ca/index.php

This center offers emergency shelter for women-identifying individuals and their children who experience domestic violence. They also provide counselling (including child counselling), child and youth programs, support groups, referrals, advocacy, and follow up services. Protection Order Designates are on site to assist with Protection Order Applications. Non-residential services are available for Two-Spirit and non-binary individuals who have experienced domestic violence; when available, shelter at a hotel will be arranged. Male-identifying individuals are welcome to call the crisis line, which is available with information and referrals on a 24-hour basis. Accepts clients of all sexual orientations and cultural backgrounds, and the shelter is accessible to women and children with disabilities.

Pet Safe Program

The Winnipeg Humane Society

Phone Number for Shelter Workers: 204-982-2049

Many shelters are unable to accommodate pets. The Pet Safe program is run through the Winnipeg Humane Society to offer temporary care for pets while their owners are leaving abusive situations through volunteer 'pet foster parents'. The service is confidential, and the owner's identity is not shared with the pet's foster care providers.

Samaritan House Ministries – Mary's House

820 Pacific Avenue

Brandon, MB R7A 0J1

Phone: 204-727-1268 extension 4

Email: wcmh@samaritanhouse.net

Mary's House is a second stage housing unit where women and their children fleeing domestic violence can stay for up to 365 days. Programs offered include: both residential and non-residential counselling, youth counselling, parenting skills training, health and wellness programs, education, and onsite mental health services. Mary's House is in a secure location. The shelter aims to be as client-centered as possible and tailor program materials to the unique needs of each client.

SHADE (Safe Housing and Directed Empowerment) Inc.

Winnipeg, MB (Secure Location)

Phone: 204-880-3022

Text: 1-204-880-3022

<https://www.shadewinnipeg.org>

S.H.A.D.E. is a second stage housing initiative for immigrant and refugee women who have been impacted by domestic violence. In addition to providing housing, S.H.A.D.E. also offers supportive and culturally sensitive counselling to immigrant and refugee women, referrals and advocacy, as well as practical supports (i.e., language classes, employment counselling, health care, legal assistance, assistance with Protection orders). Interpreters are available as well.

Swan Valley Crisis Centre

119 9 Avenue N

Swan Valley, MB R0L 1Z0

Phone: 204-734-9369

24 H Crisis Line: 204-734-9368

Swan Valley Crisis Centre is an emergency shelter which delivers services to individuals (including children) from all gender expressions and sexual orientations who have experienced domestic violence. Some of these services include: residential and non-residential counselling, peer support groups, education, as well as advocacy and referrals. For children, Swan Valley offers youth counselling, safety planning and educational programs. The Centre also provides those in need with second stage transitional housing accommodations.

The centre offers services to all populations, including: 2SLGBTQ+ individuals (including trans women and men), deaf people, developmentally disabled and other disabled individuals, immigrant and refugees, individuals from rural areas, people who are trafficked and/or exploited.

The Portage Family Abuse Prevention Centre

P.O. Box 1541

Portage La Prairie, MB R1N 3P1

Phone: 204-239-5234

24 H Crisis Line: 204-239-5233

www.abuseprevention.ca

This agency is a safe place where women and children receive free, safe, and supportive emergency housing and food. They provide support through counselling, support groups, safety planning, protection orders, referrals and advocacy. Transportation services and translators are available; the facility is wheelchair accessible and there is one mobility suite. Temporary care arrangements can be made for pets at no cost to the user. The Centre is involved in many non-residential programs in the community that aim to prevent violence in families and relationships and to spread awareness around the issue.

The Portage Family Abuse Prevention Centre serves women and children from all backgrounds. Translation services are available, and the shelter can accommodate women and children who have disabilities.

Thompson Crisis Centre

P.O. Box 1226

Thompson, MB R8N 1P1

Phone: 204-677-9668

24 H Crisis Line: 204-778-7273

www.thompsoncrisiscentre.com

Thompson Crisis Centre offers emergency shelter, counselling, referrals and advocacy to individuals of all gender expressions, sexual orientations, and spiritual/cultural backgrounds who are experiencing violence. Their children's programming includes individual and group counselling for children and parents as well as parenting classes and playgroups. Supports for independent living are provided through their Healthy Living Program, where clients pay an affordable rent to stay in a furnished apartment with supportive services for up to six months.

Villa Rosa

784 Wolseley Avenue

Winnipeg, MB R3G 1C6

Phone: 204-786-5741

Toll-Free: 1-866-643-0733

Email: intake@villarosa.mb.ca

<https://www.villarosa.mb.ca/i-need-help>

Villa Rosa offers residence for mothers, babies, and their families during and after pregnancy. In addition to providing safe



shelter, Villa Rosa also offers a wide variety of programs and services (including counselling, education, and life skills support) to any single, pregnant woman, or new mother in need of their support. Villa Rosa has 25 spaces available, and the average stay is approximately 3-4 months.

Wechihin Waskahikan Women's Shelter

P.O. Box 126
Shamattawa, MB R0B 1K0
Phone: 204-565-2551
Emergency: 204-565-2548

Wechihin Waskahikan is an emergency shelter for abused women and their children. They offer culturally appropriate services which include support groups, crisis counselling, referrals and follow-up services. The shelter welcomes everyone through its doors and endeavors to meet all physical, emotional, mental, and cultural/spiritual needs of those who access their services, providing supports to women of any gender identity and sexual orientation.

Westman Women's Shelter (YWCA Brandon)

148 11th Street
Brandon MB, R7A 4J4
Phone: 204-727-3644
24 H Crisis line: 1-877-977-0007
Email: ywca2@wcgwave.ca
www.ywcabrandon.ca

The Brandon YWCA Westman Women's Shelter is an emergency shelter offering a short-term safe and supportive environment for self-identifying women and their children who have been abused (Two-Spirit and non-binary identifying individuals will not be turned away so long as there is room available; off-site safe shelter is available for male-identifying individuals). They offer both individual and group counselling for women and children, crisis intervention and referrals, protection planning, and assistance with legal, medical, and housing issues, public education, follow up support and children's programming. Accepts clients of all sexual orientations and diverse backgrounds.

Willow Place

P.O. Box 1786
Winnipeg, MB R3C 2Z9
Phone: 204-615-0313 ext. 0
Text Crisis Line: 204-792-5302
www.willowplaceshelter.ca

Willow Place is a family violence agency that provides emergency shelter in Winnipeg for self-identifying women and their children who have been abused. They provide a 24-hour crisis line, individual and group counselling, activities and cultural supports, as well as safety planning and assistance with protection orders, help with legal aid and housing, follow up services, advocacy and links to community supports, outreach and prevention services. Individuals who are non-binary or Two-Spirit may be able to use the shelter if they feel the space is a good fit for their needs. Outreach and non-residential services are open to individuals of all gender expressions who have experienced domestic violence. Accepts clients of all sexual orientations and cultural/spiritual backgrounds.

Women's Safe Haven & Resource Service Inc.

60 Hapnot Street
Flin Flon, MB R8A 1L6
Phone: 204-681-3105
www.womensresource.ca

The Woman's Safe Haven provides emergency short-term interim housing for female-identifying individuals and their children. They also provide counselling (including youth counselling), support groups, information and referral services, and a community-based second stage program. Counselling and service referrals are available for Two-Spirit and non-binary individuals experiencing violence. Accepts clients of all sexual orientations (including lesbian and bisexual women), and translation services are available.

YWCA Thompson

39 Nickel Road
Thompson, MB R8N 0Y5
Phone: 204-778-6341
Email: residencemanager@ywcathompson.com
www.ywcathompson.com

This agency offers short-term transitional residence for women, men and children (services are not gender-specific). The YWCA assists and provides support for individuals to gain their independence. They offer affordable daily room rates, as well as more long-term monthly options if necessary (seniors and students receive a 10% discount on long-term stays). Information about community resources is provided to residents and the YWCA has partnered with the Thompson Crisis Centre to offer counselling by appointment. Programs are offered to support individuals to increase their education and prepare for their GED.

Homeless Shelters

Homeless shelters may provide more accessible emergency shelters, but they do not provide intimate partner violence specific services and do not always admit children.

Brandon Housing First Program

656 6th Street
Brandon, MB R7A 3P1
Phone: 204-441-8575
Toll Free: 1-844-937-8622
Email: info@brandonhousingfirst.ca
www.brandonhousingfirst.ca

This agency aims to help end homelessness by assisting families and individuals with housing and necessary support services. Once individuals or families have been set up in a Housing First apartment, they will have their own Housing First worker who will assist with any complications arising from the transition.

Main Street Project


2nd Floor 661 Main Street (Office)
190 Disraeli Freeway (Shelter)
Winnipeg, MB
Phone: 204-982-8229
Email: admin@mainstreetproject.ca
www.mainstreetproject.ca

Shelter and crisis services are available through the Main Street Project drop-in. Some transitional housing is available for individuals. Residents have access to various community programs and recreational activities. Shelter is provided only to individuals 18 years of age and older. Sleeping quarters are gender segregated; individuals are supported to choose the option that best fits their needs. Main Street Project believes that every individual has a safe place to be and the right to self-determination.

Salvation Army Booth Centre

180 Henry Avenue
Winnipeg, MB R3B 0J8
Phone: 204-946-9402
SonRise Village Family Shelter: 204-946-9471
Email: info@wpgboothcentre.ca
www.wpgboothcentre.ca

Booth Centre Ministries has the capacity to offer temporary accommodations and meals for up to 250 men and women. Sleeping quarters are gender segregated; individuals are supported to choose the option that best fits their needs. Although the Salvation Army's services are intended for adults, the center also has the SonRise Village Family Shelter, a



shelter meant specifically for families who need a safe place to stay, which can accommodate 60 individuals.

Siloam Mission

300 Princess Street
Winnipeg, MB R3B 1M3
Phone: 204-956-4344
Toll-Free: 1-866-648-4673
Email: info@siloam.ca
www.siloam.ca

Siloam Mission provides Hannah's Place which is an emergency shelter for 110 community members experiencing homelessness or crisis situations. Guests have access to hygiene items, washrooms, and showers. Currently Siloam Mission is not able to accommodate individuals under the age of 18, however in emergencies a patron's children can be housed for one night, and they will be referred to more appropriate services.

Thompson Homeless Shelter

115 Churchill Drive
Thompson, MB R8N 0L5
Phone: 204-677-0976

Thompson's homeless shelter is a co-ed facility that provides overnight, emergency shelter, as well as 3 meals and 1 snack, for up to 24 individuals. They do not allow people under 18 to use their facilities. Services include referrals to a variety of community resources.

West Central Women's Centre – HOMES Program & More Than Four Walls

640 Ellice Avenue
Winnipeg, MB
Phone: 204-774-8975 extension 208 (HOMES Program)
Phone: 204-925-3830 (More Than Four Walls Program)
Email: info@wcwrc.ca
<https://wcwrc.ca/housing-income/>

The West Central Women's Centre offers two programs that provide women with supports for housing and income. The HOMES program assists all women with homelessness, housing, and income, through providing them with information, support, and encouragement on how to navigate housing and income systems.

More Than Four Walls Housing First Program assists women, trans women, and their families who are currently experiencing homelessness access permanent and stable housing. Once housed, women are provided with additional supports and services. Women who have experienced at least 6 months of homelessness over the past year, or women who have had recurrent experiences of homelessness over the past 3 years (with a cumulative duration of at least 18 months), are eligible for the More Than Four Walls Program.

Manitoba Counselling/Support

Alloway Therapy Services

468 Academy Road
Winnipeg, MB R3N 0C7
Phone: 204-788-4105
www.allowaytherapy.com

Alloway is a multifaceted therapeutic team that offers services to individual children, as well as their caregivers and families, specializing in developmental trauma and attachment difficulties. In addition to play therapy and EMD, they offer a program specifically for families experiencing conflict. Families in Transition provides services for families going through change due to divorce or separation. Treatment for children of high conflict divorce and education for parents is offered. Individual parent and individual children's therapy are available, as well as parent/child therapy, which can help facilitate parent-child communication through separation. Fees are determined by the nature of the services being utilized, but can be flexible.

Alpha House

P.O. Box 37015
Winnipeg, MB R2M 5R3
Phone: 204-982-2011
<https://www.alphahouseproject.ca>

Alpha House is a full-time counselling program which offers full-time counselling and practical supports for women and children fleeing domestic violence and abuse. Alpha House provides multiple supports, some of which include safe and furnished housing (for active participants in the program), individual and group counselling for women and children, family counselling, family activities and programs, and follow-up support.

Alpha House accepts clients of all sexual orientations, as well as trans women, non-binary folks, and Two-Spirit individuals into their program. Their shelter is also inclusive of all cultures, religions, ethnicities, ages, and socio-economic positions.

Andrew's Street Family Centre

220 Andrews Street
Winnipeg, MB R2W 4T1
Phone: 204-589-1721
Email: asfc@shawbiz.ca

Andrews Street Family Centre is a resource centre that offers a variety of services to families, individuals, elders and youth in the Winnipeg area. In addition to providing drop-in programs for children and parents, Andrews Street Family Centre also offers on-site support services such as community phone, laundry services and employment assistance.

Aurora Family Therapy Centre

University of Winnipeg
515 Portage Avenue
Winnipeg, MB R3B 2E9
Phone: 204-786-9251

Aurora Family Therapy offers a variety of therapy services, including counselling for individuals, families, couples, newcomers, and groups. Families go to Aurora for issues regarding communication, parenting, blended families, divorce, grief, trauma, and anger.

Aurora also offers culturally diverse supports through their Newcomer Programs. The purpose of these programs is to offer culturally informed mental health supports and well-being services, and to increase access and remove barriers for newcomers.

A Woman's Place (NorWest Co-Op Community Health)

200 – 323 Portage Avenue

Winnipeg, MB R1N 0X4

Phone: 204-940-6624

www.norwestcoop.ca/locations/a-womans-place/

Text line for Domestic Violence Support: (431) 400-9600

Online chat for Domestic Violence Support: www.norwestcoop.ca/a-womans-place-chat-line/

A Woman's Place Domestic Violence Support and Legal Services provides supportive counselling and legal services for female-identifying individuals who are in the process of leaving an abusive relationship or have exited one. They accept clients of all sexual orientations. All services are confidential and include legal advice, representation, information presentations on family law, support groups, and children's counselling specifically for children who have witnessed domestic violence. Family violence services are offered at the Keewatin Street location. This agency is also a Protection Order Designate.

NorWest Co-Op Community Health offers gender-inclusive and culturally inclusive services. Their Men's Relationship Program provides counselling and support services for any male-identifying individuals who have experienced abuse and/or have been abused in an intimate relationship. They also have Immigrant Women's Counselling – which provides non-judgmental counselling, interpreter services, advocacy and referrals, and individual and group counselling in the areas of domestic violence, parenting, health, law, immigration, EIA, housing, and education to immigrant women who have experienced trauma and/or domestic violence.

Centre Renaissance Centre Inc.

844 Autumnwood Drive

Winnipeg, MB R2J 2G9

Phone: 204-256-6750

Email: renais@mymts.net

www.renaissancecentre.ca

This organization offers bilingual counseling and programs intended to enhance the well-being of the people in the community. Long-term counselling and psychotherapy are available in both French and English for children, teens, and adults. Issues such as stress management, trauma, abuse, and victims of crime are covered. Stress reduction classes, yoga, and meditation are also available.

They aim to offer diverse services to all children, teens, adults, and couples.

Couples Counselling Project

The University of Manitoba

485 Selkirk Avenue

Winnipeg, MB R2W 2M6

Phone: 204-474-6711

Email: couples@umanitoba.ca

www.umanitoba.ca/faculties/social_work/research/667.html

The Couples Counselling Project is a research project that offers therapy to couples who have experienced violence in the past and are working toward rebuilding trust and interpersonal skills to prevent future violence. The project is appropriate for couples who have experienced abuse or violence in their relationships in the past but the violence has stopped and the couple is committed to working toward a non-abusive relationship. Services are confidential and free of charge.

Couples Counselling Project supports clients of all gender expressions, sexual orientations, spiritual/cultural beliefs, and ethnic or racial backgrounds.

Crocus Counselling Centre

2-581 Main Street

Steinbach, MB R5G 0L3

Phone: 204-326-9353

Email: crocus.counselling@gmail.com

Crocus Counselling Centre offers individual and couple counselling for marriage and relationships, sexual, emotional, and physical abuse issues, as well as anger management problems. A private practice that offers the first session at half price (will need to specify that it is the first appointment when booking).

Elizabeth Fry Society

544 Selkirk Avenue
Winnipeg, MB R2W 2M9
Phone: 204-589-7335
Toll-free: 1-800-582-5655
www.efsmanitoba.org

The Elizabeth Fry Society provides advocacy, access to resources, and support to self-identifying women who are in conflict with the law. The agency also assists women with other issues including addiction, poverty, mental health, and parenting. Programs offered include Women for Change (anger management and violence support), transitional housing, and the Volunteer Court Support Program.

Elsbeth Reid Family Resource Centre

255 – 9th Street
Brandon, MB R7A 6X1
Phone: 204-726-6280
Email: frc@cfswestern.mb.ca
www.cfswestern.mb.ca/our-programs/erfrc/

This facility is focused on supporting families and children in the community and offers courses, workshops, support groups, and parent-child activities. They assist parents with transportation and childcare while parents are attending programming. Various support groups are also available, as well as special events and community programs.

Elsbeth Reid Family Resource Centre believes that all people have the right to safety and supports clients of all gender expressions, sexual orientations, spiritual/cultural beliefs, and ethnic or racial backgrounds.

Family Dynamics

Portage Place Mall
401-393 Portage Avenue
Winnipeg, MB R3B 3H6
Phone: 204-947-1401
Email: info@familydynamics.ca
www.familydynamics.ca

Counselling, in-home family support, a parent coach program, art therapy, and other family resources/programs are offered through Family Dynamics. Clients of all sexual orientations can be accommodated. Their STRIVE group therapy program is available for men and women and helps individuals to manage emotions and enhance relationships through building skills in conflict resolution and more. Fees are based on family income, family size and ability to pay. No one is refused service for inability to pay.

Family Dynamics provides services to individuals regardless of gender expression, sexual orientation, spiritual/cultural belief, and ethnic or racial background. They also have family support services for newcomers, including case management supports to permanent residents, refugee claimants, temporary residents, etc.

Fort Garry Women's Resource Centre

1150 Waverley Street
Winnipeg, MB R3T 0P4
Phone: 204-477-1123

Fort Garry Women's Resource Centre (FGWRC) is a non-profit, feminist organization which offers responsive programming for women and children in Winnipeg and surrounding areas. All of their programs and services are free-of-charge and are available through self-referral. Although FGWRC does not offer drop in or crisis counselling, they do provide referrals, outreach services, public education workshops and childcare services.

FGWRC is open to women from all cultural, racial, economic, religious/spiritual backgrounds, and welcomes self-identified women who identify as heterosexual, lesbian, bisexual, trans, transgender, or intersex.

Interlake Women's Resource Centre

87 5th Avenue
Gimli, MB R0C 1B0
Phone: 204-642-8264
Email: iwrc@mymts.net

Interlake Women's Resource Centre (IWRC) is a community-based resource centre that offers counselling and programs to women and families in Gimli and surrounding areas. IWRC provides crisis intervention services, information and referrals to appropriate agencies or resources, individual and group counselling for women, parents and children, as well as outreach services for surrounding communities.

Klinic Community Health

167 Sherbrook Street
Winnipeg MB, R3C 2B6
Phone: 204-784-4090
Crisis Line: 204-786-8686
Toll Free: 1-888-322-3019
Sexual Assault Crisis Line: 204-786-8631
Family Violence Intake Counsellor: 204-784-4059
Email: info@klinik.mb.ca
www.klinik.mb.ca

Klinic Community Health offers a full range of health-related services including medical care, counselling and education. Free crisis counselling is provided through telephone and online support and through drop-in counselling services that are open to individuals of all ages, genders and backgrounds. Klinic's Post Trauma Counselling Program provides individual and group counselling to address trauma related to abuse or violence that occurred in childhood. The Sexual Assault Crisis Program provides short-term counselling to sexual assault survivors of any gender. Klinic also offers the Evolve Family Violence Counselling Program for individuals and families who have been affected by domestic abuse. Counselling for individuals experiencing domestic abuse can help them heal from past abuse, or to understand and explore their safety and protection needs during present experiences of abuse. Counselling is also available for families with children to help them heal from past experiences and increase resiliency.

Lakeshore Women's Resource Centre

2nd Avenue N // North Box 628
Ashern, MB R0C 0E0
Phone: 204-768-3016
Email: lwrc@mts.net

This agency provides services and programming for victims of domestic violence of all gender expressions and backgrounds. The supports offered include: individual counselling (in-person or by phone), crisis intervention and safety planning, court accompaniment, advocacy, and group counselling at no cost. They can provide safe transport to a shelter or safe place.

Ma Mawi Wi Chi Itata Centre

445 King Street (Main Site)
Winnipeg, MB R2W 2C5
Phone: 204-925-0300
Toll Free: 1-888-962-6294
Email: info@mamawi.com
www.mamawi.com

Ma Mawi Wi Chi Itata Centre offers a wide variety of services to Indigenous people in need and has three neighborhood sites. Some of these services include emergency services, home-based crisis intervention, parenting groups, and personal growth and development groups. Their open groups are available to anyone wishing to attend, while their closed

group requires registration and acceptance into the program. The Spirit of Peace program addresses family violence in separate programs for men, women and youth. This program offers counselling, advocacy, referrals, and cultural and spiritual healing practices for men, women, and children who have experienced violence.

Clients are supported to access the gendered group they identify with.

Men's Resource Centre

115 Pulford Street
Winnipeg, MB R3L 1X8
Phone: 204-415-6797
Toll-Free: 1-855-672-6727
Email: mrc@mens-resource-centre.ca
<https://mens-resource-centre.ca>

The Men's Resource Centre provides free-of-charge services to all self-identifying men who are over the age of 16. The Male Child Sexual Abuse Therapy Program (MCSA) offers long-term therapy (up to 2 years) to men who have experienced childhood sexual abuse. Those who are on the waitlist for this program are offered short-term therapy (6-8 sessions), and/or group support. The Men's Resource Centre no longer provides emergency shelter for men experiencing family violence or intimate partner violence, but this support is now available by Wahbung Abinoonjiiag. The emergency shelter is available to male-identifying individuals (and their children) living in Manitoba. To access the shelter, individuals need to contact Wahbung directly (204-925-4610) during their business hours or the Manitoba Domestic Violence Crisis Phone Line (1-877-977-0007) after hours and on weekends.

Mount Carmel Clinic

886 Main Street
Winnipeg, MB R2W 5L4
Phone: 204-582-2311
Email: info@mountcarmel.ca
www.mountcarmel.ca

Services are provided free of charge and include a variety of health services, community outreach, one-on-one support, counselling, referrals and advocacy, access to prenatal care, support groups, and traditional ceremony and teachings.

Mount Carmel Clinic provides non-judgemental services through a harm-reduction, pro-choice, trauma-informed lens. They accept clients of all gender expressions and sexual orientations, and aim to provide a culturally safe atmosphere for all people in the community.

North End Women's Centre

394 Selkirk Avenue
Winnipeg, MB R2W 2M2
Phone: 204-589-7347
Email: info@newcentre.org
www.newcentre.org

The North End Women's Centre is a non-profit organization that serves self-identifying women, Two-Spirit or non-binary individuals, and their families. Their resources include information, referrals, outreach, employment programs, and support groups. Short- and long-term coun-



selling for those 18 or older is available on an individual basis, in groups, and in both open and closed settings. Group counselling includes topic areas such as healthy anger, healthy relationships, and domestic violence. All groups are free of charge and offer childcare, a light snack, and bus fare.

North Point Douglas Women's Centre

221 Austin Street N
Winnipeg, MB R2W 3M8
Phone: 204-947-0321
Email: info@npdwc.org
www.npdwc.org

The North Point Douglas Women's Centre works to create opportunities for women to engage with their community and address all forms of violence with prevention and remediation strategies. Their drop-in services include computer access, laundry facilities, group activities with other women and children, and clothing/houseware items. Protection Order Designates are on site to assist with crisis counselling, protection orders and safety planning. Their Red Road to Healing program is designed for women who have experienced family violence. They also have many programs and activities for children and families including the Family Tree Parenting program for parents and extended family caregivers. There are designated hours for men to access services at the centre.

Psychological Service Centre

The University of Manitoba (Fort Garry Campus)
161-173 Dafoe Building
105-115 Fletcher Argue Building
Winnipeg, MB R3T 2N2
Phone: 204-474-9222
Email: psc@umanitoba.ca
www.umanitoba.ca/faculties/arts/departments/psych_services/

The Psychological Service Centre accepts referrals for therapy and assessment from the general public during the academic year (September-April). Services are provided at no charge, but the waiting list can be long due to the limited space. This centre is also not able to provide emergency services or psychological services for legal matters.

Sexuality Education Resource Centre MB

SERC Winnipeg

167 Sherbrook Street
Winnipeg, MB R3C 2B7
Phone: 204-982-7800

SERC Brandon

Unit B – 345 10th Street
Brandon, MB R7A 4E9
Phone: 204-727-0417

Sexuality Education Resource Centre is a non-profit, community-based, pro-choice organization that promotes sexual health through education. The Centre believes that all individuals have a right to access comprehensive education that is inclusive, culturally safe, and anti-oppressive. Inclusive services are provided free of discrimination, which includes, but is not limited to: age, race, colour, sexual orientation, (dis)ability, gender, gender identity, and/or gender expression, religion, national or ethnic origin, citizenship, immigration status, language, status related to STI's, etc.

SERC also offers supportive programming for 2SLGBTQ+ individuals, families, and friends in Brandon and Western Manitoba. The program supports offered include: 2SLGBTQ+ awareness and education, peer support groups, 2SLGBTQ+ resource library, referrals to other supports, as well as workshops and presentations.

The Counselling Centre

335 9th Street
Brandon, MB R7A 4A8
Phone: 204-726-8706
Email: info@counsellingcentre.ca
www.counsellingcentre.ca

The Counselling Centre offers individual, couple, family, and group counselling. Counselling may cover a wide variety of issues including stress management, conflict resolution, trauma debriefing and crisis counselling. Counselling is typically

short-term, but varies on an individual basis.

The Counselling Centre affirms the experiences of every human being, and aims to provide diverse services to all individuals who access their centre. The Centre also recognizes the importance of each person's spiritual values and beliefs, and offers services within the context of these values and beliefs.

The Crisis Response Centre

817 Bannatyne Avenue
Winnipeg, MB R3E 0W4
Mobile Crisis Service Phone: 204-940-1781
Community Intake Phone: 204-788-8330
www.sharedhealthmb.ca/services/mental-health/crisis-response-centre/

This agency offers outreach, scheduled, and walk-in assessment and treatment for adults experiencing a mental health crisis, and is available 24/7. Their mobile team can meet someone at a place where they are comfortable such as their home. The Centre is focused on dealing with acute distress and resolving immediate crisis such as anxiety, depression, suicidal thoughts, or urgent ongoing mental health conditions. This center is also the base for the mental health Mobile Crisis Team. A spiritual room is available for smudging.

The Laurel Centre

104 Roslyn Road
Winnipeg, MB R3L 0G6
Phone: 204-783-5460
Email: info@thelaurelcentre.com

The Laurel Centre provides individual and group counselling to any female-identifying or gender diverse individual (aged 16+) dealing with the long-term effects of childhood and/or adolescent sexual abuse. This centre assists women in healing from sexual abuse, and its counselling methods are centered on building positive coping strategies and healthy relationships. Male-identifying individuals are encouraged to contact the Men's Resource Centre to access their Male Childhood Sexual Abuse (MCSA) Program.

The Refuge (Riverwood Church Community)

325 Talbot Avenue
Winnipeg, MB R2L 0P9
Phone: 204-668-3181 ext. 220
Email: refuge@riverwood.cc
www.riverwood.cc/refuge

The Refuge is a collection of programs created by the Riverwood Church that are designed to respond to the needs of female-identifying individuals living in the Elmwood community. Both open and closed support groups are available for a variety of topics. Specific groups and specialized counselling are both offered for female-identifying individuals who have experienced trauma and violence. A Protection Order Designate is on site to offer assistance with protection orders. Programs and groups are held in various locations and they also have a drop-in program that operates on a first-come, first-served basis. Their programs are designed to provide an inclusive environment for all women/youth.

The Women's Resource Centre

729 Princess Avenue
Brandon, MB R7A 0P4
Phone: 204-726-8632
Toll-free: 1-866-255-4432
www.thewomenscentrebrandon.com

This non-profit organization provides a range of services for self-identifying women and their families in Southwest Manitoba (Two-Spirit or non-binary individuals are welcome if they feel the service is a fit for their needs). Their counselling services are free for women who have experienced abuse at the hands of an intimate partner or family member. Advocates are also available for those who may need assistance navigating the resources available in Brandon/Westman. Art therapy and other drop-in services are offered. Free counselling is also available for children who have experienced family

violence. This is designed to help children through trauma in a safe way, teach healthy ways of coping, and assist in developing trust. Services are available in English and Spanish, and there are traditional Indigenous Knowledge Keepers at the centre. They are partnered with the John Howard society to refer male-identifying individuals.

The Women's Resource Centre is open to women from all gender expressions and sexual orientations, as well as women from all cultural, racial, economic, religious/spiritual backgrounds.

Tupper Street Family Resource Centre (TSFRC)

234 Princess Avenue
Portage la Prairie, MB R1N 0R1
Phone: 204-239-3986
Email: frontdesk.tsfrc@gmail.com
www.tsfrc.com/programs.html

TSFRC provides community-based services to families in Portage la Prairie and the surrounding areas. All services are accessible to everyone as they are offered at no cost. Referrals to other agencies and resources are provided, as well as a clothing depot and access to computers and internet connection. They offer counselling for individuals, couples, families and youth on topics such as parenting, healthy relationships, abuse issues, dealing with anger, and problem solving. Programs for parenting, personal development and youth development are also available.

TSFRC provides support to all families and youth through accessibility, flexibility, cultural, and gender sensitivity and confidentiality.

Snow Lake Family Resource Centre

131 Balsam Street
Snow Lake, MB R0B 1M0
Phone: 204-358-7141
Email: snowlakefrc@gmail.com

Snow Lake Family Resource Centre is dedicated to providing services for female-identifying and non-binary folks and their families that will empower them to make informed choices, especially regarding cycles of violence they may have experienced. They offer counselling, information, referrals and practical support. Some of the areas of need served include, but are not limited to: domestic violence, relationship issues, sexuality, 2SLGBTQ+, disability, as well as mental health issues.

Survivor's Hope Crisis Centre

24 Aberdeen Avenue, P.O. Box 925
Pinawa, MB R0E 1L0
Phone: 204-753-5353
Sexual Assault Crisis Line: 1-888-292-7565
Crisis Line: 1-888-322-3019
www.survivors-hope.ca

Survivor's Hope offers crisis intervention, support and information to survivors and secondary victims of sexual assault in North Eastern Manitoba. The SARAH (Sexual Assault Recover and Healing) program provides support through crisis intervention, hospital accompaniment, and referrals. This program operates through a number of regional health care centers. Brief crisis counselling and referral information are available by phone.

Services are available to individuals of all genders and backgrounds that are over 16 years old.

Wahbung Abinoonjiiag Inc.

225 Dufferin Avenue
Winnipeg, MB R2W 5N7
Phone: 204-925-4610
Email: coordinator@wahbung.org
<http://www.wahbung.org/>

Wahbung's focus is on prevention, healing, awareness, and capacity building. They offer programs and services for

female-identifying and Two-Spirit individuals and their families who have been affected by domestic violence through culturally-appropriate teachings and activities in a safe and nurturing environment. Individual, group, cultural, children's, and women's counselling are all offered. They also have domestic violence prevention workshops, safety planning, advocacy and aftercare services for clients who are fleeing violent relationships.

Wolseley Family Place

202- 222 Furby Street
Winnipeg, MB R3C 2A7
Phone: 204-560-3141
Email: admin@wfpwpg.ca
www.wolseleyfamilyplace.com/

Wolseley Family Place has a variety of services and programs that involve education, support, and community links. They believe in the importance of community capacity building, population health, equality, and changing the atmosphere so that every family is able to have similar choices and opportunities. They offer a drop-in space and many programs for parents and children focused on nutrition, building relationships, parenting skills etc. Through their New Realities program, they offer support for families who are faced with issues related to problematic substance use and intense family conflict.

Wolseley Family Place is open to families from all gender expressions and sexual orientations, cultural/religious/spiritual backgrounds, and economic positions.



Manitoba Parenting & Children Services

Brandon Access Exchange Service (BAES)

144 12th Street
Brandon, MB R7A 4L7
Phone: 204-729-8115
Email: bfcaccess@mymts.net
www.brandonaccess exchangeservice.com

BAES is a parent and child visitation access program supported by the Brandon Friendship Centre. This program provides services such as supervised visits and exchanges for non-custodial parents and children in a neutral and child-centered setting. BAES is voluntary unless court ordered and both parents must initiate contact with BAES before the application process starts.

Family Enhancement Program

Winnipeg Child & Family Services

WRHA Access Downtown
640 Main Street
Winnipeg, MB R3B 0L8
Phone: 204-940-2167

Southeast Child & Family Services

1410 Mountain Avenue
Winnipeg, MB R2X 3C4
Phone: 204-594-0494
Toll-free: 1-855-821-8027

Metis Child, Family, and Community Services

2000 Portage Avenue
Winnipeg, MB R3J 0K1
Phone: 204-927-6960
Toll-free: 1-800-821-8793

Sagkeeng Child & Family Services

P.O. Box 700
Pine Falls, MB R0E 1M0
Phone: 204-367-2215
Toll-free: 1-877-367-4020

Opaskwayak Cree Nation Child & Family Services

225 Waller Road
Opaskwayak, MB R0B 2J0
Phone: 204-627-7240
Toll Free: 1-877-627-7240

Nikan Awasisak Agency Inc.

P.O. Box 388
Cross Lake, MB R0B 0J0
Phone: 204-676-3902

The Family Enhancement Unit aims to increase services to First Nation children and families, on and off-reserve. Their approach focuses on detecting problems before they impair the health and development of families and children. Services provided include respite, parenting skills, anger management and domestic violence workshops, intensive family supports, Elder support, Ceremony/Teaching support, and family case conferencing.

Futures

125 Commercial Place
Thompson, MB R8N 1T1
Phone: 204-667-7820
futures@marymound.com

Futures is a community-based program which offers extensive programming for families and children. Offered by Marymound, Futures provides several community programs for families in the Thompson area. Future's Relationship Shifts program is universal and can be utilized by anyone experiencing different forms of intimate partner violence.

New Directions

3rd Floor 717 Portage Avenue
Winnipeg, MB R3G 0M8
Phone: 204-786-7051 ext. 5212
Email: family.therapy@newdirections.mb.ca
www.newdirections.mb.ca/counselling-assessment-support-prevention/family-therapy/

New Directions offers relational therapy for parents or caregivers and children under 18 years old in areas of couple conflict, trauma, parenting difficulties, children's school and/or social problems. They offer a variety of programming focused on supporting parents to understand their children's needs and provide them with tools to best respond.

Winnipeg Children's Access Agency (WCAA)

385 River Avenue
Winnipeg, MB R3L 0C3
Phone: 204-284-4170
Toll-free: 1-866-886-6153
www.wcaa.ca

WCAA offers a range of supervised access programs for children and their family members who have experienced some level of conflict. The programs are child-focused and strive for consistency, safety and respectful communication. Both

parents are required to contact the agency to apply for services. Service fees are based on a sliding scale and may cost up to \$30 for supervised visits. This agency allows children who may not otherwise have contact with their parents to visit with them in a safe space.

Manitoba Youth Supports:

Inner City Youth Alive – The Bridge Drop In

418 Aberdeen Avenue
Winnipeg, MB R2W 1V7
Phone: 204-582-8779
Email: info@icya.ca
<https://www.icya.ca/bridge>

The Bridge Drop-In is a recreational centre open for youth ages 5-19 where they can partake in a variety of programs and physical activities. This program seeks to provide a relational bridge between youth and Christian role models and mentors. Some of the activities that the drop-in has include: a climbing wall, basketball, volleyball, hockey, a lounge area, canteen, craft room, etc.

Macdonald Youth Services

Winnipeg, MB R3L 0A1
175 Mayfair Avenue
Phone: 204-477-1722
Email: info@mys.mb.ca
www.mys.ca

Thompson, MB R8N 0L6
102-83 Churchill Drive
Phone: 204-677-7860
Email: mysnorth@mys.mb.ca

The Pas/Opaskwayak Cree Nation, MB R9A 1K9
Phone: 204-627-1460
Email: mysnorth@mys.mb.ca

Macdonald Youth Services offers services to youth as well as their families, aiming to help families stay together while being surrounded by an extended community of support. They offer free programs and services to help stabilize families and youth in crisis including youth crisis stabilization units, individual & family therapy, school supports, and emergency shelter for youth. Their facility features a number of safe spaces devoted to therapy, healing, job and life skills training, art, music and Indigenous cultural programs, a computer lab and more.

Ndinawe (Ndinawemaaganag Endaawaad) Inc.

650 Burrows Avenue
Winnipeg, MB R2W 2M7
Phone: 204-417-7233
Email: info@ndinawe.ca
<https://ndinawe.ca>

Ndinawe is a non-profit organization that is dedicated to helping at-risk youth aged 11-17 in Winnipeg. Ndinawe offers shelter, culture, recreation, education, outreach, and support services for vulnerable youth (including those who are experiencing homelessness, sexual exploitation, family conflict, placement breakdown, and mental health issues). Ndinawe offers several programs, including housing through Ndinawe Safe House (24-hour shelter) and Chu Manitou Tanka Oyati Tipi (transitional independent housing program). There is also a drop-in centre called Tina's Safe Haven (located at 472 Selkirk Ave), which is open 24 hours and has laundry facilities, television, phone services, as well as counselling supports and resources.

Project Neecheewam

Head Office: 605 Wall Street
Winnipeg, MB R3G 2T5
Phone: 204-775-9240
Email: info@Neecheewam.ca
https://www.neecheewam.com/treatment_facilities.php

Project Neecheewam Inc. is a professionally staffed, community-based organization that offers residential facilities mentorship, and resources to youth (aged 17 and under) who have experienced severe family, personal, and societal difficulties. The program is designed to meet the unique and individual needs of each youth, and supports are offered in a culturally diverse manner.

Neecheewam Inc. currently operates four residential facilities in Winnipeg:

1. Eagle Warriors (Mikisii Ogitchitag) – Anderson House – (male)
2. White Butterfly (Wabshke Memengwa) – (female)
3. Strong Hearted Buffalo Women Crisis Stabilization Unit (Zongi'de Mushkodebizhike Ikwewag) – (female)
4. Golden Eagle (Zawe Ginew) – (Co-Ed)

RaY! Resource Assistance for Youth

125 Sherbrook Street
Winnipeg, MB R3C 2B5
Tel: 204-783-5617
Email: info@rayinc.ca
www.rayinc.ca

RaY! is a non-profit organization that offers an inclusive, barrier-free environment to support street-entrenched and homeless youth up to the age of 29 with a focus on harm reduction. They offer both emergency services and basic needs services through a variety of programs in areas such as physical and mental health, addictions support, employment and education, emergency and transition housing for youth in care, as well as drop-in and outreach service options.

Manitoba 2SLGBTQ+ Specific Services

Alliance Allo Sexuelle-Hétérosexuelle (USB)

200 Avenue de la Cathédrale – l'Université de Saint-Boniface
Winnipeg, MB R2H 0H7
Phone: 204-233-0210
Mobile: 204-298-4263
Email: aedg@monusb.ca
<https://aeusb.ca/alliance-allo-sexuelle-heterosexuelle/>

Alliance Allo Sexuelle-Hétérosexuelle is a LGBT2SQ+ and allied student group at Université de Saint-Boniface.

Anakhnu Jewish LGBTQ2S+ Group

123 Doncaster Street
Winnipeg, MB R3N 2B3
Phone: 204-477-7510
<https://www.radyjcc.com/culture-community/community/anakhnu-jewish-glb-t-group/>

Anakhnu is a Rady Jewish Community Centre group for Jewish 2SLGBTQ+ individuals, family members, and friends. This group gives individuals an opportunity to socialize, share information and ideas in a welcoming and inclusive Jewish environment that encourages 2SLGBTQ+ individuality and Jewish identity. Age is no barrier, and new participants are always welcome.

Dream Catchers

No listed address
Contact: Kim (Dream Catchers Peer Counsellor)
Phone: 204-226-9138
Email: ktrossel@klinik.mb.ca
<https://klinik.mb.ca/wellness-support-groups/dream-catchers/>

Dream Catchers is a program for women and transgender individuals transitioning from the sex trade. This program offers confidential and private weekly support groups to provide individuals with a safe and supportive place to start their healing journey. These groups explore topics such as: managing overwhelming emotions, setting boundaries, preventing relapse of harmful behaviours (using, cutting, unprotected sex, etc.), building healthy relationships, setting employment and educational goals, connecting with cultural traditions to promote well-being, empowering women to find their voices and getting their power back.

LGBTQTQ* Collective (BU)

270-18th Street (Brandon University Students' Union)
Brandon, MB R7A 6A9
Phone: 204-727-3498 (Brandon University Students' Union)
Email: lgbtcollective@busu.ca
<http://www.busu.ca/lgbttq-collective>

The Brandon University LGBTQTQ* Collective provides a space on campus where queer, trans, and Two-Spirit bodies can thrive and build community. The Collective offers a positive platform for education, supporting safety, building mutual respect, and promoting pride for LGBTQTQ* individuals and the broader community.

Our Own Health Centre

230 Osborne Street
Winnipeg, MB R3L 1Y8
Phone: 204-691-1600
Email: info@ourownhealth.ca
<https://www.ourownhealth.ca>

Our Own Health Centre offers care to the entire 2SLGBTQ+ community and men who have sex with men (MSM). Some of the services that Our Own Health Centre provides include: general medical and sexual healthcare, mental health counselling, diabetes care, smoking cessation support, and financial counselling.

Out There Winnipeg

No listed address
Email: info@outtherewinnipeg.ca
<https://www.outtherewinnipeg.ca>

Out There Winnipeg (OTW) provides a healthy, inclusive, accessible, and safe space for adult folks of the LGBT2SQ+ community and allies to engage in activities, socialize, and have fun. OTW offers sport and recreational activities with both cooperative and competitive components, and that cater to everyone regardless of experience or skill level. Some of the activities that OTW offers include: badminton, billiards, boxing, cycling, gaming, hiking, hockey, tennis, volleyball, etc.

PRISM – Big Brothers Big Sisters of Winnipeg

523 Ellice Avenue
Winnipeg, MB R3B 1Z2
Phone: 204-988-9200
Email: bbbswpg@bugbrothersbigsisters.ca
<https://winnipeg.bigbrothersbigsisters.ca/prism/>

PRISM is a mentoring program for the 2SLGBTQ2IA+ community in Winnipeg. 2SLGBTQ2IA+ youth (ages 9 to 17) are paired with an adult member who also identifies as 2SLGBTQ2IA+ for a one-on-one mentoring relationship.

Queer People of Colour (QPOC)

Winnipeg, MB
Email: qpoc204@gmail.com
<https://www.facebook.com/qpocwinnipeg/>

QPOC strives to create a safer space for queer and trans-identified Black, Indigenous & People of Colour. As a community organization, QPOC provides various events and services to help create a positive contribution to the LGBTQTQ* commu-

nity in Manitoba. Some of the events and services that QPOC offers include: dance parties, panel discussions, art-based events, 'QPOC Talks' at local high schools, DJ sponsorships for QTPOC, and support for local LGBTTQ* refugees.

Rainbow Harmony Project

170 Scott Street – c/o Rainbow Resource Centre
Winnipeg, MB R3L 0L7
Email: rhp@rainbowharmonyproject.ca
<https://www.rainbowharmonyproject.ca>

Rainbow Harmony Project is a choir for LGBTQ2* individuals and allies. The choir is a place where LGBTQ2* folks can practice music in a safe and fun environment and connect with other individuals in the community. There is no audition required – just a love for singing and community.

Rainbow Lounge (U of W)

Room 0R13 – Bulman Student Centre, University of Winnipeg
Winnipeg, MB
Phone: 204-789-4244
Email: rainbowlounge@theuwsa.ca
<https://theuwsa.ca/rainbow-lounge/>

The Rainbow Lounge offers a safe space for LGBTTIGGQAA* people and all students with an open and inclusive view of sexuality and gender diversity. The Rainbow Lounge holds weekly drop-in meetings during fall/winter terms, and individuals are welcome to drop in anytime to study or to hang out. The lounge also acts as a referral network to the larger queer community in Winnipeg through educating, supporting and organizing events both on and off campus.

Rainbow Pride Mosaic (U of M)

Room 180 – Helen Glass Centre, University of Manitoba
Winnipeg, MB R3T 2N2
Tel: 204-890-4139
Email: lgbttqrep@umsu.ca
<https://umsu.ca/student-clubs-associations/student-clubs/rainbow-pride-mosaic/>

Rainbow Pride Mosaic (RPM) is a community group of the University of Manitoba Students' Union (UMSU) which serves as an on-campus group for LGBTTQ* individuals and allies at the University of Manitoba. RPM offers a safe space for community building, discussion groups, studying, and programming (events, workshops, and campaigns related to LGBTTQ* issues and interests).

Rainbow Resource Centre

170 Scott Street
Winnipeg, MB R3L 0L3
Tel: 204-474-0212
Toll-free: 1-855-437-8523
<https://rainbowresourcecentre.org>

Rainbow Resource Centre (RRC) offers support to 2SLGBTQ+ individuals (ages ranging from children to 55+) through providing counselling, education, and programming. It also supports families, friends, and employers of 2SLGBTQ+ individuals. RRC's Youth Program is offered for lesbian, gay, bisexual, transgender, Two-Spirit, queer, questioning, intersex, and allied (2SLGBTQ+) youth ages 13-21, and it focuses on fostering resilience and increasing self-esteem while building social networks, contacts, and peer support. RRC also holds Winnipeg Transgender Support Group – which is a social support group where gender variant folks can meet, share information, and learn from one another. This group also allows for people to present in their preferred gender in a safe and non-judgement environment. In addition to these programs, RRC also offers drop-in social support groups for ages 18+, as well as education programming for healthcare providers, educators, students, and social service providers to promote 2SLGBTQ+ ally education and awareness.

Reaching Out Winnipeg

No listed address

Email: reachingoutwinnipeg@gmail.com
<https://reachingoutwinnipeg.com>

Reaching Out Winnipeg (ROW) is a program to promote the resettlement of LGBT refugees and asylum seekers in Winnipeg and beyond. ROW acts as a hub of information and resources on LGBT resettlement to help international LGBT refugees find a safer place to live.

Sunshine House

646 Logan Avenue
Winnipeg, MB R3A 0S7
Phone: 204-783-8565
Email: contact@sunshinehousewpg.org
<https://www.sunshinehousewpg.org>

Sunshine House is a community drop-in and resource centre which focuses on harm reduction and social inclusion. Their programs aim to fulfill people's social, community and recreational needs. Their drop-ins are held twice-weekly (Monday and Wednesday, 2:00-4:30pm) to provide community members with coffee, meals, and fun activities. During drop-in, folks can also access harm reduction supplies (i.e., condoms, syringes) as well as laundry machines and bathing facilities. Like That (which is offered Monday and Wednesday, 6:00-8:30pm) is a program for individuals exploring gender and/or sexual identity where they can meet, socialize, and have fun. Like That drop-ins are offered primarily for members of the 2SLGBT+ communities. The Sunshine Drag Brunch is also offered at Sunshine House.

Trans Health Clinic

Klinik Community Health – 167 Sherbrook Street
Winnipeg, MB R3C 2B7
Phone: 204-784-4051
<https://klinik.mb.ca/health-care/transgender-health-klinik/>

Trans Health Clinic offers care to trans individuals 16+ years of age who are seeking transitioning care (hormone start and surgery) living in Manitoba. All individuals who fall under the transgender and/or non-binary umbrella (i.e., Two-Spirit, agender, bigender, genderqueer, gender fluid, etc.) are welcome to access their services. Individuals can either self-refer through calling to book a registration appointment with the Peer Supporter, or they can get a referral through a family doctor or nurse practitioner. Trans Health Clinic does not provide primary, urgent, or emergent care.

Trans Manitoba

No listed address
Email: info@transmanitoba.org
<https://www.transmanitoba.org/home>

Trans Manitoba is a volunteer, independent, grassroots collective whose goal is to represent all Two Spirit, non-binary, and transgender folks in Manitoba. Trans Manitoba advocates for Manitobans of all genders through outreach, education, and political and legal action.

Two-Spirited People of Manitoba

P.O. Box 29064, 333 St. Mary Avenue
Winnipeg, MB R3C 4L1
Phone: 204-330-8671
<https://twospiritmanitoba.ca>

Two-Spirited People of Manitoba is a non-profit, community-based organization that helps Indigenous 2SLGBTQ+ people improve their lives through advocacy, health services, employment training, etc. The organization advocates to prevent homophobia and transphobia, offers awareness workshops, and organizes community events.

Saskatchewan Services:

Saskatchewan Crisis Support Lines:

Sask HealthLine..... www.healthlineonline.ca	881
Saskatchewan Farm Stress Line (24/7 Hours).....	1-800-667-4442
(Canada) Crisis Services Canada Suicide Prevention and Support	1-833-456-4566
Abused Women's Info Line.....	1-888-338-0880
Adult Sexual Assault Help Line.....	1-800-214-7083
Saskatchewan Mobile Crisis Helpline (24/7 Hours) Suicide Prevention and Mental Health Crisis	306-757-0127
Prince Albert Mobile Crisis Unit Mon – Fri 4 pm – 8 am, Sat – Sun 24 Hours	306-764-1011
Regina Mobile Crisis Services Suicide Line (24/7 Hours)	306-525-5333
Regina Child Abuse Line (24/7 Hours).....	306-569-2724
Saskatoon Mobile Crisis (24/7 Hours).....	306-933-6200
Southwest Saskatchewan Crisis Services (24/7 Hours).....	1-800-567-3334
Pregnancy Crisis Line (Northern Saskatchewan).....	306-446-4440
Trans Lifeline.....	1-877-330-6366



Saskatchewan Criminal Justice Services:

RCMP:

Headquarters.....General inquiries: 306-780-5461
6101 Dewdney Avenue.....Non-emergencies: 310-7267-7267
Regina SK S4P 3K7

Non-Emergency Police Assistance:

Estevan.....	306-634-4767
Flin Flon.....	204-687-1423
Humboldt.....	306-682-2535
Lloydminster.....	780-808-8300
Martensville.....	306-975-1610
Meadow Lake.....	306-236-2570
Melfort.....	306-752-6420
Melville.....	306-728-1700
Moosejaw.....	306-694-7600
North Battleford	306-446-1720
Prince Albert.....	306-953-4222
Regina.....	306-777-6500
Saskatoon.....	306-975-8300
Swift Current.....	306-778-4870
Warman.....	306-975-1670
Weyburn.....	306-848-3250
Yorkton.....	306-786-2400

Saskatchewan Victim Services

The Victim Services program in Saskatchewan works with police in assisting victims during the aftermath of a crime or tragedy and throughout the criminal justice process. Services offered include crisis intervention, information and support, and referrals to other programs and services. Victim Services are currently being expanded province-wide, and new police jurisdictions will be added as services become available.

Battlefords.....	306-446-2697
La Ronge.....	306-425-4576
Meadow Lake.....	306-236-0461
Prince Albert.....	306-953-2353
Prince Albert (Witness Services)	306-953-2798
Regina.....	306-787-3500
Regina (Witness Services)	306-787-3883
Regina (Domestic Violence Victim Services).....	306-757-6675
Saskatoon.....	306-933-5173

Domestic Violence Support Services

Domestic Violence Victim Services Programs

Battlefords Domestic Violence Treatment Option Court - Victim Services

Battlefords Victim Services

1052 - 101st Street

North Battleford, SK S9A 0Z3

Phone: 306-446-1551

Regina Domestic Violence Victim Services

Family Service Regina

200 - 1440 Broadway Avenue

Regina, SK S4P 1E2
Phone: 306-757-6675
Saskatoon Domestic Violence Court Caseworkers
Family Service Saskatoon
#102, 506-25th Street E
Saskatoon, SK S7K 4A7
Phone: 306-244-0127

Victim Services

Saskatchewan Ministry of Justice and Attorney General
610 - 1874 Scarth Street
Regina, SK S4P 4B3
Phone: 306-787-3500
Toll-free: 1-888-286-6664

The Victim Services programs work closely with police and assist victims in the immediate aftermath of a crime or tragedy and throughout the criminal justice process. Services offered include crisis intervention, information, support and referrals to other specialized programs and services.

Battleford Victim Services.....	(306) 446-1550
Gateway Regional Victim Services.....	(306) 765-5574
Midwest Victim Services.....	(780) 874-5022
Moosejaw Victim Services.....	(306) 694-7624
North Sask Victim Services.....	(306) 425-3235
North East Regional Victim Services.....	(306) 878-3819
Parkland Victim Services.....	(306) 786-4510
Prince Albert Victim Services.....	(306) 953-4357
Regina Region Victim Services.....	(306) 781-5065
Regina Victim Services.....	(306) 777-8660
Sask Central Victim Services.....	(306) 385-2683
Saskatoon Victim Services.....	(306) 975-8400
Southwest Victim Services.....	(306) 778-4898

Child Exposed to Violence Program

YMCA of Regina
1940 McIntyre Street
Regina, SK S4P 2R3
Phone: 306-525-2141

Saskatchewan has programs to assist children and youth who have been exposed to interpersonal violence or abuse, with a goal of preventing them from becoming victims or perpetrators of violence and abuse in the future.

Compensation for Victims of Crime

Suite 910-1801 Hamilton Street
Regina, SK S4P 4B4
Phone: 306-777-8660

Victims of crime are able to apply for reasonable expenses resulting from criminal acts of personal violence that occur in Saskatchewan and are reported to the police (does not include expenses related to property crimes). Reasonable expenses include certain medical costs (ambulance, etc.), counselling, loss of income not covered by EI or Worker's Compensation, damage to or loss of clothing. Applications must be made within two years of the date of injury.

Saskatchewan Advocate for Children and Youth

500 - 350 3rd Avenue N
Saskatoon, SK S7K 6G7
Phone: 306-933-6700
Toll Free: 1-800-322-7221
Email: contact@saskadvocate.ca
www.saskadvocate.ca

The Advocate for Children and Youth is an independent officer of the Legislative Assembly of Saskatchewan. The advocate leads a team of professionals to advocate for the rights, interests, and well-being of children and youth in Saskatchewan. Their mandate is defined by The Advocate for Children and Youth Act, and they do work in areas of advocacy, investigations, public education and research.

Emergency Intervention Orders (EIO)

Victim Services
Saskatchewan Ministry of Justice and Attorney General
610 - 1874 Scarth Street
Regina, SK S4P 4B3
Phone: 306-787-3500
Toll-free: 1-888-286-6664
Mobile Crisis Helpline: 306-757-0127 (Regina and rural SK)

An Emergency Intervention Order is a court order for those experiencing domestic violence who live with, have lived with, or have children with their abuser. An EIO is a court order that prevents the accused from contacting you or your family, gives you the right to stay in your home and have the accused removed or have a police escort you to safely retrieve your belongings. EIOs can be granted through the police, police-based victim services, or a mobile crisis worker.



Saskatchewan Shelters/Housing

Battlefords Interval House

2902 - 102nd Street
North Battleford, SK S9A 1H7
Phone: 306-445-2742
Crisis Line: 306-445-2742
www.battlefordsintervalhouse.ca

Interval House provides emergency shelter and support services for women and children experiencing abuse. Food, clothing and personal supplies are provided, and services include one-on-one counselling for both women and children, safety planning, transportation to attend school or appointments, referrals to community resources, a children's playroom, as well as support, information and learning opportunities regarding the issue of domestic violence. Staff on site refer men seeking shelter to other resources and provide transportation services.

Accepts any self-identifying women (including trans women, non-binary folks, and Two-Spirit individuals) of all sexual orientations.

Isabel Johnson Shelter - YWCA Regina

1940 McIntyre Street (main office)
Regina, SK S4P 2R3
Phone: 306-525-2141

Isabel Johnson Shelter provides emergency shelter and support services for women and their children experiencing family violence. The shelter offers up to 10 residential spaces for women and their children to stay where they receive counselling, advocacy, assistance with housing, and transportation.

Accepts any self-identifying women (including trans women, non-binary folks, and Two-Spirit individuals) of all sexual orientations.

Lloydminster Interval Home

P.O. Box 1523
Lloydminster, SK S9V 1K5
Phone: 780-875-0609
Crisis Line: 780-875-0966 (call), 780-808-1777 (text)
Email: liinfo@lloydintervalhome.com
www.intervalhome.org

The Lloydminster Interval Home provides emergency shelter to women and their children experiencing family violence or other crisis for up to three weeks. Services offered at this shelter include information and support to abused women, referrals to other community resources, support programs for families, and residential programming for women and children. They also engage schools and the community in violence prevention programs and spread awareness about family violence. Men can contact their Community Family Violence Outreach Workers, who will provide referrals and help them to explore decisions about next steps.

Dol-Mar Manor is their second stage housing facility, the next step for women and children, or women leaving an emergency shelter. Dol-Mar Manor provides longer-term support, programming and security in modestly furnished, independent apartments. Dol-Mar offers one-on-one support for families, providing practical assistance with parenting, life skills, budgeting, nutritional meal planning, etc.

* Unable to verify this agency's policy on gender diversity.

Moose Jaw Transition House

P.O. Box 1866
Moose Jaw, SK S6H 7N6
Phone & Crisis Line: 306-693-6511
Text Crisis Line: 306-631-0962
Email: thousedir@sasktel.net
www.mj-transitionhouse.com

This shelter is a safe and secure place for female-identifying individuals and their children to stay. Meals, linens, laundry facilities, emergency clothing and toiletries are provided. Staff can help by making referrals to government and community agencies and can provide assistance in finding housing and furnishings. Their community outreach program also offers programming to those over the age of 13 who live in the area. Their 24-hour crisis line is available to anyone in crisis.

Accepts clients of all sexual orientations.

North East Outreach & Support Services (North East Women's Shelter)

126 McKendry Avenue W, Box 2066
Melfort, SK S0E 1A0
Phone: 306-752-9464
Crisis Line: 1-800-611-6349 (24/7)
Email: adm@neoss.ca
www.neoss.ca

North East Outreach and Support Services enhance the safety and wellness of individuals and families who are experiencing family violence, sexual assault, and crisis in the North East region of Saskatchewan. They provide short-term emergency shelter and support services for women and their children fleeing domestic violence situations. They also provide assistance accessing accommodations, can help individuals make plans for their safety and well-being, and provide free single session walk-in counselling. Second stage housing is available for 6-12 months to clients who meet specific criteria.

This agency provides support to individuals who are diverse in their gender identity and sexual orientation.

Piwapan Women's Centre

P.O. Box 888
La Ronge, SK S0J 1L0
Phone: 306-425-3900
Crisis Line: 306-425-4090
www.pwcprograms.com

Piwapan Women's Shelter offers emergency shelter for women and their children who are experiencing family violence and abuse. Shelter staff will provide support and assistance with personalized safety plans, group counselling, finding new living accommodations, applying for financial support, referrals to legal and medical services, employment services and transportation to and from appointments. Women of all sexual orientations may access the shelter but they will only accept one woman (i.e., the victim) from a same-sex couple. The outreach programs and the crisis line of this agency are available to clients of all gender expressions over 16 years of age and may provide support, advocacy, referrals, and educational programming. Piwapan also provides individual support, networking, referrals, advocacy, education and activities for survivors of sexual assault. They have a second stage housing program with 4 furnished suites in a secure facility for reduced rent that is able to accept clients of all gender expressions and sexual orientations that are escaping violence.

Prince Albert Safe Shelter

P.O. Box 21025 C.H.P.O.
Prince Albert, Saskatchewan S6V 8A4
Phone: 306-764-7233
www.pasafeshelter.ca

The shelter provides temporary emergency shelter, support, transportation, referrals and resources to female-identifying individuals and their children experiencing any kind of abuse. They offer individual and group sessions on a wide range of topics. They accept clients of all sexual orientations. Shelter for Two-Spirit or non-binary individuals would be assessed on a case-by-case basis, and they would be referred to other services if needed.

Project Safe Haven - Yorkton Tribal Council

102-506 Broadway Street W (mailing address)
Yorkton, SK S3N 0P3
Phone: 306-782-0676
Toll-Free Crisis Line: 1-877-444-2836
Email: safehaven@ytai.org

This shelter provides a supportive and safe place for self-identifying women and their children experiencing domestic violence. Their services include counselling, referrals to legal aid, social services, and mental health and addiction services. They provide practical assistance to become re-established in the community. Holistic healing and access to Elders are available upon request. Accepts clients of any sexual orientation.

Qu'Appelle Haven Safe Shelter

P.O. Box 457

Fort Qu'Appelle, SK S0G 1S0

Phone: 306-332-6881

Toll-Free Crisis Line: 1-888-332-7233

Qu'Appelle Haven is an emergency shelter for women and children leaving abusive situations. Services include counseling, group therapy, healing circles, parenting skills, and other activities that help families adjust to abuse-free lifestyles. Programs and services also are provided to and focus on the well-being of the children. Their non-residential services are available to clients of all genders that are experiencing violence.

Regina Transition House

P.O. Box 1364

Regina, SK S4P 3B8

Phone: 306-757-2096

24-hour Crisis Line: 306-569-2292

Email: info@reginatransitionhouse.ca

www.reginatransitionhouse.ca

Regina Transition House provides emergency shelter and support services to female-identifying individuals and their children fleeing family violence. While at Transition House, 24-hour staff can provide information, support, options and alternatives, all in a holistic response to the needs of women and children. Children's counsellors are available to provide risk assessment, supportive counselling and parenting assistance. The shelter hosts regular in-house visits, feasts, ceremonies and sharing circles with a local Elder. Their outreach programming focuses on assisting women to maintain stable housing, connecting with community supports and achieving a life without violence. Accepts clients of all sexual orientations. Two-Spirit and non-binary clients are assessed for shelter on a case-by-case basis. Although male-identifying individuals are not accepted in the shelter, staff will assist them to find other accommodations and support/counselling.

Saskatoon Interval House

Saskatoon, SK

Phone: 306-244-0185

Toll-Free Crisis Line: 1-888-338-0880

infosih@saskatoonintervalhouse.org

www.saskatoonintervalhouse.org

Interval House provides emergency shelter for women and children experiencing abuse. At the shelter they offer one-on-one counselling for both women and children, safety planning, referrals, advocacy, and assistance in finding safe and affordable housing. They can also provide rides to school or appointments if needed. Staff on site refer non-female identifying folks seeking shelter to other resources and provide transportation services. Their 24-hour crisis line is also available to those experiencing abuse, and staff can help with safety planning over the phone. Second stage housing is run through Adelle House, a 12 unit gated and secure apartment building. Adelle House is staffed Monday through Friday and includes an in-house coordinator, a counsellor/outreach worker, and weekly group counselling.

Shelwin House

(no public address)

Yorkton, SK

Phone: 306-783-7233

Toll-Free Crisis Line: 1-888-783-3111

www.shelwinhouse.ca

Shelwin House provides short-term emergency shelter and support services for all self-identifying women and their children fleeing domestic violence situations. The length of stay is dependent on client needs. They can provide clients with all the basic living essentials, including shelter, food, clothing, support, and referrals. They run a weekly peer support group, and do outreach programming in the community. Shelwin House accepts women from all sexual orientations and gender identities (including trans women, non-binary folks, and Two-Spirit individuals) into their emergency shelter.

Men receive assistance for accommodations and are referred to other agencies, advocacy groups, legal aid, social ser-

vices, and police services. Men can also contact Shelwin's 24-hour crisis line.

Southwest Crisis Services

Box 1102

Swift Current, SK S9H 3X3

Phone (Shelter, Community Outreach and Sexual Assault Services): 306-778-3386

Crisis Line: 306-778-3386 or 1-800-567-3334 (for residents of Southwest Saskatchewan)

www.swcrisis.ca

Southwest Safe Shelter provides a safe place to stay for up to 4 weeks for women and their children who are leaving an abusive situation. They provide necessary items including toiletries, food, bedding, and clothing. 24-hour staff is available to provide support, information and referrals, as well as practical assistance to clients. Through their confidential crisis line, they welcome calls from anyone in need of support in any situation where they feel they cannot cope, regardless of gender or age. Crisis line staff are available to offer information, referrals, supportive listening, and assistance in exploring options to resolve issues. Sexual assault supportive services are also available.

Ts'ekwi K'oni Koe (A Place to Protect Women)

Black Lake, SK

Phone: 306-439-2777

An emergency shelter for women and their children fleeing abuse. The shelter offers women's and children's programming Monday through Friday. Meals are provided, and there is a depot with donated hygiene items, clothing and baby items as available.

* Unable to verify this agency's policy on gender diversity.

Waskoosis Safe Shelter

PO Box 3368

Meadow Lake, SK S9X 1T7

Phone & Crisis Line: 306-236-5570

Waskoosis provides emergency shelter and support services for women and their children experiencing domestic violence. They are able to provide meals, emergency clothing, counselling and support, advocacy and referrals to appropriate services, and transportation to school and appointments. Accepts clients of all sexual orientations. Self-identifying women, Two-Spirit and non-binary folks are assessed for shelter access on a case-by-case basis.

Wichihik Iskwewak Safe House (WISH)

740 Sioux Avenue

Fort Qu'appelle, SK S0G 1S0

Phone & Crisis Line: 1-306-543-0493

Email: wishshelter@yahoo.com

WISH provides temporary shelter, individual and group support, and counselling to women and children fleeing from domestic violence. Both traditional and western therapy methods are used. They also offer advocacy and referrals, children's programming and outreach services.

* Unable to verify this agency's policy on gender diversity.

YWCA Prince Albert Central Avenue

1895 Central Avenue

Prince Albert, SK, S6V 4W8

Phone: 306-763-8571

Email: sherigiesbrecht.ywca@sasktel.net

www.ywcaprincealbert.ca/central-avenue

Emergency shelter is provided for women and their children in crisis. The Central Avenue shelter offers access to educa-

tion and learning, cooking groups, addictions and domestic violence information/referrals to agencies, LGBTQ sensitive programming and referrals to various community agencies. Women who are no longer in crisis but still need a safe and supportive environment can continue to reside at the YWCA in the transitional shelter for up to 3 months. Longer stays can be accommodated in certain circumstances.

YWCA Saskatoon Emergency Shelter

510-25th Street E

Saskatoon, SK S7K 4A7

Phone: 306-244-2844

www.ywcasaskatoon.com/crisis-shelter-residence

The YWCA Saskatoon offers short-term emergency shelter for all female-identifying individuals and children who are in need of a safe place to stay for up to 30 days. The shelter welcomes clients experiencing a variety of challenges including domestic abuse, homelessness, addiction, and mental health issues. There is crisis counselling, assistance with conflict resolution, connections to legal resources and educational supports, and referrals to other agencies or professionals. Accepts clients of all sexual orientations. Men experiencing intimate partner violence can contact the shelter to receive information and referrals.

Homeless Shelters

Homeless shelters may provide more accessible emergency shelter, but they do not provide intimate partner violence specific services and do not always allow parents to be accompanied by their children.

Our House - YWCA Prince Albert

94 15th Street E

Prince Albert, SK S6V 1E8

Phone: 306-922-6162

Email: ednabruce.ywca@sasktel.net

www.ywcaprincealbert.ca/our-house

Our House is an adult crisis shelter for men and women. Children are not accepted into the shelter. Individuals accessing the shelter are provided with emergency hygiene supplies, access to education and learning, assistance accessing income support and housing, 24-hour client support staff, LGBTQ sensitive programming, and addictions and domestic violence information and referrals. Those who self-identify their gender are accommodated in the co-ed transitional housing area. In addition to the crisis shelter services for men and women, Our House has seven rooms designated as transitional housing where clients may rent up to a year and receive support.

Salvation Army Crossroads Centre Residential Services

339 Avenue C S

Saskatoon, SK S7M 1N5

Phone: 306-244-6280

www.salvationarmysaskatoon.org/residential-homes

Crossroads offers shelter for adult men who have no other home. Nutritious meals and access to laundry facilities are provided as well as access to a shared lounge, classroom, chapel and multipurpose room. Residents have access to case workers who help with developing case plans that may include linking to other community resources like housing, treatment, education, and/or employment. Able to accommodate self-identifying males in a private room if one is available; if not available they will assess from there.

Salvation Army Waterston Centre

1845 Osler Street

Regina, SK S4P 1W1

Phone: 306-569-6088

www.sarmy.ca

The Waterston Centre's emergency shelter program seeks to temporarily meet the housing needs of men who may be



homeless or without another place to go. Residents have access to a bed, laundry, and three meals a day. Caseworkers are available to assist with housing, employment, public benefits, and referral to outside services. The Residential Unit on the 2nd floor is a 26-bed residence for males. The Salvation Army Waterston Centre residential unit is independent living and referral is by agency, self, or other. Acceptance is conditional depending on individual needs and required resources. Both long-term and short-term accommodation are offered in the residence, depending on the person's need. There is usually a maximum stay of two years, but this is also dependent on need and situation, and exceptions can be made. Accommodation is provided at an approved rate. Assistance with financial management is provided as needed. Self-identifying males are accommodated in a separate sleeping area.

Souls Harbour Rescue Mission (Moose Jaw)

40 Manitoba Street E (Shelter)

Moose Jaw, SK

www.shrmsk.com/services-moose-jaw/mens-emergency-shelter

Souls Harbour provides emergency shelter for up to 10 men experiencing crisis. Clients are given toiletries and allowed to shower, their clothing is laundered, and a continental breakfast is provided in the morning.

The Lighthouse Supported Living

304 2nd Avenue S

Saskatoon, SK S7K 1L1

Phone: 306-653-0538

Email: hello@lighthousesaskatoon.org

www.lighthousesaskatoon.org

The Lighthouse Supported Living facility offers emergency shelter for women and men who have no home or safe place to go to; they are unable to accommodate children. Though they primarily offer services to homeless individuals, the emergency shelter is for anyone who is experiencing an unsafe living situation. They operate a free clothing depot, provide meals, and offer hygiene products if needed. The shelter closes for the day but they provide a locked storage room, and their lounge is open. Transitional housing is offered through their Home Again program. Those who self-identify their gender are supported by staff to sleep in the gendered sleeping quarter that they identify with.

Saskatchewan Counselling/Support

Battlefords & Area Sexual Assault Centre

1211 98th Street
North Battleford, SK S9A 0L8
Phone: 306-445-0055
Email: basac@sasktel.net
<http://basac.ca>

At Battlefords & Area Sexual Assault Centre, counselling for short- or long-term periods are free of charge for all sexual assault survivors of all genders and ages. Prevention programming is also offered. This agency also provides various advocacy services such as RCMP accompaniment, court accompaniment, and medical support.

Catholic Family Services of the Battlefords

101-1272 101st Street
North Battleford, SK S9A 0Z8
Phone: 306-445-6960
battlefords.cfs@sasktel.net
<https://battlefordscfs.ca>

This Catholic agency offers services regardless of religious affiliation or economic situation. Services include counselling, family support services, and support for children exposed to violence. Their Family Violence Outreach Program provides prevention, intervention, and therapeutic services to victims of violence. They also offer programs specifically for children who have been exposed to interpersonal violence.

Christian Counseling Services

617 3rd Avenue N
Saskatoon, SK S7K 2J8
Phone: 306-244-9890
Email: chcounselling@sasktel.net
<http://www.saskatoonccs.com/index.php>

This agency offers counselling services to individuals of any race, belief, gender, age, or sexual orientation, with counselling that incorporates the Christian faith into the process of healing and recovery. Although counsellors provide a spiritually-integrated counselling approach, services are first and foremost client-centered.

Envision Counselling and Support Centre

Carlyle Office
P.O. Box 1017
Carlyle, SK S0C 0R0
Phone: 306-453-2405

Estevan Office
P.O. Box 511
Estevan, SK S4A 2A5
Phone: 306-637-4004

Oxbow Office
c/o P.O. Box 511
Estevan, SK S4A 2A5
Phone: 306-483-5555

Weyburn Office
120 3rd Street S
Weyburn, SK S4H 2C2
Phone: 306-842-8821

Email: info@envisioncounsellingcentre.com
<http://envisioncounsellingcentre.com>

Counselling, workshops, groups and support are available for individuals, families, and couples who are survivors of abuse, violence, sexual assault, stalking or harassment. All services are free of charge. The Interpersonal Violence and Abuse Program provides counselling support to anyone who may have experienced abuse or violence, regardless of gender.

Family Service Regina

200-1440 Broadway Avenue
Regina, SK S4P 1E2
Phone: 306-757-6675
Email: info@familyserviceregina.com

Family Service Regina is committed to being involved in the community and strengthening families and individuals through their programs and resources. They offer support and groups specifically for those who have been impacted by domestic violence; some are drop-in while others require registration and multiple sessions. Support is also offered through safety planning and counselling, over the phone or in person. Counselling fees are determined based on a sliding scale and it is also possible to have them subsidized if the client is unable to pay.

Family Service Saskatoon

102, 506 25th Street E
Saskatoon, SK S7K 4A7
Phone: 306-244-0127
Domestic Violence Court Caseworker: 306-975-8212
Email: info@familyservice.sk.ca

This agency offers services and leadership that support individuals and families in creating safe and healthy relationships. They have walk-in counselling services, as well as many low cost or free family and individual programs. They also have Domestic Violence Court Caseworkers who are available at no cost. These workers ensure that victims of domestic violence are supported throughout their court case and provide encouragement toward victims during trial.

Hudson Bay Family & Support Centre

P.O. Box 403
Hudson Bay, SK S0E 0Y0
Phone: 306-865-3064
Email: hbfamilyandsupport@sasktel.net
https://www.hbfamilyandsupport.ca/Home_Page.php

The Hudson Bay Family and Support Centre offer ongoing crisis support, advocacy, and referrals for families and individuals in distress. Support workers in the Family and Personal Violence Prevention and Support Program provide information, referrals, crisis assistance and response, assistance to a safe place or shelter, accompaniment to legal, medical and financial appointments, and court support and preparation. The Family Support Program for at-risk families provides intensive, in home support with family support workers helping parents to foster healthy development of families and their children. Referrals to other agencies and resources are also provided.

Lloydminster Sexual Assault Services

5011 49th Avenue
Lloydminster, SK S9V 1R5
Phone: 306-825-8255
Email: reception.lsaic@sasktel.net
<http://www.lloydminstersexualassault.com>

This center provides support for all sexual assault survivors of all ages and genders. Individual crisis intervention sessions are provided free of charge. RCMP, hospital, and court accompaniment are available, as well as group counselling sessions.

Partners Family Services

231 Main Street
P.O. Box 2741
Humboldt, SK S0K 2A0
Phone: 306-682-4135
Email: admin@partnersfamilyservices.ca
<https://www.partnersfamilyservices.ca>

This agency works with individuals who have experienced or are at risk of experiencing interpersonal violence. Clients work with social workers to increase physical and emotional safety. 24/7 services are available to aid individuals experiencing crisis and in need of immediate and short-term support. Counselling services do not require referral or diagnosis and are available for adults experiencing a variety of challenges. There is currently no fee for any services provided.

Prince Albert Catholic Family Service

300-1008 1st Avenue W
Prince Albert, SK S6V 4Y4
Phone: 306-922-3202
Toll-Free: 1-877-922-3202
cfspa@sasktel.net
<https://www.cfspa.ca>

This agency offers a variety of programs that incorporate Christian principles for children, adolescents, and parents. After the Storm is a support group for survivors of intimate partner violence; a survivor is defined as anyone who recognizes they need support to live an abuse-free life. There is a \$20 fee for this program. Riding the Wave is a free of charge program that aims to help parents and children who have experienced or witnessed violence and abuse to understand and cope with their experiences. There is no fee for this specific program and transportation/childcare are available.

Prince Albert Mobile Crisis Unit

Unit C – 4050 2nd Avenue W
Prince Albert, SK
Crisis Line: 306-764-1011
Sexual Assault Line: 306-764-1039
Administration Line: 306-763-8181
<https://www.pacrisis.ca>

Mobile crisis provides support for those facing immediate crisis. Short- and long-term sexual assault counselling sessions are available for any individual affected by sexual assault. crisis counsellors provide support to victims of domestic violence in Prince Albert, regardless of gender. Intervention orders can be applied for through the mobile crisis unit and safety plans can be developed for individuals and children who are unable to go into shelter.

Regina Sexual Assault Centre Inc.

1830 Mackay Street
Regina, SK S4N 6R4
Crisis Line: 306-352-0434
Toll-Free: 1-844-952-0434
<https://www.reginalsexualassaultcentre.ca>

The Regina Sexual Assault Centre provides counselling and advocacy for individuals, families, and groups. They also offer workshops and workplace training centered on sexual assault and sexual violence.



Saskatoon Crisis Intervention Service

103-506 25th Street E
Saskatoon, SK S7K 4A7
Phone: 306-933-6200
Email: info@saskatooncrisis.ca
<https://saskatooncrisis.ca>

Saskatoon Crisis Intervention Service offers services such as mobile crisis services, crisis management, and housing first programming. Crisis services are offered free of charge and are based on an assessment by a crisis worker.

Saskatoon Sexual Assault & Information Centre (SSAC)

Suite 201-506 25th Street E
Saskatoon, SK S7K 4A7
Phone: 306-244-2294
Crisis Line: 306-244-2224
Email: SSAIC@sasktel.net
<https://ssaic.ca>

SSAIC provides services to any individual who has been impacted by sexual violence, including sexual violence in intimate partner relationships. Individual and group counselling services are available, as well as survivor support services. Individuals can also call their 24-hour crisis line.

SIGN Counselling Services

83 North Street
Yorkton, SK S3N 0G9
Phone: 306-783-9409
Email: signadmin@sign-yorkton.org
<https://signyorkton.ca>

SIGN offers free of charge counselling services for individuals, couples and children who have experienced family violence. Services are available through referral and self-referral. Safety planning, agency referrals, and culturally appropriate programming as needed or requested are all offered through this agency. SIGN also has a specific Family Violence Program which provides one-on-one counselling, safety planning for clients, and appropriate agency referrals as necessary.

South West Crisis Services

P.O. Box 1102
Swift Current, SK S9H 3X3
Phone: 306-778-3386
Toll-Free: 1-800-567-3334
Email: swcsoutreachmanager@sasktel.net
<https://www.swcrisis.ca>

South West Crisis Services offers a crisis line, which is open to individuals of all genders and ages. Information, referrals, support and assistance are available through the crisis line. They have also implemented a Male Outreach Program, which aims to provide both males and females experiencing family violence with support, as well as to provide education in developing healthy family relationships.

The Circle Project – Family Violence Program

1102 8th Avenue
Regina, SK S4R 1L9
Phone: 306-347-7515
<https://www.circleproject.ca/cp2015/>

As a community agency, the Circle Project works with individuals and families to break the cycles of violence. Through the Family Violence Program families are guided through the healing process and are given the tools to develop skills for preventing unhealthy conflict.



Saskatchewan Parenting & Children Services

Battle River Treaty 6 Health Centre

1192 101st Street
North Battleford, SK S9A 0Z6
Phone: 306-937-6700 or 1-855-937-6700
<https://brt6hc.ca>

Battle River Treaty 6 Health Centre is a First Nations owned and operated health services organization providing community-based health services to promote, support, and encourage physical, mental, social and spiritual health. They run the Head Start program, which focuses on families with young children. Home visitors will aid parents in interacting with their children and creating healthy family relationships. They also run similar family-centered programs at the Health Centre, where Elders are available to pray and model culture to parents and children.

Crisis Nursery

1020 Victoria Avenue
Saskatoon, SK S7N 0Z8
Phone: 306-242-2433
Email: lisa@crisisnursery.ca
<https://crisisnursery.ca>

Crisis Nursery is a safe place for children aged 0-12 years to go while their parents receive the help they need during crisis situations. This agency offers resources and assistance in managing crisis or ongoing needs. All services are free and confidential and include nutritional meals and snacks, clothing and shoes (if needed), and a safe supervised place to play.

Prince Albert Children's Haven – 24 Hour Child Crisis Center

3 Elmwood Avenue
Prince Albert, SK S6V 7Z1
Phone: 306-922-4454
Email: chcc@sasktel.net
<https://www.pachildrenshaven.ca>

This agency provides emergency care for children up to age 12 when a family crisis occurs. Services offered for children

include basic needs and supervised activities. Services are also offered for parents and families that involve consultation and support, as well as informational classes. The facility can accommodate up to 17 children at one time.

Supervised Access/Exchange Program – Family Justice Services

323 - 3085 Albert Street
Regina, SK S4S 0B1
Phone: 306-787-9416

701 - 224 4th Avenue S.
Saskatoon, SK S7K 2H6
Phone: 306-933-5930

The Supervised Access/Exchange Program is a service facilitated by social workers and trained observers to ensure that children have access to their non-custodial parent in a safe setting. Exchanges of the child may be supervised so the child does not have to see any conflict or violence between their parents. Parents can access supervised exchange services by agreement or by a court order. Supervised visits may occur at one of the access centres located in Regina or Saskatoon. Parents can only use the supervised access service if the court orders them to use the service.

Saskatchewan Youth Supports:

4 – H Saskatchewan

3830 Thatcher Avenue
Saskatoon, SK S7R 1A5
Email: info@4-h.sk.ca
<https://www.4-h.sk.ca>

4 – H Saskatchewan is a program which aims to promote individual growth in youth (ages 6 – 25 years old) by promoting leadership skills, self-confidence, and a responsible attitude toward community service. The program is project-based and allows for youth to make connections and develop important life skills. 4 – H Saskatchewan welcomes individuals of all backgrounds.

EGADZ

485-1st Avenue North
Saskatoon, SK S7K 1X5
Phone: 306-931-6644
<https://www.egadz.ca>

EGADZ is a community-based organization which provides programs and services to children, youth, and their families to improve their quality of life. EGADZ offers several services, including: drop-in centre and programming, residential services, outreach supports, as well as educational and employment support programming.

Rainbow Youth Centre

977 McTavish Street
Regina, SK S4T 3V2
Phone: 306-757-9743
Email: info@rainbowyouth.com
<https://www.rainbowyouth.com>

Rainbow Youth Centre provides comprehensive programming and activities for youth (ages 11-25 years) with the goal of helping them prepare for the transition from adolescence to a healthy, productive, and independent adult life. Their Centre offers individual and group counselling, educational and skill development programs, as well as recreational activities and outreach supports.

Saskatchewan 2SLGBTQ+ Specific Services

Colourful Campus House

Regina, SK - No listed address
Phone: 306-519-4733
Email: housing@urpride.ca
<https://www.urpride.ca/campus/housing/>

UR Pride's Colourful Campus House is housing for 2SLGBTQIA+ and allied students at the University of Regina. The University of Regina has allocated two six-bedroom (12 vacancies) apartment-style residences to offer a safe and supportive home for 2SLGBTQIA+ individuals and allied students.

Fyrefly Saskatchewan Central & Northern Saskatchewan

OUTSaskatoon
213 Avenue C S
Saskatoon, SK S7M 1N3
Phone: 306-665-1224
Email: fyrefly@outsaskatoon.ca
<https://www.fyreflysask.ca/about>

Southern Saskatchewan

UR Pride Centre for Sexuality & Gender Diversity Inc.
c/o URSU, 3737 Wascana Parkway
Regina SK, S4S 0A2
Phone: 306-519-4733
Email: contactus@urpride.ca
<https://www.fyreflysask.ca/about>

Camp fyrefly Saskatchewan is an educational, social, artistic and personal learning retreat for gender and sexually diverse youth (Two-Spirit, lesbian, gay, bisexual, transgender, queer) and allied youth. This camp is a four-day camp designed for youth between the ages 14 and 24. The camp features day and evening workshops, based on various topics such as: leadership skills, confronting bias and stereotypes, coming out and dealing with issues related to gender and sexual diversity, relationship-building with peers, parents, and caregivers, healthy dating and relationship skills, youth health and safety, etc.

Moose Jaw Pride

345 Main Street N
Moose Jaw, SK S6H 0W2
Phone: 306-692-3388
Email: info@moosejawpride.ca
<https://moosejawpride.ca>

Moose Jaw Pride is a non-profit corporation which supports gender and sexually diverse people through providing inclusive community services and educational opportunities. Some of the services that they provide include: customized diversity training workshops, community events, drop-in centre (open Thursdays, 1:00-6:00pm), peer support, information and resources, as well as outreach services. Moose Jaw Pride also provides advocacy services for LGBT+ individuals in terms of accessing housing, healthcare, education, employment, etc.

OUTSaskatoon | Pride Home

213 Avenue C S
Saskatoon, SK S7M 1N3
Phone: 1-306-665-1224
Toll-Free: 1-800-358-1833
Email: hello@outsaskatoon.ca
<https://www.outsaskatoon.ca>

OUTSaskatoon provides services and programming to individuals of all genders and sexual orientations. Their programming addresses underlying issues that affect the health and welfare of the 2SLGBTQ+ community by countering heterosexism, homophobia, biphobia, and transphobia. Some services that OUTSaskatoon offers include: counselling and peer support, drop-in centre, social groups, and community education. They also provide specific supports for youth, trans individuals, Two-Spirit, older adults, and parents and families.



TransSask Support Services

No listed address

Email: treasurer@transsask.ca

<http://www.transsask.ca>

TransSask Services provides province-wide supports and resources for trans*-identified, genderqueer, intersex, and gender non-conforming individuals, as well as their spouses, family, friends, and allies. TransSask identifies, develops, and offers services and resources to meet the needs of trans-identified and sex or gender diverse people within Saskatchewan as well as those who support them. Their vision is to ensure that all people of Saskatchewan no matter their sex, gender, gender identity, or gender expression have the information, support, and opportunities necessary. Their website provides information on resources such as: Saskatchewan Medical Transition Guide, health and mental health providers list, accessing hormones in Saskatchewan, changing legal documents, name change guide, and trans-inclusive media guide.

UR Pride Centre for Sexuality and Gender Diversity

3737 Wascana Parkway

Regina, SK

Phone: 306-586-8811 Ext 207

Email: contactus@urpride.ca

UR Pride Centre provides services and programming to University of Regina students, staff, and faculty, as well as the Southern Saskatchewan region regardless of identities. Located at the University of Regina, UR Pride offers a safe space, a resource library, peer to peer support, safer sex supplies, and social events to sexually and gender diverse people and allies.

SPACE for Saskatchewan Queer Youth (UR Pride Centre)

2139 Albert Street

Regina, SK S4P 2V1

Phone: 306-539-1064

In 2019, UR Pride opened a downtown location in Regina named SPACE. This location provides a gathering space for 2SLGBTQ+ people of all ages to use for socializing, community events, and projects.

USSU Pride Centre

Room 110 – Place Riel Student Centre

#1 Campus Drive

Saskatoon, SK S7N 5A3

Phone: 306-966-6615

Email: pride.centre@ussu.ca

<https://ussu.ca/main-page/centres/pride-centre/>

The USSU Pride Centre is located on the University of Saskatchewan student campus. The Centre provides a friendly environment for people of all sexual orientations and gender identities. The Centre seeks to work with people from all sexual orientations and gender identities in an open and progressive environment that advocates, celebrates, and affirms diversity.

Alberta Services:

Alberta Crisis Support Lines:

Alberta Provincial Abuse Helpline.....	1-855-4HELPAB (1-855-443-5722)
Family Violence Information Line.....	780-310-1818
Mental Health Help Line	1-877-303-2642
Connect Family and Sexual Abuse Network:	
24-Hour Family Violence Helpline.....	403-234-7233
24-Hour Toll-Free:.....	866-606-7233
24-Hour Sexual Abuse/Assault Helpline.....	403-237-5888
24-Hour Toll-Free:.....	877-237-5888
Distress Line (CMHA) Edmonton Region	
Northern Alberta.....	1-800-232-7288
Crisis 24-Hours Edmonton.....	780-482-HELP (780-482-4357)
Seniors Abuse Helpline.....	780-454-8888
Southwestern Alberta:	
Distress and Suicide Prevention Line.....	1-888-787-2880
Crisis 24-Hours Lethbridge and Area.....	403-327-7905
Health Link.....	811
Alberta's One Line for Sexual Violence.....	1-866-403-8000
Alberta Addictions Helpline (24 Hours).....	1-866-332-2322
Kids Help Phone:	
Alberta Office Line.....	1-866-297-4101
Youth Counselling Line	1-800-668-6868
Text.....	686-868
Child Abuse Hotline.....	1-800-387-5437
First Nations and Inuit Hope for Wellness Help Line.....	1-855-242-3310

Alberta Criminal Justice Services:

Non-Emergency Police Assistance:

RCMP:

Headquarters.....	780-412-5424
11140 109th Street NW	
Edmonton AB T5G 2T4	

Local Non-Emergency Police Lines:

Calgary Police Service.....	403-266-1234
Edmonton Police Service.....	780-423-4567
Lethbridge Police Service.....	403-328-4444
Medicine Hat Police Service.....	403-529-8481
Red Deer RCMP.....	403-406-2300
Grand Prairie RCMP.....	780-830-5701
Wood Buffalo RCMP.....	780-788-4040
Blood Tribe Police Service.....	403-787-3800
Camrose Police Service	780-672-4444
Lacombe Police Service.....	403-782-3279
Lakeshore Regional Police Service.....	1-855-299-0137
Taber Police Service.....	403-223-8991
Tsuu T'ina Nation Police Service	403-271-3777

Edmonton Police Service Sexual Minorities Liaison Committee

Email: EPSLGBTQ@yahoo.ca

Website: www.facebook.com/groups/EPSSMLC

The Edmonton Police Service Sexual Minorities Liaison Committee (SMLC) is made up of a group of volunteer community members who work with the Edmonton Police Service (EPS) to ensure the public safety and security needs of the lesbian, gay, bisexual, transgender, transsexual, Two-Spirited, and queer (2SLGBTQ+) community. The SMLC can support 2SLGBTQ+ individuals when reporting a crime and help them receive professional and non-judgmental police service and support.

Alberta Justice Victim Services:

Alberta police-based Victim Service programs offer information, support and local referrals for victims of crime and tragedy in accordance with the guidelines outlined in provincial legislation regarding victim rights and the Canadian Victims Bill of Rights. All Alberta police-based Victim Services programs utilize the services of highly trained volunteers to provide a 24/7 response to victims of crime and tragedy. Volunteers provide a variety of services, from the time of first response by police, to the final disposition of the case by the courts.

Alberta Line.....	403-632-9760
Blood Tribe Police (Standoff).....	403-737-8814
Calgary.....	403-428-8617
Camrose.....	780-672-4570
Edmonton.....	780-421-2217
Fort McMurray.....	780-788-4040
Lacombe.....	403-782-3279
Lethbridge.....	403-330-5023
Medicine Hat.....	403-529-8480
Maskwacis First Nations.....	780-585-4640
Piikani Nation.....	403-965-2001
Suncild O'Chiese First Nation.....	403-844-4421

Emergency Protection Order Designates

An Emergency Protection Order (EPO) is granted when violent or threatening behaviour occurs between family members, and when there is evidence to suggest that the violence will resume or continue and that immediate protection is necessary. Police, the RCMP, Legal Aid or Victim Services can apply for an EPO at the request of a victim, and the order is then granted by the court. The EPO prevents the respondent from contacting the applicant or the applicant's family, or from coming to the applicant's home, school, work, etc. These orders are only granted in situations of family violence. In case of emergency, call 911. Police officers can also make an application on your behalf. Individuals can apply for an EPO at several places:

Legal Aid Alberta's Emergency Protection Order Program (EPOP):

Edmonton.....	780-422-9222
Calgary	403-297-5260
Lethbridge.....	403-388-3162
Other Jurisdictions.....	1-866-845-3425
Family Violence Information Line (24/7 in 170 languages).....	780-310-1818

*EPO Telephone application due to COVID-19 – when no Provincial Court Judge

To allow EPO applications to be made by telecommunication through the Provincial Hearing Office during the COVID-19 pandemic when there is no Provincial Court Judge available to hear the application.

For urgent matters, telephone applications for EPO will be considered from: • For regular business days: Calgary Hearing Office - 4:00 p.m. to 7:00 a.m.; Edmonton Hearing Office - from 4:00 p.m. to midnight • For weekends and statutory holidays: Calgary Hearing Office - 24 hours per day; Edmonton Hearing Office - from 8 a.m. to midnight

Procedures/Guidelines for Urgent Emergency Protection Orders:

The claimant is required to contact the local law enforcement agency within their respective jurisdiction indicating their need for an EPO.

If the respective law enforcement agency will not make the telephone application on behalf of the claimant, and the claimant still wishes to make the application, they can contact Legal Aid at 780- 643-9288 for legal advice and representation. Legal Aid is only available Monday to Friday except on statutory holidays between the hours of 3:00 p.m. and 10:00 p.m. If Legal Aid is providing representation on behalf of the claimant, they will make best efforts to verify the identity of the claimant and ensure that the Intake Sheet required for the application before the Justice of the Peace is completed. If Legal Aid is not available to represent the claimant, the claimant can call the respective Provincial Hearing Office, based on the location of the claimant • Calgary Hearing Office @ 403-297-4444, (for claimants located Wetaskiwin or south), or • Edmonton Hearing Office @ 780-422-3699, (for claimants located north of Wetaskiwin). Depending on the proximity of the claimant to one of the Provincial Hearing Offices, the claimant may be asked to attend the respective Hearing Office in person.

If the claimant is unable to attend the Hearing Office in person, the claimant will be required to:

- Complete the "Telephone Application for an Emergency Protection Order – By Claimant (COVID-19)"
- Fax or email a scan of the completed Application Form and copies of the front and back of their government issued identification (preferably an AB driver's license or passport to the: • Calgary Hearing Office @ hearingoffice.calgary@just.gov.ab.ca, or by fax to (403) 297-3229; • Edmonton Hearing Office @ hearingoffice.edmonton@just.gov.ab.ca , or by fax to (780) 427-9479

If the claimant does not have any identification, they may be able to get assistance from their local police agency or they may be required to attend in person on the next sitting day.

If the claimant does not have access to a fax machine or scanner, the claimant may take a photo the documents with their

phone and forward to the address noted in 6(b) above.

If the claimant does not have access to a computer, the Hearing Office clerk will complete the form on behalf of the claimant.

The claimant will be asked for a phone number (preferably a land line) where they can be reached once there is a Justice of the Peace (JP) available to hear the application.

The claimant will be advised that the Justice of the Peace will call them when the Justice of the Peace is ready to proceed with hearing the application. Therefore, the claimant is required to be available at the contact phone number they have provided when the Justice of the Peace calls.

The Justice of the Peace will contact the claimant once they are ready to proceed with the application.

If the Emergency Protection Order is granted by the Justice of the Peace, a copy of the Emergency Protection Order along with an information sheet (Information for the Claimant) will be sent to the claimant at the email or mail address provided on the "Telephone Application for an Emergency Protection Order – By Claimant (COVID-19)" form. (https://www.albertacourts.ca/docs/default-source/pc/telephone-application-for-epo.pdf?sfvrsn=9a8a8280_2)



Domestic Violence Support Services:

Cochrane and Area Victim Services

359 1st Street E

Cochrane, AB T4C 1Y7

Phone: 403-851-8055

Text: 587-586-3657

<http://www.cochranevictimservices.ca>

Cochrane and Area Victim Services is a police-based non-profit organization that offers crisis support, follow-up support, domestic violence services/referrals, suicide prevention, sexual assault services, teen programs, and court support to individuals, families, and communities who are affected by crime and sudden tragedies in Cochrane and surrounding areas. In terms of domestic violence services, Cochrane and Area Victim Services provides crisis supports, follow-up services,

victim programs, court support, and critical incident crisis-group intervention.

Calgary Sexual Assault Response Team

Sheldon Chumir Urgent Care: 1213 – 4 Street SW

Calgary, AB

Sexual Abuse/Assault Phone: 403-955-6011

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1962>

Calgary Sexual Assault Response Team offers in-person services for individuals who have been sexually assaulted within the past 4 days (or 96 hours). The team consists of specifically trained doctors and nurses, crisis counselors, and police (optional) who offer medical care, emotional support, and education about options for treatment and reporting. Individuals have the choice to receive medical treatment and/or the collection of a sexual assault kit (both with or without police involvement). Individuals also have up to 1 year to decide if they want to report the sexual assault to the police. CSART is a 24-hour service.

This service is available at the Sheldon M. Chumir Health Centre – Urgent Care (1213 4th Street SW Calgary, AB) and at the Alberta Children's Hospital (Youth under 14 years of age), located at 2888 Shaganappi Trail NW Calgary, AB.

Homefront Calgary

620 7 Avenue SW #501

Calgary, AB T2P 0Y8

Phone: 403-206-2100

Email: info@homefrontcalgary.com

Homefront is an organization that works alongside the justice system, police, and community partners to help free families from domestic violence. Individuals are referred to Homefront through direct referrals from the Calgary Police Service. Homefront offers case management and supports to victims in incidents where charges have been laid and the case is entering the justice system. Some of the areas that Homefront is focused on include: helping victims understand the court proceedings and providing court updates, ensuring that victims' interests and wishes are considered in court decisions, developing effective safety planning, connecting victims to community resources, and following up with victims until probation orders end and make sure their safety is optimized. Homefront also provides mandated domestic violent treatment, evaluation, and programming for both victims and offenders.



Alberta Shelters/Housing

Awo Taan Healing Lodge and Women's Shelter

4518 17th Avenue SE (Healing Lodge site) // P.O. Box 6084
Calgary, AB T2H 2L3
Phone: 403-531-1970 ext. 200
Crisis Line: 403-531-1972 or 403-531-1976
Email: awotaan@awotaan.org

The Awo Taan Women's Shelter is only able to accommodate women and children on-site, but men can access their 24-hour helpline, as well as the Healing Lodge, which offers programs in partnership with the Parent Link Centre. They offer programs related to child development and care, as well as healing circles and parenting programs where childcare is provided.

* This agency does not have a policy on gender diversity.

Bow Valley Women's Emergency Shelter (YWCA Banff)

Box 520
Banff, AB T1L 1A6
Phone: 403-760-3200, 403-762-3560 (after hours)
Email: info@ywcabanff.ca
www.ywcabanff.ca/programs-services/emergency-shelter/

The Bow Valley Emergency Shelter is a safe space for people who are fleeing domestic violence. Their team provides clients of the shelter with confidential supportive counselling, assists them with planning for their next step after leaving shelter, and helps connect them with relevant referrals and appropriate community services. Those accessing the emergency shelter program will receive support with basic needs during their stay, including food and personal items. The shelter offers supportive services (including shelter) to folks of any gender or sexual orientation who are experiencing domestic and/or sexual violence including women, men, non-binary, Two-Spirited, gender fluid, and transgender individuals.

Brenda Strafford Centre for the Prevention of Domestic Violence

Calgary, AB
Phone: 403-270-7240
Email: centre@brendastraffordsociety.org
<http://brendastraffordsociety.com>

The Brenda Strafford Centre offers second-stage, transitional housing and supports for people at risk who have experienced family violence. Their second-stage housing program typically supports women and their children for up to six months, and their progressive housing program provides affordable and independent living in a two-bedroom apartment unit for up to 24 months. This shelter also offers individual, group and family counselling, in addition to numerous in-house services and child programs and counselling.

The shelter offers supportive and inclusive services to all 2SLGBTQ+ individuals experiencing domestic violence.

Calgary Women's Emergency Shelter

500-1509 Centre Street SW (Administration Office)
Calgary, AB T2G 2E6
Phone: 403-290-1552
Family Violence Helpline: 403-234-7233 (SAFE)
Toll-Free: 1-866-606-7233
Email: info@cwes.ca
www.calgarywomensshelter.com

Emergency shelter is provided for female-identifying individuals with or without children experiencing family violence or abuse. This shelter offers many healing and prevention programs to the community. When women arrive, they are con-

nected with a counsellor and will receive counselling, resources, advocacy and support for a variety of situations such as: obtaining housing, dealing with legal issues and navigating the legal system, building a safety plan, and emotional support.

Their 24-hour family violence helpline is designed for anyone experiencing abuse who is reaching out for support. A counsellor on the helpline provides support, information and referrals, escape and safety planning, and support in leaving or safely staying with an abusive partner. Service is available in multiple languages. They also have Court Case Coordinators who can assist people needing help navigating the court system.

Two-Spirited and non-binary individuals can access their Healthy Relationships for Youth program; other non-residential services are assessed on a case-by-case basis.

Accepts clients of all sexual orientations.

Cantara Safe House – Brooks and District Women’s Safe Shelter Society

P.O. Box 1045
Brooks, AB T1R 1B8
Phone: 403-362-2766
Crisis Line: 403-793-2232
www.cantarasafehouse.ca

Cantara Safe House offers a 24-hour crisis line, short-term emergency shelter, support groups, and outreach support. Their short-term (up to 21 days) shelter is provided for families fleeing abuse. Staff provides support, information and assistance, while individuals plan their next steps.

Camrose Women’s Shelter Society

P.O. Box 1405
Camrose, AB T4V 1X3
Phone: 780-679-4975
Crisis Line: 780-672-1035
Toll-Free: 1-877-672-1010
Crisis email: crisiswork@camrosewomenshelter.org
www.camrosewomenshelter.org

Their emergency accommodations provide safe shelter for women and children fleeing family violence, or who are homeless due to crisis situations. In-house services are provided such as child support, family support, basic needs, and supportive counselling, Life skills groups and ongoing information about family violence and the effects of domestic violence on each family member. The outreach program supports families from the shelter and works with other families living in Camrose and surrounding communities who require support and information in dealing with family violence. They currently do not accommodate men, but do provide off-site counselling, as well as support to men experiencing abuse through their 24-hour crisis line. Camrose Women’s Shelter Society serves gender-diverse populations.

Central Alberta Women’s Emergency Shelter

P.O. Box 561
Red Deer, AB T4N 5G1
24-Hour Toll-Free Helpline: 1-888-346-5643
Crisis Text Line: 403-506-0485
Email: generalinfo@cawes.com (not monitored on weekends)
www.cawes.com

The Central Alberta Women’s Emergency Shelter offers safe refuge, counselling and community support for families experiencing family violence. The shelter provides numerous programs and services free of charge for women and their families who have been impacted by violence and abuse, including: emergency shelter for up to 21 days, crisis intervention and counselling, child support and family enhancement programming, information and referrals to appropriate resources, as well as outreach services and follow-up programming.

All services are free of charge and inclusive of all women and children. No woman and/or her child(ren) will be refused service based on age, sex, race, religion, sexual orientation, cultural background, or financial status.

Columbus House of Hope (Capella Centre)

P.O. Box 1237

St. Paul, AB T0A 3A0

Phone: 780-645-5132

Crisis Line: 1-800-263-3045

Text Line: 780-227-6272

Email: support@capellacentre.ca

www.capellacentre.ca

Columbus House of Hope is a secure, safe, comfortable place for children and families to heal after domestic abuse and family violence. They are a 20-bed shelter where anyone is allowed to stay for up to one month. Their facility additionally offers a playground, sensory room and school room. At their Capella Centre, counselling—both individual and in groups—is offered. The Centre also provides support groups and cultural programs to families needing support, as well as to anyone in the community.

Transitional Apartment Housing is made up of self-contained units with wrap-around supports that provides safety, security and support for families transitioning to independence.

Compass Second Stage Shelter - Waypoints

Treaty 8, 100-130 Prospect Drive

Fort McMurray, AB

Phone: 587-537-8903

Family Violence Crisis Line: 1-780-743-1190

Sexual Trauma Support Line: 1-780-791-6708

<https://www.waypointswb.ca>

Waypoints is a non-profit organization working to end domestic-family violence, sexual assault, abuse and homelessness. They offer a variety of services and supports in the Wood Buffalo region, including an emergency shelter (Unity House), second stage housing, child development programs and next step programs. Individuals can call the 24-hour family violence crisis line and receive service through the Domestic-Family Violence Outreach Program which provides support to individuals who are experiencing or have experienced any form of domestic-family abuse, including child abuse, intimate partner violence, or relationship conflicts. Services include support, case management, individual trauma counselling, group programming and advocacy.

Although Unity House (emergency shelter) and Compass Second Stage Shelter only accept women and children, their organization recognizes and pro-actively affirms all individuals, regardless of heritage, education, beliefs, race, religion, gender, age, sexual orientation, gender identity, physical or mental capabilities or income.

Crossroads Resource Centre and Women's Shelter

P.O. Box 1194

Fairview, AB T0H 1L0

Phone: 780-835-2120

Crisis Line: 1-877-835-2120

www.crossroadsresourcecentre.com

Crossroads provides emergency shelter for women and their children who have experienced violence and abuse. The shelter provides a safe and comfortable place to stay, food and other essentials, assistance with transportation and child-care, advocacy and accompaniment to appointments and court, individual and group support, skill building and referrals. Crossroads' Outreach Program is designed for people who have experienced abuse or are at risk of experiencing abuse, but are unable to come into the shelter or who are not in need of housing. The outreach services involve advocacy and court support, referrals to other community agencies and life skills training.

Crossroads Women's Shelter accepts women from all sexual orientations and gender identities, including trans women, non-binary folks, and Two-Spirit individuals.

Discovery House Family Violence Prevention Society

P.O. Box 85058
Calgary, AB T2A 7R7
Phone: 403-670-0467
Email: shelter@discoveryhouse.ca
www.discoveryhouse.ca

Discovery House provides longer-term, transitional housing and supports for women and children fleeing domestic violence. Through their Community Housing Program (CHP), Discovery House houses multiple families in their secure, 19-unit apartment complex for up to 14 months. They also provide counselling, support and programs to help mothers and their children heal from the effects and trauma of violence. Discovery House accepts women of all sexual orientations and gender identities.

Dr. Margaret Savage Crisis Centre

Box 419
Cold Lake, AB T9M 1P1
Phone: 780-594-5095
Helpline: 780-594-3353
Email: info@dmscc.ca
www.dmscc.ca

Dr. Margaret Savage Crisis Centre is an emergency shelter for women with or without children who are fleeing domestic violence, or who are in a life crisis. They provide assistance, support and advocacy for individuals who need help. Some of the additional programs and supports that they provide include Joie's Phoenix House, which is a second stage housing program for women and their children who have experienced violence and need longer support than emergency shelter; community support and outreach programs for men and women; children's education and support programs; prevention programming and men's groups for men.

Both Dr. Margaret Savage Crisis Centre (emergency shelter) and Joie's Phoenix House (second stage transitional housing program) accept clients of all sexual orientations and trans women, non-binary folks, and Two-Spirit individuals into their shelter.

Eagle's Nest Stoney Family Shelter

(No Public Address)
Morley, AB
Phone: 403-881-2000 (Main Office)
24-Hour Hotline: 403-881-2025
For 911 on reserve dial: 403-932-2222
www.eaglesnestshelter.ca

Eagle's Nest is a safe haven and emergency women's shelter for women and their children in Stoney Nation fleeing family violence. Eagle's Nest offers 24/7 support through their crisis information line, and they also provide individual and group counselling, Elder guidance services, child support, as well as ongoing support and outreach supports for women and their children in the community.

Eagle's Nest accepts women from all sexual orientations and gender identities (including trans women, non-binary folks, and Two-Spirit individuals) into their emergency shelter, and has specific protocols in place to ensure the safety and protection of 2SLGBTQ+ individuals.

Ermineskin Women's Shelter Society

P.O. Box 1830 (mailing address)
Maskwacis, AB T0C 1N0
Phone: 780-585-4444 (24 Hour)
Toll-Free: 1-866-585-3941
Email: ewsshope@incentre.net

Ermineskin Shelter is located in Ermineskin Cree Nation and is an emergency shelter which provides short-term housing

and supports to women, children, and families fleeing domestic violence or in crisis. This shelter offers both residential and non-residential counselling, crisis intervention, education on domestic violence, advocacy and referrals, transportation, and child care. In terms of support services, Ermineskin Shelter also provides health and wellness programs, as well as spiritual services. Accepts clients of all sexual orientations and gender identities.

Grande Cache Transition House

(No Public Address)
Grande Cache, AB
Phone: 1-866-957-3776 (Business Line)
Crisis Line: 780-827-1791
Email: teahouse@hotmail.com

Grande Cache Transition House is a short-term emergency shelter for women with or without children who need a safe place to stay. They provide information and referrals to other community agencies, and they also offer community education to raise awareness on violence against women.

* Unable to verify this agency's policy on gender diversity.

Harbour House (YWCA Lethbridge)

604 8th Street S (office address)
Lethbridge, AB T1J 2K1
Phone: 403-329-0088
Crisis Line: 403-320-1881
Toll-Free: 1-866-296-0447
Email: inquiries@ywcalethbridge.org
www.ywcalethbridge.com

Harbour House is a 24-bed crisis unit for women and children involved in abusive intimate partner relationships. Families at the shelter are provided with accommodations for up to 21 days and staff are available at all times for support. Men can access their 24-hour crisis line and the education-based counselling services provided through YWCA Outreach. Harbour House provides services to gender diverse populations.

Hope Haven

P.O. Box 2168
Lac La Biche, AB T0A 2C0
Phone: 1-866-727-4673
Crisis Line: 780-623-3100
www.Hopehavenllb.com

Hope Haven offers both emergency shelter and second stage transitional housing to any self-identifying women and children experiencing domestic violence or abuse. Hope Haven runs a community family violence program that is designed to help families heal from domestic violence and build healthy relationships, and they also run a series of programming for men and women in separate groups that take place over 12 weeks, approximately 3 times a year. Lynne's House - which is a second stage housing program offered by Hope Haven - provides transitional accommodations and a continuum of services for women and children. Individuals pay a small rent to live in an apartment unit and have access to all of Hope Haven programming.

All services are inclusive of all women and children. No woman and/or her child will be refused service based on age, race, religion, gender identity, sexual orientation, cultural background, mental/physical ability, or financial status.

Jessie's House

(No Public Address)
Morinville, AB
Phone: 780-939-2870
24-Hour Crisis Line: 1-866-939-2850
Email: info@jmmf.ca

Jessie's House is a 35-bed facility which provides shelter and trauma-informed services to individuals, of any age or gender, and families fleeing violence or abuse. Jessie's House also provides a broad range of services including: outreach, case management, court support and specialized supports for children. Although they mainly serve individuals and families from the Sturgeon Region and St. Albert area, residents outside these regions are supported as capacity permits.

Kainai Woman's Wellness Lodge – Kainai Children's Services Corporation

Hwy 2
Stand Off, AB T0L 1Y0
Phone: 403-737-2900
Toll free: 1-800-527-8627
Email: info@kainaicsc.ca
www.kainaicsc.ca

Kainai Woman's Wellness Lodge provides a safe and secure environment, crisis intervention and support to women and children experiencing family violence or other related crises. Some of the services that they offer include a 24-hour crisis line, emergency accommodations, crisis counselling, Elder and cultural support, advocacy and referral services, education in family violence and safety, child support programs, and outreach services.

* Unable to verify this agency's policy on gender diversity.

Kerby Rotary Shelter

1133 – 7 Avenue SW (Main Office)
Calgary, AB T2P 1B2
Phone: 403-265-0661
Crisis Line: 403-705-3250
Email: info@kerbycentre.com
<https://www.kerbycentre.com/>

Kerby Rotary Shelter provides a gender-inclusive safe place for individuals over 55 years of age who are fleeing abuse. In addition to accommodation, seniors are provided with 24-hour support that includes crisis intervention, advocacy, housing and financial support, life skills training, and medical referrals and community connections. These services are provided for up to 60 days.

La Salle – Catholic Social Services

(No Public Address)
Edmonton, AB
Phone: 780-391-3174
<https://www.cssalberta.ca/Our-Services/Domestic-Abuse-Shelters-Support>

La Salle is a second stage shelter for women and their children who have left abuse and are in the process of transitioning from a front-line crisis agency. The program provides accommodation in nine furnished suites for up to 1 year, in addition to support in the form of group workshops, individual counselling, childcare, etc. Although La Salle house is located in Edmonton, Catholic Social Services provides additional supports for women, children and families experiencing domestic violence and their offices are spread out across Alberta. La Salle services gender diverse populations.

Medicine Hat Women's Shelter Society

P.O. Box 2500
Medicine Hat, AB T1A 8G8
Help line: 403-529-1091
Toll-Free: 1-800-661-7949
Email: info@mhws.ca
www.mhws.ca/index.html

This gender inclusive shelter offers emergency shelter at Phoenix Safe House where 30 beds are available for individuals experiencing family violence. Their services include outreach services, drop in appointments and a 24-hour helpline that

can be accessed by anyone who has experienced domestic violence. Safety planning and referrals to other community resources are also available. Their second stage, transitional housing at Musasa House provides longer-term housing for self-identifying women and children for up to one year while providing wraparound support services.

Mountain Rose Women's Shelter Association

P.O. Box 325
Rocky Mountain House, AB T4T 1A3
Phone: 403-845-5339
Crisis Line: 1-877-845-4141

Mountain Rose's emergency shelter is designed for women and children. However, their outreach services and programs are accessible to anyone at their main office. Both men's and women's groups are offered and everyone is welcome to attend. If men are in need of emergency shelter, the agency may be able to arrange transport to homeless shelters in Red Deer. This agency provides supports to gender diverse populations.

Neepinise Family Healing Centre

Confidential Address; P.O. Box 900 (Mailing Address)
Wabasca, AB T0G 2K0
Phone: 780-891-3906
Toll-Free: 1-877-891-5322
Crisis Line: 780-891-3333
Email: janet.gladue@bigstone.ca

Neepinise Family Healing Centre is an emergency shelter for all self-identifying women and their children fleeing domestic violence. The Centre offers a wide variety of support services, including individual and group counselling, crisis intervention, emergency local transportation, case management and safety planning, children and youth programming, as well as domestic violence education and workshops. Accepts clients of all sexual orientations.

Northern Haven Support Society

1004 11 Avenue SE// P.O. Box 1433
Slave Lake, AB T0G 2A0
Phone: 780-849-4418
Crisis Line: 1-877-214-4418
Email: northernhaven@hotmail.com

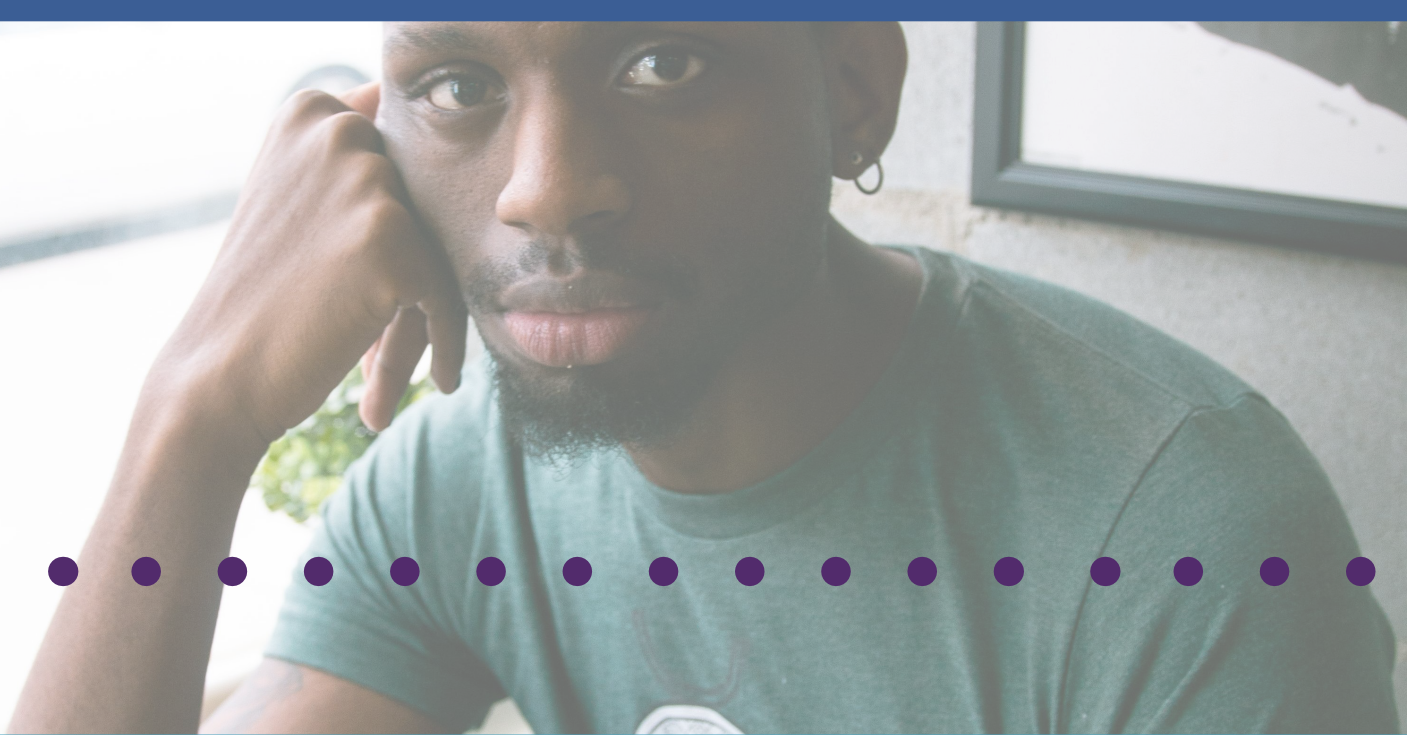
Northern Haven is a women's shelter for female-identifying individuals and their children in crisis. Accepts clients of all sexual orientations.

They offer Community Services Support to individuals who are currently in or are in the process of leaving an abusive relationship and are now trying to navigate the system. Their toll-free crisis line is available to anyone in crisis to offer support while assisting them to find shelter options; interim shelter in a hotel can be arranged if required. They can also refer individuals to outreach programs and counselling services.

Odyssey House

(No Public Address)
Grande Prairie, AB
Phone: 780-538-1332 (Business Line)
Crisis Line: 780-532-2672
Email: admin@odysseyhouse.ca

Odyssey House is an emergency shelter for female-identifying individuals and their children who are victims of domestic violence, are in crisis, or are in need of a housing alternative. It has 14 bedrooms with 42 beds in total, and the shelter offers support groups, childcare and other outreach supports. Odyssey House also offers Serenity Place, which is a second stage transitional housing program for self-identifying women with or without children needing longer-term support. Serenity Place is a 14-unit apartment building with subsidized rent, and women can stay for anywhere from six to twenty-four months. Services are offered in an inclusive and sensitive manner, and are delivered on a case-by-case basis, considering unique and/or specific client needs.



Peace River Regional Women's Shelter Society

P.O. Box 7738
Peace River, AB T8S 1T3
Phone: 780-624-3466
Toll-Free: 1-877-624-3466
www.prws.com/index.html

This shelter is a 24-bed facility that offers short-term accommodation to female-identifying, Two-Spirited and non-binary individuals and their children in need. Advocacy, referral to other agencies, and risk assessment/safety planning is provided. Food, personal items, non-prescription drugs, and transportation are also provided. Accepts clients of all sexual orientations.

Pincher Creek Women's Emergency Shelter Association

P.O. Box 2092
Pincher Creek, AB T0K 1W0
Phone: 403-627-2114
Toll-Free: 1-888-354-4868
Email: pcwesa@telusplanet.net
www.pcshelter.ca

Pincher Creek Women's Emergency Shelter Association provides safe shelter and support services to all self-identifying women and children fleeing violent or abusive situations. They offer 24-hour counselling and crisis line, crisis intervention, in-house support groups, outreach and advocacy services, as well as educational workshops on family violence. Accepts clients of all sexual orientations.

Rowan House Emergency Society

P.O. Box 5121
High River, AB T1V 1M3
Phone: 403-652-3316
24-Hour Crisis Line: 403-652-3311 (text enabled)
Toll-Free: 1-855-652-3311
www.rowanhouse.ca

Rowan House is a short-term women's emergency shelter in Southern Alberta which provides a safe and supportive environment for women and their children fleeing domestic violence. Their facility has 24 beds in 7 rooms, and some of the programs and services that they provide include child care, counselling, educational workshops and safety

planning, as well as community referrals and client advocacy.

* Unable to verify this agency's policy on gender diversity.

A Safe Place

P.O. Box 3282
Sherwood Park, AB T8H 2T2
Phone: 780-464-7232 (main office)
24-Hour Crisis Line: 780-464-7233
Toll-Free: 1-877-252-7233

A Safe Place provides short-term emergency shelter for women and their children who have experienced domestic violence. Individuals can stay at the shelter for up to 21 days, and they will receive numerous supports, including counselling, information and referrals to appropriate resources, as well as child care. Access to the shelter and its services are provided free of charge, including transportation to and from the shelter. A Safe Place accepts women from all sexual orientations and gender identities.

Safe Haven Women's Shelter Society

P.O. Box 4113
Taber, AB T1G 2C6
Crisis Line: 403-223-0483
www.tabersafehaven.ca

Safe Haven Shelter offers a 21-bed facility and a modern security and surveillance system for all self-identifying women with or without children. Crisis workers are available 24/7 to provide basic provisions, emotional support, and resources, and there are child support workers in the shelter. Outreach services are extended to anyone in need to assist with: resume building, life-skills training, court proceedings, housing options, safety planning, and assistance with challenges stemming from trauma and/or abuse. They also operate the Safe Families Intervention Team Taber (SFITT) which provides services that encompass all family members exposed to violence.

Safe Haven strives to provide inclusive, non-judgmental support services to all individuals, families, and communities, regardless of age, gender, sexual orientation, ethnicity, religion, ability or social class. Safe Haven provides shelter for all self-identifying women (including trans women, non-binary folks, and Two-Spirit individuals).

Safe Home

P.O. Box 396
High Level, AB T0H 1Z0
Phone: 780-926-2277
Crisis Line: 780-926-3899
Toll-Free: 1-888-926-0301
Email: safehome@telusplanet.net

Safe Home offers shelter and counselling 24 hours a day to women in crisis and their children. They provide counselling, information and referrals as well as community education on violence. Safe Home provides shelter for women of diverse gender identities and sexual orientations. They currently do not accommodate men over the age of 18, but they provide support to everyone through their crisis line. When accommodations are required, they refer men to Alberta Works to help with emergency accommodations and to shelters in larger areas that accept men.

Sage Senior Safe House

15 Sir Winston Churchill Square (Main Office)
Edmonton, AB T5J 2E5
Phone: 780-702-1520
Senior Abuse Helpline: 780-454-888
Email: info@MySage.ca
<https://www.mysage.ca/help/seniors-safe-house>

The Seniors Safe House is a gender-inclusive seven-suite facility for seniors over 60 years of age who are leaving abu-

sive situations. Sage provides seniors with shelter and support for 60 days. Suites are fully furnished and stays include all meals and toiletries. Social workers are on site to provide support and assistance with areas of life that have been affected by abuse, such as financial, housing, emotional support and counselling. For those who want to access Safe House, they can call Sage's Safe House intake line Monday through Friday, 9:00am-4:30pm.

Sheriff King Home (YWCA Calgary)

2003-16th Street SE (office address)

Calgary, AB T2G 5B7

Phone: 403-266-4111

Crisis Line: 403-266-0707

Email: ywca@ywcalgary.ca

www.ywcalgary.ca/programs/domestic-violence-shelter

YW Sheriff King Home is a short-stay crisis shelter for women and children fleeing domestic violence. The shelter provides basic needs, including food and personal items, as well as individual domestic abuse counselling and support. During their stay and afterwards, women and children can also access one-on-one support and referrals to help children understand and make sense of their experiences and feelings in a safe and supportive environment. The shelter accommodates women of all gender identities and sexual orientations.

The shelter cannot currently accommodate men, but will generally refer them to the Strathmore Shelter or arrange safe transport to that shelter if possible. Their 24-hour crisis line is open for anyone who needs assistance and information; they can also access both family and individual counselling offered by YWCA Calgary.

The Sonshine Centre – Sonshine Community Services

P.O. Box 34067 RPO

Westbrook, AB T3C 3W2

Phone: 403-243-2002

Email: info@sonshine.ca

www.sonshine.ca

The Sonshine Centre is a second stage women's shelter which offers a full-year residential program and a six-month follow-up program to help any self-identifying women safely integrate back into a life free from violence. Some of the services that Sonshine Centre provides for its residents include: individual counselling, support groups and group activities, on-site child care, education and information, as well as referrals to healthcare, addictions services, peer support and legal support services. Accepts clients of all sexual orientations.

Sucker Creek Women's Emergency Shelter

P.O. Box 231

Enilda, AB T0G 0W0

Phone: 780-523-2929 (Business Line)

24-Hour Crisis Line: 780-523-4357

Email: screekwes@gmail.com

Sucker Creek Women's Emergency Shelter is an emergency shelter for women in crisis as well as abused women and children. It provides a safe and secure environment for women and their children for up to 21 days. For women and children who are in need of longer accommodation, Next Step is a second stage shelter program which offers longer-term transitional housing.

Sucker Creek accepts women from all sexual orientations and gender identities (including trans women, non-binary folks, and Two-Spirit individuals) into both their emergency shelter and second stage shelter program.

Wellspring Family Resource and Crisis Centre

5116 51st Avenue

Whitecourt, AB T7S 1A1

Phone: 780-778-6209

Crisis Line: 1-800-467-4049

<http://whitecourtshester.ca/>

Wellspring Family Resource Centre provides short-term emergency shelter, crisis counselling, and programming for women and children fleeing abuse. Wellspring also has an Outreach and Youth Outreach Program that provides intensive case management service to individuals in Whitecourt and the surrounding communities with priority given to those who have experienced family violence. Services include education, emotional support, information on family violence and its effects, referrals to other agencies for ongoing support or assistance, advocacy and assistance with immediate access to basic needs and practical supports. Wellspring provides support to gender diverse populations.

WIN House – Edmonton Women's Shelter

P.O. Box 20088 RPO Beverly (main office)
Edmonton, AB T5W 5E6
Phone: 780-471-6709 (general inquiries)
24-Hour Helpline: 780-479-0058
Email: help@winhouse.org
www.winhouse.org

Edmonton Women's Shelter has three WIN Houses which provide emergency shelter for women with and without children fleeing family violence or abuse. One of the houses – Carol's House – aims to meet the specific needs of immigrant, refugee and trafficked women. WIN House offers several programs for women and their children. Some of these programs include: 24-hour helpline, crisis intervention, child support, pet-care program, intensive case counselling, as well as outreach services and safety planning.

WIN House accepts women from all sexual orientations and gender identities (including trans women, non-binary folks, and Two-Spirit individuals) into all three of their shelters.

WINGS – Wings of Providence Society

P.O. Box 32141
Edmonton, AB T6K 4C2
Phone: 780-426-4985
24-Hour Toll-Free: 1-866-331-3933
www.wingsofprovidence.ca

WINGS is a second stage, long-term shelter for self-identifying women with or without children. Their shelter consists of 20 self-contained, two and three furnished bedroom apartments, and they can accommodate clients for up to six months. WINGS shelter also provides wraparound services including: group and individual counselling, child care programming, outreach and referral services to help mothers and their children heal from family violence and work towards independence. Accepts clients of all gender expressions and sexual orientations.

Wheatland Crisis Society (Strathmore Shelter)

P.O. Box 2162
Strathmore, AB T1P 1K2
Crisis Line: 403-934-6634
Toll Free: 1-877-934-6634
Email: wcs.general@wcsab.ca
www.strathmoreshelter.com

The Wheatland Crisis Society provides short-term shelter, food, clothing, crisis counselling and referral and advocacy to victims of domestic violence and abuse. Small groups by WCS staff and community partners are offered on a variety of topics including safety planning, managing stress, self-esteem and positive parenting. Residential programming includes child and youth care and the Family Enjoyment Program (positive family activities). Accepts clients of all gender expressions and sexual orientations.

Yellowhead Emergency Shelter for Women Society

P.O. Box 6401
Hinton, AB T7V 1X7
Phone: 780-865-4359 (Main Office)
24-Hour Hotline: 780-865-5133
Toll-Free: 800-661-0937

Yellowhead Emergency Shelter for Women Society is a short-term women's emergency shelter which serves women and families. This shelter has 10 beds and can accommodate individuals for up to 21 days. Some of the emergency services that this shelter provides include danger and/or risk assessments, crisis intervention services, and outreach services such as family violence prevention education.

Yellowhead Emergency Shelter accepts women from all sexual orientations and gender identities (including trans women, non-binary folks, and Two-Spirit individuals) into their emergency shelter.

YW Transitional Housing

1715 – 17 Avenue SE

Calgary, AB, T2G 5J1

Phone: 403-263-1550

Email: ywca@ywcalgary.ca

www.ywcalgary.ca/programs/transitional-shelter/

YW Transitional Housing program provides safe and affordable housing for women who are in crisis or transition. The transitional housing program helps women find and secure safe, affordable, permanent housing while they receive individualized support. Once they have secure housing, we connect them to community resources for further support to help them move towards self-reliance, personal growth and independence. While in the transition shelter program, women have 24/7 access to client support, counselling, and other resources offered by YW. Accepts clients of all gender expressions and sexual orientations.

Alberta Homeless Shelters:

Calgary Drop-In and Rehab Centre

1 Dermot Baldwin Way SE

Calgary, AB T2G 0P8

Phone: 403-266-3600

Email: info@calgarydropin.ca

The Calgary Drop-In Centre offers 24/7 building access and care to the clients who may have nowhere else to stay. They provide temporary beds to men and women who would otherwise be forced to sleep elsewhere. They also offer victim services in partnership with the Calgary Police Service. These services are directed toward homeless individuals who have been victims of crime.

Children's Cottage Society

Main Office
204-2120 Kensington Road NW
Calgary, AB T2N 3R7
Phone: 403-283-4200
Email: admin@childrenscottage.ab.ca

Crisis Nursery- Bridgeland

845 McDougall Road NE
Calgary, AB T2E 5A5
24 Hour Crisis Line: 403-233-2273

Brenda's House – Killarney

1921 28th Street SW
Calgary, AB T3E 2H1
Phone: 403-242-8575
www.childrenscottage.ab.ca

Children's Cottage Crisis Nursery is a 14-bed facility that provides families facing crisis with short-term care for their children aged 0-8 years, as well as referrals and resources to aid in overcoming the crisis. Children can stay up to 72 hours and there are no fees.

Brenda's House is a family shelter for families with children under 18 years of age who are currently experiencing homelessness. Childcare support, nutritious meals, private rooms, and information and referrals are used to help in achieving permanent housing.

Hope Mission

9908-106th Avenue
Edmonton, AB T5J 2L8
Phone: 780-422-2018
Email: we.care@hopemission.com
www.hopemission.com

The Hope Mission emergency shelter provides a safe place to sleep for those living on the streets. Separate shelter areas are available for men, women, and couples. Their Herb Jamieson Centre (10014 – 105A Avenue) offers short-term and emergency room and board to men with little or no resources. Practical care and referral services are offered to clients and the shelter provides sleeping space for over 300 people. Separate shelter areas are available for men and women, but the shelter currently cannot accept children.

Inn from the Cold

110- 11th Avenue SE
Calgary, AB T2G 0X5
Phone: 403-263-8384
Email: info@innfromthecold.org
www.innfromthecold.org

Inn from the Cold is Alberta's largest street-level, low-barrier, emergency family shelter. This shelter is specifically designed for families and children who are in crisis and experiencing homelessness. They provide a range of supports to ensure that families move from homelessness to independence. Early childhood and youth development supports are available to help children cope with trauma.

They also operate Journey House, which has 19 units that accommodate families who are in transition from having no place to live to being at home in the community.

Rotary House

10101 97A Street
Grande Prairie, AB T8V 0X3
Phone: 780-539-6777
www.rotaryhouse.ca

This facility offers 40 emergency beds for men and 12 for women (\$10 per night), interim and permanent suites (\$450 per month). Outreach workers and a clinic that is professionally staffed are also available for clients. Minors are not allowed to stay at the shelter.

YWCA Mary Dover House

320 5 Avenue SE
Calgary, AB T2G 0E5
Crisis Number: 403-266-0707
Phone: 403-263-1550
Email: ywca@ywcacalgary.ca

YWCA Mary Dover House provides short-term supportive and affordable housing for self-identifying women and children who are homeless, impoverished, and/or living in crises. Although their short-term housing requires a rental payment, Mary Dover House provides emergency beds for clients up to 14 days free of charge. They also offer advocacy, counselling and referral services, including referrals to YWCA community housing.

Alberta Counselling/Support

Calgary Communities Against Sexual Abuse (CCASA)

Suite 700, 910 – 7th Avenue SW
Calgary, AB T2P 3N8
Phone: 403-237-6905 (Main Office)
Support and Information Line: 403-237-5888

Calgary Communities Against Sexual Abuse (CCASA) is the primary sexual abuse and sexual assault crisis and education service provider for Calgary and its surrounding areas. CCASA offers multiple services for individuals aged 12 years and older, including crisis intervention, individual specialized counselling and group counselling, supports for male survivors of sexual abuse, as well as 24-hour collaborative Sexual Assault Response Team made up of CCASA, Alberta Health Services, RCMP and legal services to provide specialized care to those who have been sexually assaulted (within the past 96 hours). There is a small, sliding scale fee for group counselling.

Services are inclusive for people of any race, ability, sexual orientation, religion, education, socio-economic status, or gender.

Calgary Counselling Centre

Suite 1000, 105 – 12 Avenue SE
Calgary, AB T2G 1A1
Phone: 403-265-4980 (Reception)
Counselling Registration: 1-833-827-4229
Distress Centre 24-Hour Crisis Line: 403-266-4357
Email: contactus@calgarycounselling.com

Calgary Counselling Centre provides numerous services and supports through offering counselling for individuals and couples, families, youth, as well as groups. Some of the topics that Calgary Counselling Centre provides counselling for include: domestic abuse, sexual abuse, elder abuse, family issues, sexuality and intimacy, gender issues, and trauma. They also offer 14-week domestic abuse programs for both women and men who have experienced domestic violence, or who need support in developing healthier relationships.

Central Alberta Sexual Assault Support Centre

A201, 5212 48th Street
Red Deer, AB T4N 7C3
Phone: 403-340-1124
24-hour sexual assault crisis line: 1-866-956-1099
Email: casasc@casasc.ca
<http://www.casasc.ca/>

Central Alberta Sexual Assault Support Centre offers one-on-one crisis and short-term counselling as well as support for victims of sexual assault and their families. All counselling services are free of charge and group counselling is offered when seen as appropriate by a counselor.

Dragonfly Counselling & Support Centre

4808A 50th Avenue
Bonnyville, AB T9N 2G9
Phone: 780-812-3174
Text: 780- 207-7535
Email: info@thedragonflycentre.com
<http://www.thedragonflycentre.com>

This agency is open to all individuals and children who have been impacted by sexual violence. Services are client-centered and are holistic and trauma sensitive (healing models). Crisis intervention, support, and counselling services are offered, and appointments may be made for staff to travel to meet survivors in several communities. Distance counselling services may also be provided. All services are free and confidential.

Family Conflict Program – Calgary Immigrant Women's Association
#200, 138 – 4th Avenue SE (Head Office)
Calgary, AB T2G 4Z6
Phone: 403-263-4414
Email: reception@ciwa-online.com

The Family Conflict Program provides professional and culturally sensitive counselling for immigrant women and their families who are experiencing transitional challenges, relationship issues, abuse and trauma. The program offers individual, couples and family counselling, workshops and support groups, community resource referrals and advocacy services, as well as emergency housing support. Supports can also be provided in an individual's first language if needed. All immigrant women and their families are eligible for the program, including those who are Canadian citizens.

Flagstaff's Initiative to Relationship & Spousal Trauma

4809 49 Avenue
Killam, AB T0B 2L0
Phone: 780-385-3974
<http://www.firstinflagstaff.ca>

Flagstaff's Initiative to Relationships and Spousal Trauma (F.I.R.S.T.) is a program developed by the Flagstaff Family and Community Services and the RCMP to address the trauma caused by abuse in relationships, including family violence, dating violence, bullying, etc.

Services are targeted to survivors of domestic violence, spousal abuse, and relationship trauma, and are inclusive of all ages, males, females, transgender, and same-sex couples.

Islamic Family Services

IFSSA North Office
12811 58 Street
Edmonton, AB T5A 4X1
Helpline: 780-900-2777
Email: info@ifssa.ca

Islamic Family Services helps individuals, families, elders and children facing difficulties or experiencing crises. They provide culturally and spiritually sensitive services in the form of programs which address food and economic security, domestic violence, newcomer resettlement, etc. For those experiencing domestic violence, Islamic Family Services offers individual counselling, outreach and referral services, as well as information on legal rights in Canada. They also provide court mandated supports to perpetrators of violence wanting to learn healthy relationships and healthy behaviours.

John Howard Society Family Violence Prevention Centre

#401, 10010-105 Street

Edmonton, AB T5J 1C4

Phone: 780-428-7590

Email: mail@johnhoward.org

<https://johnhoward.org/programs-services/family-violence-prevention-centre/>

The Family Violence Prevention Centre (FVPC) provides free services to individuals, families, and youth experiencing family violence. Some of the services that FVPC provides include: Outreach Supports through ongoing support and advocacy; a Furniture Program for individuals and families who have recently fled a violent situation; a Partner Check Outreach Program to offer support for the partners of individuals in treatment for abuse; and a Domestic Violence Complainant Assistance Program to provide support and advocacy from trained court workers to assist in navigating the court processes. Services are free and confidential.

Mamowichihitowin Community Wellness Program

Hinton Friendship Centre Society – 965 Switzer Drive

Hinton, AB T7V 1W1

Phone: 780-817-4000

Email: lisa@yfc.ca

The Mamowichihitowin Community Wellness Program aims to break the cycle of abuse and focus on understanding and treating both historical and current trauma experienced by Indigenous adults, children and families. This program incorporates a therapeutic model based on the Medicine Wheel and the traditional Indigenous perspective of spirit, mind and body. The program addresses violence and incest within families through a holistic and cultural perspective, with both individual and group therapy incorporated into the program. The program length is 18 to 30 months depending on the family.

Pace - Community Support, Sexual Assault, and Trauma Centre

10031 103rd Avenue

Grande Prairie, AB T8V 1B9

Phone: 780-539-6692

Peace Country Sexual Assault Help Line: 1-888-377-3223

Email: askpace@pacecentre.com

<http://www.pacecentre.com>

Pace offers support services, short-term counselling, and longer-term therapy for all individuals who have experienced sexual violence. Sessions are generally capped at 24 sessions and are free of charge or on a sliding scale fee, depending on the client's circumstances. Their family support program also offers in-home support to ensure the safe and healthy development of children in the home, as well as supervised visits for family members that may be at risk of harm without monitors present.

Saffron Sexual Assault Centre

110-222 Athabasca Avenue

Sherwood Park, AB T8A 4C9

Phone: 780-449-0900

Toll Free: 1-888-416-7722

SACE Crisis Line: 780-423-4121

Email: publiced@saffroncentre.com

<http://saffroncentre.com>

Saffron Centre offers one-on-one counselling, group therapy, and art therapy for individuals who have been affected by sexual abuse. Counselling services are offered on a sliding scale basis and are capped at 20 sessions per client. No referral is necessary.

Sagesse

240, 1509 Centre Street SW

Calgary, AB T2G 2E6

Phone: 403-234-7337

Email: info@sagesse.org

Sagesse is a non-profit organization which delivers services, programming and education for all women (from any socio-economic background, sexual or gender orientation, occupation, or belief system) who are experiencing domestic violence, are at risk of being abused, or women involved in sex work. Sagesse offers peer support groups and mentorship programs, domestic violence education and workshops, and wrap-around collaborative support with the help of 70 social service agencies. Their programs are delivered throughout Calgary and in rural communities across Alberta.

Sagesse offers capacity building workshops about the experience of domestic violence within 2SLGBTQ+ communities. The Rainbow Ready Program is one of their capacity building programs which aims to provide service providers and community agencies with the knowledge and skills to provide safe and inclusive services to 2SLGBTQ+ individuals experiencing domestic violence.

Sexual Assault Centre of Edmonton

Suite 205-14964 121A Avenue
Edmonton, AB T5V 1A3
Phone: 780-423-4102
Crisis Line: 1-780-423-4121
Email: info@sace.ca
<http://www.sace.ca>

This agency offers up to 15 individual counselling sessions and group counselling as well as court support for all individuals who have experienced sexual abuse. All counselling and group services are free of charge. Some of the adult group counselling programs offered include: Adult Survivors Healing from Abuse for individuals who have experienced child abuse; Sexual Assault Survivors Support Group for individuals who have experienced sexual violence in adulthood; Skills for Change for adults on the waitlist for individual counselling services; among other groups available based on capacity.

SACE offers free services to individuals of all ages (3+), genders, backgrounds, abilities, and sexual orientations.

Sexual Assault Response Committee

640 3rd Street SE
Medicine Hat, AB T1A 0H5
Phone: 403-548-2717
Email: info@LiveNewell.com
Website: www.mhsarc.com

Sexual Assault Response Committee is an organization which utilizes a collaborative, action-focused response to promote healthy relationships and end sexual violence and all other forms of family violence or abuse. Some of the services and resources that the Sexual Assault Response Committee offer include: individual therapy, group supports, education programs targeted to all ages, as well as workshops focused on how to respond to, report, and recognize the signs and long-term impacts of sexual violence.

Stepping Up – North Peace Society for the Prevention of Domestic Violence

9613 100 Street
Peace River, AB T8S 1S4
Phone: 780-624-8235
Email: info@prsteppingup.ca



Stepping Up is a 16-week group therapy program for individuals aged 18 years and older who have been affected by family violence. This program supports personal growth and change through enhancing the skills and values of compassion, respect and equality. The goal of the program is to build healthy relationships free from violence and abuse.

The Family Centre

20-9912 106th Street NW
Edmonton, AB T5K 1C5
Phone: 780-900-6129
<https://www.familycentre.org>

The Family Centre offers a variety of counselling and family support programs. There is free single session drop-in counselling and goal-oriented counselling with a mental health therapist which is free for the first session. They also have therapeutic groups for both men and women who are experiencing challenges in their relationships. These do come with a fee, but subsidies may be available based on the agency's sliding scale.

The Centre is a safe space for all ages, cultures, ethnicities, gender expressions, gender identities, religions, and sexual orientations.

The Family Violence Action Society

4821 – 51 Street
Camrose, AB T4V 1R9
Phone: 780-672-0141
<https://camrosefcss.ca/funded-programs/family-violence-action-society/>

The Family Violence Action Society provides help for men, women and children to understand family violence, build healthier relationships and move forward. They offer three main programs that are focused on addressing family violence and abuse: Intimate Partner Abuse and You is a 14-week education and counselling-based program for men and women whose intimate relationships have involved any form of abuse; Child & Youth Counselling is offered through both individual and group settings; and Anger Management is provided for both adults and children who experience chronic anger.

All of their programs are open to all individuals regardless of gender and/or sexual orientation. The men's and women's programs are offered to transgender people and to those who are in same-sex relationships.

The Today Centre/The Today Family Violence Help Centre

17724-102 Avenue NW
Edmonton, AB T5S 1H5
Phone: 780-455-6800
<https://www.thetodaycentre.ca>

The Today Family Violence Help Centre provides immediate, inclusive, and integrated services for all individuals and families who are impacted by family violence. The Centre works collaboratively with other agencies to offer seamless and effective supports that meet the needs of all children, youth, and their families within the context of their home, school and community.

All of their services are non-judgmental and aim to support everyone who is affected by family violence regardless of situation, gender, sexual orientation, ethnicity, culture, or religion.

The Red Road Healing Society

10045 156 Street NW
Edmonton, AB T5P 2P7
Phone: 780-471-3221

The Red Road Healing Society is a non-profit child and family resource centre which offers numerous community-based services to assist in supporting and creating change for adults, youth, children and families. Their mission is to remember, renew and restore Indigenous traditional roles and values and to continually move forward in a healthy way. They offer various outreach, mentor and crisis programs, including: Family Violence Workshops, Family Programs, Healing Circles, Survivor Workshops, Child and Parenting Programs, etc. Their workshops and supports are provided free of charge.

University of Alberta Sexual Assault Centre

2-705 Students' Union Building (SUB), University of Alberta
Edmonton, AB T6G 2J7
Phone: 780-492-9771
Email: sexualassaultcentre@ualberta.ca

The University of Alberta Sexual Assault Centre supports survivors of sexual violence through providing drop-in crisis intervention. Their services are available to people of all genders, sexualities and backgrounds, and operate from a feminist, anti-oppressive, trauma-informed and person-centered framework. All services are free of charge.

The Outreach Centre

4101-54th Avenue
Red Deer, AB T4N 7G3
Phone: 403-347-2480
Toll-Free: 1-866-347-2480
Email: info@theoutreachcentre.org
<https://www.womensoutreach.ca>

The Outreach Centre offers a number of programs and services to individuals and families to help address domestic violence, suicide, homelessness and the effects of poverty. Some of the main areas that this centre assists individuals with include: accessing support services related to individual needs; accessing safe and affordable housing; offering legal information and referrals; providing crisis intervention and support.

YWCA Banff – Intimate Relationships Program

102 Spray Avenue, Box 520
Banff, AB T1L 1A6
Phone: 403-762-3560
Email: yps@ywcabanff.ca

YWCA Banff is an organization which provides community education programs for children, youth and adults on topics such as empowerment, healthy relationships and understanding intimate partner violence. The Intimate Relationships program provides support and education to women on intimate partner violence and abuse. The intent of this program is to strengthen support and referrals skills, and to build a bridge between informal and formal supports in the community. All programs and services are confidential, free of charge, and available to people of any gender who reside in the Bow Valley Area.

Alberta Parenting/Children Supports

YWCA's Family Access Services

320 5th Avenue SE
Calgary, AB T2G 0E5
Phone: 403-206-2767

This visitation program provides safe and supervised visits and exchange services for families who are going through difficult transitions or experiencing conflict. This is most often in regards to situations where custodial agreements or safety issues are a concern. The program helps facilitate visits between children and non-custodial parents in a safe environment. Both parents must contact the program to register and there will be fees associated with supervised visitation, although not with monitored exchanges.

Family Connections INC

105, 13245 140 Avenue
Edmonton, AB T5E 2M5
Phone: 780-413-6140
Email: info@familyconnectionsinc.ca
<http://www.familyconnectionsinc.net/>

This agency provides court-ordered supervised access for families that require this service, typically due to domestic violence or high conflict situations. Their program offers a strength-based approach that allows parents to visit with their children in a safe environment. They also offer many group, family, and community programs that are focused on family reunification and the emotional health of every individual.

Kids Kottage

10107 – 134th Avenue
Edmonton, AB T5E 1J2
Phone: 780-448-1752
Crisis Line: 780-944-2888
Email: info@kidskottage.org
<https://www.kidskottage.org>

Kids Kottage is a crisis nursery that offers emergency respite to families in crisis by admitting their children, up to 11 years of age, for up to 72 hours. This service is free of charge and follow-up supports are available for parents.

Children's Cottage Society

845 McDougall Road NE
Calgary, AB T2E 5A5
Crisis line: 403-233-2273

Offers crisis nursery, in-home infant respite and childcare programs.

Lethbridge Family Services

1107 – 2 Avenue A North
Lethbridge, AB T1H 0E6
Phone: 403-327-5724
Email: info@lfsfamily.ca

Lethbridge Family Services provides numerous health and social services to individuals and families in Southwestern Alberta. In terms of family violence or domestic abuse, Lethbridge Family Services offers individual, couples and family counselling, group counselling, educational presentations, training/workshops, personal growth groups and individual education. All of their services are strength-based, goal-oriented and trauma-informed. Their team fosters a safe environment for individuals of all walks of life to realize their possibilities for growth and change.

Métis Child and Family Services Society

10437 – 123 Street
Edmonton, AB T5N 1N8
Phone: 780-452-6100
Email: info@metischild.com

Métis Child and Family Services Society aims to provide effective family supports to Métis children and families in need through offering programs which preserve and strengthen the Métis Family. They offer a variety of services, including the Family Violence Program; which is a program that assists individuals with exiting an abusive situation and/or creating a safety plan to maintain a healthy and safe environment. Services that are offered in this program include: counselling, in-home support, advocacy and referrals services to community supports.

Safe Visitation (YWCA Lethbridge)

604 8th Street S
Lethbridge, AB T1J 2K1
Phone: 403-329-0088
<http://programs.ywcalethbridge.org/safe-visitation-1>

YWCA's Safe Visitation program provides a safe, child-friendly space for non-custodial parents to visit their children and work on building a healthy relationship. Parent-child time is supervised by two professionals to ensure the visit is stress-free. Referrals can be through the court system or through other agencies; self-referrals are also accepted. There are no fees associated with the program.

Safe Visitation and Monitored Exchange (Women's Outreach Society)

4101-54th Avenue
Red Deer, AB T4N 7G3
Phone: 403-347-2480
Toll-Free: 1-866-347-2480
Email: info@womensoutreach.ca
<https://www.womensoutreach.ca>

The Safe Visitation program of the Women's Outreach Society is an impartial program that allows children to continue visiting non-custodial parents in a supportive environment in situations when families are dealing with the impact of domestic violence in Central Alberta. The Monitored Exchange program safely transitions children from one parent to another to eliminate the children from witnessing a negative interaction between the parents.

Dragonfly Children's Healing Centre (Women's Outreach Society)

4101-54th Avenue
Red Deer, AB T4N 7G3
Phone: 403-347-2480
Toll-Free: 1-866-347-2480
Email: info@womensoutreach.ca
<https://www.womensoutreach.ca>

The Dragonfly Children's Healing Centre strives to nurture, protect, enrich, educate and provide healing avenues for children and youth who are experiencing trauma from domestic violence, homelessness, and suicide.

Alberta Youth Supports:

The Cellar Youth Centre

13407 97 Street
Edmonton, AB T5E 4C7
Phone: 780-437-3000
Email: info@yuedmonton.com
<https://www.edmontonyouthunlimited.com/cellar>

The Cellular Youth Centre is an all-inclusive safe space for youth ranging from grade six to grade 12. The Cellar offers a variety of free services including: field trips, mentoring supports, art projects, games, and other forms of entertainment. Youth from any background or belief are welcome and are supported through their holistic approach.

Youth Empowerment and Support Services (YESS)

9310 82 Avenue
Edmonton, AB T6C 0Z6
Phone: 780-468-7070
Email: yess@yess.org
<https://yess.org>

YESS provides emergency shelter, temporary supportive housing, resources, and referrals to youth aged 15-24 from difficult realities. YESS works within a network of care focused on the prevention of youth homelessness by providing them with resources, access to cultural and outreach services, and other wrap-around supports. YESS also focuses on healing trauma and helping youth build safe and healthy relationships so they can advocate for themselves and move towards independence.



Alberta 2SLGBTQ+ Specific Services

Camp FYrefly

5 - 181 Education N – University of Alberta

Edmonton, AB T6G 2G5

Phone: 780-492-4909

Email: fyrefly@ualberta.ca

<https://www.ualberta.ca/camp-fyrefly/index.html>

Camp FYrefly is a fun, educational, and social retreat for queer and trans youth ages 14 – 24 held each summer. The camp helps youth develop leadership skills and build peer connections to help them positively impact their lives, schools, and communities. Some of the programs and supports offered at Camp FYrefly include: educational workshops, mental health supports, art programming, and community building activities.

Centre for Sexuality (Calgary)

700 – 1509 Centre Street SW

Calgary, AB T2G 2E6

Phone: 403-283-5580

Email: info@centreforsexuality.ca

<https://www.centreforsexuality.ca>

Centre for Sexuality is a community-based organization which aims to normalize sexual health through providing evidence-based, non-judgmental sexual and reproductive health programs and services to Calgary residents. The Centre offers counselling services, medical health services, as well as various programming for individuals of all ages and backgrounds. They also offer comprehensive supports and programming for LGBTQ individuals, including support groups and leadership programs.

Central Alberta Pride Society (Red Deer)

Box 217 – 4819C 48 Avenue

Red Deer, AB T4N 3T2

<https://www.centralalbertapride.ca>

Central Alberta Pride Society focuses on bringing LGBTQIA2S+ awareness to the surrounding community through offering support, awareness-raising, and education. Their goal is to create a safe community that values, embraces, and celebrates Central Alberta's diversity.

Edmonton Men's Health Collective (EMHC)

#202, 10526 Jasper Avenue NW

Edmonton, AB T5J 0B7

Email: connect@ourhealthyyeg.ca

<https://ourhealthyyeg.ca>

The Edmonton Men's Health Collective (EMHC) is a local, grassroots health organization run by and for queer and trans community members. EMHC offers community education and support, and they also conduct community-based research and advocacy. EMHC also offers several programs for queer and trans individuals, including their Peer N Peer (PNP) program which is a peer-led queer substance use program that uses harm reduction principles to support individuals on where they are at on their substance use journey.

Edmonton Vocal Minority

PO Box 12091, STN Main

Edmonton, AB T5J 3L2

Phone: 780-633-4025

Email: sing@evmchoir.com

<https://www.evmchoir.com/Contact.htm>

Edmonton Vocal Minority (EVM) is a non-auditioned, mixed-voice choir for members of the queer (2SLGBTQ+) community. EVM provides a safe, supportive, and creative space for individuals to practice music, and the choir is committed to embracing the diversity of all people regardless of sexual orientation. EVM plans several concerts throughout each year and perform at numerous community events.

LGBTQ+ Newcomer Services (Calgary, but serving all AB communities)

1010, 999 – 36 Street NE

Calgary, AB T2A 7X6

Phone: 403-569-3325

Email: info@centrefornewcomers.ca

<https://www.centrefornewcomers.ca/lgbtq>

The Centre for Newcomers provides services to 2SLGBTQ+ newcomers to Canada. LGBTQ+ Newcomer Services provides one-on-one support services, group supports, information, referrals and settlement advice to individuals who have permanent residency, who are filing for asylum as a refugee, or who are in Alberta under any other status.

OUTLOUD Foundation for the LGBTQ Community Support and Services

215 Carnegie Drive

St. Albert, AB T8N 5B1

Phone: 780-990-6518

<https://outloudstalbert.ca>

OUTLOUD is a community group for LGBTQ and questioning youth aged 13-24 to meet and connect with others. Their meetings are two hours long and include interactive games, activities, and team building skills to promote relationships and build self-esteem. The group is provided free of charge to youth.

Outlink (Calgary)

Unit 105 – 223 12 Avenue SW
Calgary, AB T2R 0G9
Phone: 403-234-8973
Email: info@calgaryoutlink.ca

Calgary Outlink is a community-based organization that offers support, education, outreach services and resources, as well as referrals for LGBTQ2IA+ and allied individuals. Outlink offers numerous programs and supports, including an LGBTQ2S+ mentor program, as well as several adult and youth drop-ins and peer support groups.

Pride Centre of Edmonton

2nd Floor, 10618 105 Avenue NW
Edmonton, AB T5H 0L2
Phone: 780-488-3234
Email: hello@pridecentreofedmonton.ca
<https://pridecentreofedmonton.ca>

The Pride Centre of Edmonton provides supports and resources to meet the needs of individuals with diverse sexual orientations, gender identities, gender expressions, and of the people in their lives. They offer a drop-in centre, information/resources, social programming, an LGBTQ library, free counselling, outreach supports, and youth programming.

Rainbow Connection

Southminster-Steinhauer United Church – 10740 19 Avenue NW
Edmonton, AB T6J 6W9
Phone: 780-435-2028
Email: info@smsuc.com
<https://ssucedmonton.com/rainbow-connection>

Rainbow Connection is a community-capacity building LGBTQ+ safe space. Rainbow Connection seeks to promote connection and growth between people and organizations, and the group meets each Sunday from 10:00am-11:00am. Their organization also supports two LGBTQ+ community initiatives: Emberwood (for LGBTQ+ young adults ages 18 to in-their-30s) and Camp Dragonfly (LGBTQ+ children ages 6-13). All identities and experiences are welcomed.

The Alex Youth Health Centre (Calgary)

#104 2820 2 Avenue SE
Calgary, AB T2A 7X9
Phone: 403-520-2260
Email: info@thealex.ca

The Alex Health Youth Centre offers a safe and supportive space for youth ages 12-24 in Calgary. The Centre has a team of doctors, nurses, and support workers which provide health and social services such as medical care, mental health supports, LGBTQ2S+ supports, etc. They also offer a number of programs, including their Queermunity program (held every Monday from 6:30pm-8:00pm) for LGBTQ2S+ youth and their allies.

The CHEW Project: Comprehensive Health Education Workers' Project

Downtown OUTpost Office – 11725 Jasper Avenue
Edmonton, AB T5K 0N5
Phone: 780-665-5220
Distress Line: 780-482-HELP (4357)
Email: chewhelp@ualberta.ca
<https://chewprojectveg.org/contact>

The CHEW Project provides sexual, mental, physical, and social health education and outreach supports for LGBTQ2S+ youth and young adults. Some of the main issues they address include: mental health issues, violence, poverty, home-

lessness, substance use issues, sexual health issues, and sexual exploitation/sex work. They offer short-term and long-term counselling, crisis and suicide intervention, social services, and sexual health services. The CHEW Project also provides culturally relevant and inclusive services for Indigenous people and newcomer and refugee communities.

Team Edmonton

Email: president@teamedmonton.ca

<https://www.teamedmonton.ca>

Team Edmonton supports LGBTQ2+ sports and recreation by encouraging participation in inclusive and affordable activities in Edmonton. Partnered with several community-based sports and recreation groups, Team Edmonton provides numerous diverse programming for LGBTQ2+ adults, including individual/group fitness, individual/team sports, and social/hobby events. Some of the specific activities offered include: badminton, hockey, yoga, running, skating, swimming, board games, etc.

TTIQ (Transgender, Transsexual, Intersex, or are Questioning)

Pride Centre of Edmonton - 2nd Floor, 10618 105 Avenue NW

Edmonton, AB T5H 0L2

Phone: 780-488-3234

Email: ttiqedmonton@gmail.com

www.ttiq.ca

TTIQ is a peer gender talk and support group which meets at the Pride Centre of Edmonton. The group is open to anyone (ages 18 and older) on the gender-variant spectrum, along with their friends, families, and allies. TTIQ meets on the second Monday and fourth Friday of each month, from 7:00pm – 9:00pm. TTIQ also has a meeting time available for youth before the main meeting.