

# PARTICIPANT RESOURCE LIST

The logo for OFE (Ontario Federation of Educators) is located in the top right corner of the header. It consists of the letters 'OFE' in a white, bold, sans-serif font, enclosed within a white circular border. The background of the header is a dark blue gradient with a subtle pattern of overlapping circles.

## Online Resources:

### Computer Skills Training:

#### DigitalLearn.org <https://www.digitallearn.org>

This website trains you on the basics of “using a computer to do almost anything”, and is broken into sections that take the learner through the natural progression of computer literacy. This website looks at everything from how to turn on a computer, how to use a mouse and keyboard, to navigating the internet, email, protecting yourself online, and so much more.

#### Google Digital Garage

<https://learndigital.withgoogle.com/digitalgarage>

Google Digital Garage gives learners the opportunity to gain skills in Data/Tech, Digital Marketing, and Career Development. The majority of the courses are free and approved by industry experts.

#### Learning.com <https://www.learning.com>

This website allows the learner to familiarize themselves with some more complex computer functions such as coding, database/spreadsheets, visual mapping, and programs such as word processor.

### Employment Development

#### Manitoba.ca Career Development

<http://www.manitobacareerdevelopment.ca/CDI/index.html>

This online tool walks you through the steps of career development such as decision making, self-evaluation, exploring your options, and making a decision. Additionally, the website has links to many career development services within Winnipeg.

#### Government of Canada Job Bank Career Planning

<https://www.jobbank.gc.ca/career-planning>

This website allows the user to explore different career options based on educational background. It also allows users to look at specific careers options in each province and see what education is needed and what the average wage is for that job.

### Essential Skills

#### Government of Canada – Essential Skills Indicator

<https://www.canada.ca/en/employment-social-development/programs/essential-skills/tools/online-indicator.html>

This website allows the user to take a self-assessment of their reading, document use, and numeracy skills. There are 3 levels to each assessment, each becoming increasingly difficult. Once you complete each section and submit your final answers you will receive a summary of your results.

#### Essential Skills Resources

<https://www.skillscompetencescanada.com/en/essential-skills/resources/>

The Government of Canada and other agencies have identified 9 essential skills for the workplace. This website takes you through each of the 9 essential skills, explains why they are essential to the workplace and provides workbooks for each skill to use for practice.

#### Learning on Demand – Numeracy [learning-on-demand-numeracy](https://www.skillscompetencescanada.com/en/learning-on-demand-numeracy)

This website gives the learner the option to review their numeracy skills or learn new ones through a series of concept videos, practice videos, and workbooks.

# PARTICIPANT RESOURCE LIST

The logo for OFE (Ontario Financial Education) is a white circle containing the letters 'OFE' in a bold, sans-serif font, set against a dark blue background.

## Mental Health/Wellness

### Mental Health Virtual Therapy Program

<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Caring for your mental health is important during the COVID-19 pandemic. AbilitiCBT is a new digital therapy program from Morneau Shepell, available to all residents of Manitoba age 16 or older experiencing mild to moderate symptoms of anxiety due to the pandemic.

### Alcoholics Anonymous in Manitoba

<https://aamanitoba.org/>

Alcoholics Anonymous Manitoba is now offering online meetings 7 days a week at various times throughout the day. They are using a variety of platforms such as Zoom and Skype to host the meetings and A.A. groups and members are also creating contact lists, keeping in touch by phone, email or social media to ensure support.

### Family Doctor Finder

<https://www.gov.mb.ca/health/familydoctorfinder/>

Family Doctor Finder can make it easier for you and your family to find a team of healthcare professionals (including family doctors and/or nurse practitioners) as part of home clinic that provides you with a base for your health care needs.

## Money Management

### Your financial Toolkit

<https://www.canada.ca/en/financial-consumer-agency/services/financial-toolkit.html>

A comprehensive learning program that provides basic information and tools to help adults manage their personal finances and gain the confidence they need to make better financial decisions.

### Smart About Money

<https://www.smartaboutmoney.org>

This website offers free online money management courses that you can do at your own pace and on your own time. The learner has the option to either “Start with the Basics” where the course will take you through topics such as spending/saving, debit/credit, etc. Or choosing a specific topic they are interested in learning more about.

## Local Resources:

### Housing

#### Kinew Housing Inc.

<http://www.kinewhousing.ca/application>

Kinew Housing Inc. offers housing options to low or fixed income families within Winnipeg. They currently rent their properties for 25% of the tenant's income. Application for rentals can be found on their website.

#### S.A.M Management Inc.

<https://www.sam.mb.ca>

S.A.M. (Management) Inc. is a non-profit property management corporation that provides socially responsible property management in partnership with organizations offering affordable housing options in the community. Application for rentals can be found on their website.

#### Winnipeg Housing Rehabilitation Corporation

<http://www.whrc.ca>

Winnipeg Housing Rehabilitation Corporation provides quality, affordable, and attainable housing in Winnipeg that is safe and secure. Application for rentals can be found on their website.

# PARTICIPANT RESOURCE LIST

The logo for OFE (Ontario Federation of Educators) is located in the top right corner of the header. It consists of the letters 'OFE' in a white, bold, sans-serif font, enclosed within a white circular border. The background of the header is a dark teal color with a subtle pattern of overlapping circles.

## Emergency \Shelter/Resources:

### **Siloam Mission** <https://www.siloam.ca/>

Siloam Mission offers a variety of services such as emergency shelter, meals, and clothing/hygiene products, health clinic, and rehabilitation programs for ex-offenders. These services are offered to people within Winnipeg experiencing homelessness. Located: 300 Princess Street.

### **The Salvation Army**

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

The Booth Centre, an expression of The Salvation Army in the downtown core area of Winnipeg. They are dedicated to serving Winnipeg's homeless or disadvantaged with a clean and safe residential environment to explore together life's purpose and hope for the future. Located: 180 Henry Avenue.

### **N'Dinawe**

<https://ndinawe.ca/contact-us/>

24 hour safe house shelter—call to ensure space if available

Call: **204-417-7233**

650 Burrows Avenue

### **Tina's Save Haven**

<https://ndinawe.ca/program/tinas-safe-haven/>

Drop-in centre, resources, showers and open 24 hours a day.

Call: **204-417-7233**

472 Selkirk Avenue

### **Mainstreet project**

Call: **204-982-8229**

75 Martha Street and 190 Disraeli (for individuals who identify as female shelter)

## Food Resources:

### **Agape Table** <https://www.agapetable.ca/>

Agape Table offers low cost ways to provide nutritional food to those who have difficulty making ends meet. Their services include nutritious subsidized breakfast and free emergency food services to low-income individuals. Located: 364 Furby Street.

### **Winnipeg Harvest** <http://winnipegharvest.org>

Winnipeg Harvest collects and distributes food to low-income individuals and their families. Additionally, they offer training opportunities for their volunteers to help with developing skills needed to gain employment. Located: 1085 Winnipeg Avenue.

### **Lighthouse Mission**

<https://www.lighthousemission.ca/>

Lighthouse Mission is a soup and sandwich kitchen dedicated to provide resources to individuals. They serve breakfast, lunch, and dinner, as well as coffee to those in need in the community. Located: 669 Main Street.

## Men's Resources

### **The Men's Resource Centre of Manitoba**

<http://www.mens-resource-centre.ca/>

They provide free therapy and support services to men aged 16 and above who have experienced trauma and stressors in their lives. This includes group therapy, individual short term therapy and their Male Childhood Sexual Abuse Therapy Program (MSCA). They also offer an Emergency Shelter program to men (and their children) who are fleeing from an

# PARTICIPANT RESOURCE LIST

The logo for OFE (Ontario Federation of Educators) is located in the top right corner of the header. It consists of the letters 'OFE' in a white, bold, sans-serif font, enclosed within a white circle. The background of the header is a dark teal color with a subtle pattern of overlapping circles.

intimate partner or family member due to abuse and violence.

Located at: 115 Pulford Street

## **Aboriginal Health & Wellness Centre of Winnipeg (Mino-Pimatiziiwin Program)**

<http://ahwc.ca/mens-healthy-living/>

The Mino-Pimatiziiwin (Men's Healthy Living) Program that provides services to Aboriginal men, over the age of 18, who are attempting to make positive lifestyle changes in their lives. This includes: one on one counseling, home/office visits, elder support/counseling, sharing/teaching circles, cultural education & crafts, sweats, referral services, advocacy and support, better fathering workshop, and personal development workshops. Located at: 215-181 Higgins Avenue

## **Thrive Community Support Circle**

<https://www.thrivecommunitysupportcircle.com/mens-programs/>

They offer a new men's support group that involves interpersonal communication, giving feedback and challenging one another to develop more constructive patterns of behaviour in a safe environment. Located at: 505 Sargent Avenue.

## **Women's Resources**

### **North End Women's Centre**

<http://www.newcentre.org/>

Their resources include, but are not limited to, short and long term individual counselling, addictions continuing and ongoing recovery program, health & wellness programs, transitional housing, drumming group, drop in centre, outreach, employment programs, and

volunteer opportunities.

Their sites throughout Winnipeg:

**394 Selkirk Avenue:** The main building offers counselling services, groups, addictions continued recovery program, information and referral, outreach, advocacy, and a drop-in area.

**Chriss Tetlock Place:** A second stage transition housing facility and home to the addictions program.

**The Up Shoppe:** 382-384 Serlkirk Avenue: Two transitional housing units, and four offices that offers affordable clothing and employment programs to the community.

**Betty Berg House:** Second stage transition housing facility providing safe housing and various services to women recovering from addictions.

### **Indigenous Women's Healing Centre**

<http://iwhc.ca/services/>

They provide long-term safe housing to Aboriginal women and their children who are struggling to escape poverty, homelessness, addictions, violence and other systemic issues. Some of the resources that they offer include: crisis and addiction counseling, practical skills training, learning program, parenting program, women's healing circles, family violence prevention and a program designed for survivors of childhood trauma - Located at: 105 Aikins Street

### **Fort Gary Women's Resource Centre**

<http://fgwrc.ca>

They provide programming to all self-identified

# PARTICIPANT RESOURCE LIST

The logo for OFE (Office of Family Engagement) is a white circle containing the letters 'OFE' in a bold, sans-serif font, set against a dark blue background.

women regardless of their cultural, racial, economic, social, religious and spiritual background. Some of their programs include information and referrals, individual and group counselling as well as a child counselling program, on-site educational workshops, legal consultations, and practical supports which include their clothing room and Harvest program.

They have two sites: Waverley Office (1150-A Waverley Street) & Outreach Office (104-3100 Pembina Hwy)

## **West Centre Women's Resource Centre**

<https://wccwrc.ca/>

Their resources include drop in and food services, training & skill building, Homes Program (Housing Options, Mentorship & Economic Security), More than Four Walls Housing First Program, Restoring the Balance program (trauma-informed program founded on traditional Indigenous values, teachings and ways of healing), Immigrant Settlement Services, Child Minding Services – Location: 640 Ellice Avenue

## **Indigenous Resources**

### **Ka Ni Kanichihk Inc.**

<https://www.kanikanichihk.ca/about/>

Ka Ni Kanichihk Inc provides Indigenous identified programs and service that focus on wholeness and wellness and that build on the strengths and resilience of Indigenous peoples. They offer a variety of resources and programs that include Healing Ceremonies, Wahkohtowin Strengthening Families Program, Heart Medicine Lodge, The Butterfly Club (for

young indigenous women), and so much more! Located: 455 McDermot Avenue.

### **Ma Mawi Wi Chi Itata Centre**

<https://www.mamawi.com/>

Ma Mawi Wi Chi Itata Centre is a strength and value-based family resource organization delivering community-based programs and services. Their programs include but are not limited to Community Care, Caring for our relatives, Youth Development, Indigenous Knowledge, and North End Hockey! Their sites throughout Winnipeg: 445 King Street (Gathering Place for Truth and Reconciliation), 363 McGregor Street (McGregor Community Care Site), 443 Spence Avenue (Spence Community Care Site).

### **Indigenous Family Centre**

<https://www.ifcentre.com/>

IFC a non-profit organization, serving Winnipeg's north end. They provide families with opportunities to build communities, learn about Indigenous culture, develop positive life skills, and experience healing. Some of the programs that they offer include drop-in times for community support, Worship and Sharing circle, Meet Me at the Bell Tower (a group dedicated to address and challenge violence in the north end), and a Kids Camp/Afterschool program. Located: 470 Selkirk Avenue.

## **Youth Services**

### **Macdonald Youth Services**

<https://www.mys.ca/>

Macdonald Youth Services (MYS) helps children, youth, adults and families through six key programs: a walk-in shelter for youth, full-



# PARTICIPANT RESOURCE LIST

The logo for OFE (Office of Family Engagement) is located in the top right corner of the header. It consists of the letters 'OFE' in a white, bold, sans-serif font, enclosed within a white circular border. The background of the header is a dark teal color with a subtle pattern of overlapping circles.

time foster family care, specialized counseling, group homes, mobile crisis teams, and work and life skills programs. Their sites throughout Winnipeg: 159 Mayfair Avenue (Youth Resource Centre/Emergency Shelter), 102-83 Churchill Drive (Kisewatisiwin Office (Northern Office)).

## **Resource Assistance for Youth, Inc.**

<https://rayinc.ca/>

RaY is a non-profit agency working with youth facing or experience homelessness in Winnipeg up to the age of 29. RaY is non-judgmental, employing a harm reduction approach to all interactions with youth in need. Their resources include immediate needs, housing, mental health/wellness, and employment and education. Located: 125 Sherbrook Street.

## **Youth Crisis Support Services (YCSS)-Crisis Line 24/7 (21 and younger)**

The Crisis line has increased services over the phone, available to those who are 21 years old and younger. Mobile Crisis Teams-offering essential services following screening and extensive telephone support.

Call: **204-949-4777**

- **Drop-in phone counselling** (available from the Brief Treatment Therapy Team)  
Call: **204-949-4777**-parents and youth seeking counselling support over the phone.  
Our intake workers will gather additional information, and the information will be transferred to the therapist who will contact you within two business days.

## **Nor'West Co-op Community Health**

<https://norwestcoop.ca/about-us/in-the-news/norwest-community-health-suspended-services/>

**Youth Hub** - Offering telephone counselling (ages 14-24) Call: **204-221-9800** to make an appointment

**Youth QuarantEEN Support Line** - Available between 3 pm-8:30 pm, Call: **204-792-2277**

## **Klinic Drop-in phone counselling-Free (13+)**

<http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/>

Line opens at 9 am and you will receive a same day appointment (first come first served). Have your Manitoba Health number available.

Call: **204-784-4090**

## **Rainbow Resource Centre**

<https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre>

Free over the phone counselling, same week appointments are made starting Monday morning, 10 am, further sessions are discussed with the counselor during initial session.

Call: **204-474-0212 ext. 201**

## **Manitoba Adolescent Treatment Centre (MATC)**

Offering services (counselling, assessments) via video conferencing. Often waitlists exist for these services.

Call: **204-958-9660**

## **Aulneau Wellness Check-in (Free) (16+)**

[www.aulneau.com](http://www.aulneau.com)

Assist with coping with recent isolation, and stress during the COVID pandemic—additional check-ins can be discussed with the counselor.

Call: **204-987-7090**

# PARTICIPANT RESOURCE LIST

The logo consists of the letters 'OFE' in a white, bold, sans-serif font, centered within a white circle. This circle is set against a dark blue background that features a subtle pattern of overlapping circles.

## Adult Mental Health

### **MYS Family Therapy—partnership with UW Master of Marriage and Family Therapy program**

Call: **204-949-3578**, email: [mmft@mys.mb.ca](mailto:mmft@mys.mb.ca)

Free family and individual therapy over the phone—officiated by master student (waitlist may exist)

### **Family Dynamics**

<https://familydynamics.ca/services/counselling/>

Call: **204-947-1401**

Free and sliding scale phone counselling

### **Klinik Drop-in phone counselling-Free (13+)** <http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling>

Schedule and appointment by calling:

Call: **204-784-4090**—line opens at 9:00 am and you will receive a same day appointment (first come first served). Have your Manitoba Health number available.

### **Women's Health Clinic—free phone counselling**

<http://womenshealthclinic.org/covid19/>

Offering counselling services for individuals who identify as female over the phone (13+)

Call their intake line: **204-947-2422 ext. 204**

Their general line: **204-947-1517**

They have other health services available—no drop-in

### **Manitoba Government—AbilitiCBT-short-term Cognitive Behavioural Therapy—online (16+)**

Online Digital Therapy Program offered by Morneau Shepell to assist with low-to-mid-symptoms of anxiety due to the pandemic. (*Note-Mobile App on a smartphone or tablet are used in this service*)

Individuals can expect to hear from the service within 5 business days to explain next steps.

Fill out the form using the link below:

- <https://manitoba.abiliticbt.com/home>
- <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

### **Mood Disorders Association of Manitoba (MDAM)**

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

Free *Peer support* phone line:

Call: **204-786-0987**—Monday-Friday 9am-9pm, Saturday and Sunday 10am-4pm

### **Sara Riel—Free (18+)—Services offered remotely—phone or video chat**

<https://www.sararielinc.com/language/en/home/>

- **Seneca Warm Line** 24 hour peer support helpline

Call: **204-947-9276** or **204-231-0217**

- **Sara Riel Programming** is still accepting and processing applications for their services (delivery style may vary during the pandemic—for example over the phone or online)

Call: **204-237-9263**

- **Employment Warm Line** For anyone experiencing employment and financial challenges at this time.

Call: **204-237-9263**

### **Youville—free phone counselling (13+)**

[www.youville.ca](http://www.youville.ca)

# PARTICIPANT RESOURCE LIST

The logo for OFE (Ontario Federation of Educators) is located in the top right corner of the header. It consists of the letters 'OFE' in a bold, white, sans-serif font, centered within a white circle. The circle is set against a dark blue background that features a subtle pattern of overlapping circles.

Counselling, Dietician consulting, sexual health information, for all ages (Youth, Teen, and Adults)  
Call: **204-255-4840**

## **Rainbow Resource Centre**

<https://rainbowresourcecentre.org/news/2020/update-from-rainbow-resource-centre>

Free over the phone counselling, same week appointments are made starting Monday morning, 10:00 am, further sessions are discussed with the counselor during initial session.

Call: **204-474-0212 ext 201**

## **Elmwood Community Resource Centre**

Text or call for counselling support (Mon-Fri 10am-6pm)

Call: **431-275-2290**

## **Canadian Mental Health Association (CMHA) Navigation Hub—free operating over the phone or email**

Support navigating adult mental health supports.

Call: **204-775-6442**, email [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)

Peer Support through CMHA.

Call: **204-982-6113**—appointments over the phone on Mondays and Wednesdays.

## **Anxiety Disorders Association of Manitoba (ADAM)**

<http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

ADAM has recently opened a new crisis support line for individuals experiencing increased anxiety related to COVID-19. Services are available Monday through Friday from 9:00 am – 9:00 pm and Saturday and Sunday from 10:00 am – 4:00 pm.

Call: **204-925-0040**

**Help Next Door** –in partnership with the Manitoba Government

<https://helpnextdoormb.ca/>

Online Network for Manitobans who are looking for help, or to help others. Specifically for individuals struggling to acquire essentials while not being able to leave their home during the pandemic.

## **Domestic Violence Support Resources**

### **Family Violence Prevention Program**

<https://www.gov.mb.ca/msw/fvpp/>

24-hour crisis line: Call: **1-877-977-0007**, email:

[fvpp@gov.mb.ca](mailto:fvpp@gov.mb.ca)

### **Nor'West Co-op Community Health, A Women's Place**

Counselling support line Mon-Fri 9am-9pm

Call: **204-940-6624**

### **Willow Place Women's Shelter---Winnipeg MB**

Call crisis line: **204-615-0311 or 1-877-977-0007 or text 204-792-5302**

### **Ikwe-Widdjiitiwin—Winnipeg MB**

Call crisis line: **1-800-362-3344 or 1-877-977-0007**

### **YWCA Westman Women's Shelter—Winnipeg MB**

Call: **1-877-977-0007, Admin 204-727-3644**

### **Men's Resource Centre—Winnipeg MB**

Call: **204-415-0797 or 1-877-977-0007**



# PARTICIPANT RESOURCE LIST

The logo for OFE (Ontario Family Engagement) is a white circle containing the letters 'OFE' in a bold, sans-serif font, set against a dark blue background.

## Youth Crisis Support Services (YCSS)-Crisis Line 24/7 (21 years old and younger)

The Crisis line has increased services over the phone, available to those who are 21 years old and younger.

Mobile Crisis Teams-offering essential services following screening, and extensive telephone support.

Call: **204-949-4777**

- **Drop-in phone counselling** (available from the Brief Treatment Therapy Team)  
Call: **204-949-4777**-parents and youth seeking counselling support over the phone.  
Our intake workers will gather additional information, and the information will be transferred to the therapist who will contact you within two business days.

## Family Dynamics

<https://familydynamics.ca/services/family-resource-centres/>

**Family Dynamic resource centres (6)** connected to MB housing complex (*Plesis, Tuxedo, Westgrove, Elwick Village, St. Anne's, and Keenleyside*) are staffed and available to support families over the phone with food pickups or deliveries, and filling out benefit forms.

**Parent coach** over the phone support

Call intake line: **204-947-1401**

## Manitoba Parent Line-Free

Over the phone support for parents in Manitoba  
Call: **204-945-4777** or toll free **1-877-945-4777**,  
Mon.-Fri. 8am-8pm

## Addiction Foundation Manitoba (AFM)

If you or a family member are struggling with an addiction free phone counselling available.

Call Intake Line: **204-944-6247**

## Inspire Community Outreach

1-on-1 private session over video or chat

Call: **204-996-1547**, email

[info@inspirecommunityoutreach.ca](mailto:info@inspirecommunityoutreach.ca)

**Free online tool kit** available to assist with mental health and educational resources during the pandemic. Sign up using the link below:

<https://mailchi.mp/a290f8e0a942/covid19toolkit>

**Online support group therapy for caregivers of sensitive kids** Tuesdays between 8-9—register online at the link below—limited space available.

<https://inspirecommunityoutreach.ca/event/group-therapy-for-caregivers-of-sensitive-kids-4/>

**Computers for Kids**—affordable, and free computers to assist with at home learning. Application available through the link below:

<https://inspirecommunityoutreach.ca/computers-for-kids/>

## Thrive Resource Centre

Basic needs food supplies, baby supplies, layettes, hygiene items (as available), community resources, and coffee/snacks (as available) Call: **204-775-9934**

## Financial Supports during COVID-19/Post COVID-19

### Canadian Emergency Response Benefit (CERB)

Check the website to register and other parameters regarding this benefit.

<https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

Up to 16 weeks supplementary income (\$500/week) if you have stopped working due to COVID-19.

# PARTICIPANT RESOURCE LIST



- Must be residing in Canada and at least 15 years old. Previously employed and/or self-employed of at least \$5 000 in 2019.
- **Note:** you cannot have earned more than \$1,000 in employment or self-employment income for 14 or more consecutive days within the four week benefit period of your claim.

## **Employment Income Assistance (EIA)— Provincial Government program**

Online applications available at the website below:

<https://www.gov.mb.ca/fs/eia/>

Online and phone applications are being used at this time. You will be contacted by an EIA staff at the telephone number that you give us to discuss your eligibility for income assistance.

Call: **204—948-2888 or 1-855-944-8111**

## **Employment Insurance (EI)—Federal Government program**

Applications and eligibility criteria found below.

<https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html>

Provides regular benefits to individuals who lose their jobs through no fault of their own.

## **Manitoba Hydro**

<https://www.hydro.mb.ca/covid19/>

Struggling to pay your bill due to COVID-19 pandemic flexible payment plans through Manitoba Hydro.

Have your account number, service address and primary phone number.

Call: **204-480-5900 or 1-888-624-9376**

## **City of Winnipeg Utility**

<https://myutilitybill.winnipeg.ca/UtilityPortal/announcements>

If you are struggling to pay your utility bill related to the COVID-19 pandemic flexible payment plans available through the City of Winnipeg  
Call: **204-986-BILL (2455)** or **311**, email: [utilitybill@winnipeg.ca](mailto:utilitybill@winnipeg.ca)

**Unable to pay rent**—Pay what you can. Residential Tenancy board has suspended all non-emergency hearings—outstanding rent will be expected to be paid.

If your landlord is demanding you to leave:

Call: **Tenant-Landlord Cooperation-204-927-2335**

Call: **Residential Tenancies Branch-204-945-2476**

## **Emergency Basic Need Resources**

### **Elmwood Community Resource Centre (ECRC)**

Basic needs and employment support line-drop-in appointments available to book over the phone  
545 Watt Street—Mon-Fri 9 am-5 pm  
Call: **431-275-2287**

### **Feed my Lambs**

Free food packages, Fridays at pm, first come first serve—social distancing practiced (bring your own bags). Separate from Winnipeg Harvest.  
117 Euclid Avenue

### **Nor'West Co-op Community Health (community members in the area)**

**Blake Gardens Resource Centre Nor'West on**

**Alexander-** Call: **204-982-3660**-Different food programs, including food pick-ups

**Gilbert Park Resource Centre -** Call: **204-982-4429**- food and basic essentials Health card required

# PARTICIPANT RESOURCE LIST



## **Andrews Street Family Centre**

Emergency food, diapers, and formula are available. Call between 10am-3pm weekdays for an appointment (must have MB health card)

Call: **204-589-1721**

220 Andrew Street

## **Food Not Bombs—Treaty 1 Winnipeg**

Fruits and Veggies Giveaway—while supplies last.  
Wednesdays 6 pm at Turtle Island Neighbourhood Centre—510 King Street

Fridays 6 pm outside at Indigenous Family Centre (470 Selkirk Avenue)

Social distance while in line—all are welcome

## **Crossways**

Bagged lunches out the door available for pick up Mon, Wed, Thurs, Fri at 12:30 pm while supplies last. Emergency food packages and basic need items (specify what is needed) available. Call for an appointment for pickup. (MB Health Card needed)

Call: **204-774-2773**

222 Furby Street

## **Spence Neighbourhood Association (SNA), Magnus Eliason Recreational Centre (MERC)**

Building Belonging 4:30 pm-6 pm bagged lunch is available out the door at 430 Langside Street

Community door services: all week 10:30 am-1 pm

Bagged snacks and basic essentials provided.

Call: **204-783-5000**

430 Langside Street

## **St. Matthews Maryland Community Ministry**

Take out lunches, space to warm up if experiencing homelessness and emergency food kits available.

365 McGee Street—Mon, Tues, Thurs, Fri 1:30 pm-4 pm

## **Oak Table (in Augustine United Church)**

Take out lunches, space to warm up if experiencing homelessness.

109 Pulford Street, Mon-Thurs 12:30 pm-3 pm

## **Age and opportunity (55+) and the United Way Winnipeg**

Grocery delivery (including Winnipeg Harvest), medication delivery, social services and daily phone chats

Concerned family members can call on behalf of a loved one

Call: **204-956-6440 (direct line) or 311**

# PARTICIPANT RESOURCE LIST

OF E