

NORTH EASTERN MANITOBA

REGIONAL RESOURCE GUIDE

COMPILED BY

**SURVIVOR'S HOPE
CRISIS CENTRE**

CURRENT AS OF OCTOBER 9, 2018

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This guide will be regularly updated and electronically redistributed. If you want to be on the distribution list or if you have any relevant edits or new additions to this list, please contact:

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Survivor's Hope Crisis Centre
– for Survivors and those who Love them

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Family Violence	
Domestic Violence <i>24 hour domestic violence crisis line. Call is directed to the shelter nearest you.</i>	1-877-977-0007
Nova House <i>Shelter for women and children who have experienced abuse</i>	Selkirk 1-204-482-1200 www.novahouse.ca
Agape House <i>Shelter and counselling services for women and families experiencing family violence</i>	Steinbach 1-204-346-0028 www.agapehouse.ca
Ikwe-Widdjiitwin <i>Aboriginal women's shelter offering shelter and crisis services for women and children experiencing family violence</i>	Winnipeg 1-204-987-2780 1-800-362-3344 www.ikwe.ca
Willow Place <i>Shelter for women and children who have experienced abuse</i>	Winnipeg 1-204-615-0311 www.willowplaceshelter.ca

Physical Health		911
Bisset Emergency	1-204-277-5109	
Sagkeeng Emergency	1-204-367-2333	
Manitoba Poison Centre <i>24 hour centre that offers information about poisoning and exposure</i>	1-855-776-4766 www.hsc.mb.ca/emergencyPoison.html	
Health Links <i>A 24 hour phone line where nurses are able to answer health care questions</i>	1-888-315-9257 www.wrha.mb.ca/healthinfo/healthlinks/	
STI Line <i>Free and confidential phone line where Public Health Nurses are able to provide sexual health information. Operates Monday to Friday 9:30am - 5:00pm</i>	1-800-782-2437 www.ierha.ca/default.aspx?cid=6209&lang=1	
Selkirk Regional Health Centre	1-204-482-5800	
Pine Falls Hospital	1-204-367-4441	
Pinawa Hospital	1-204-753-2334	
Beausejour Hospital	1-204-268-1076	

Law Enforcement		911
RCMP – Pine Falls	1-204-367-2222	
RCMP – Lac du Bonnet	1-204-345-6311	
RCMP – Beausejour	1-204-268-1234	
RCMP – Oakbank	1-204-444-3847	
Sagkeeng Police	1-204-345-3125	
Hollow Water Police	1-204-367-2333	

Children and Youth

<p>Child and Family Services <i>Provides safety services for children</i></p>	<p>Beausejour 1-204-268-6028 Pine Falls 1-204-367-6120 Report after hours 1-866-345-9241 www.gov.mb.ca/fs/childfam</p>
<p>Metis Child, Family, and Community Services <i>Provides safety services for children</i></p>	<p>550 Selch St, Beausejour Eastman: 1-204-268-6460 Interlake: 1-204-697-1118</p>
<p>Youth Crisis Stabilization <i>24 hour crisis phone line for youth experiencing a crisis situation and may need the mobile crisis team's support</i></p>	<p>1-204-949-4777 1-888-383-2776 www.marymound.com</p>
<p>Kids Help Phone <i>24 hour distress line and live chatting for children and youth and online resources</i></p>	<p>1-800-688-6868 www.kidshelpphone.ca Text CONNECT to 686868</p>
<p>RaY Resource Assistance for Youth <i>Wide range of supports for those under 29</i></p>	<p>125 Sherbrook St, Winnipeg 1-204-783-5617 www.rayinc.ca</p>
<p>Youth Resource Centre and Emergency Shelter <i>Short-term walk-in support for youth 12-21</i></p>	<p>175 Mayfair Ave, Winnipeg 1-888-477-1804 www.mys.ca</p>
<p>Teen Clinics</p>	<p>576 Balsam Crescent, Oakbank 1-204-444-6140 (Mon, Thurs, Fri) 1-204-266-3999 (Tues, Wed) <i>Wednesdays 11:00 am – 6:00 pm (in summer 11:00 am – 4:00 pm)</i></p>
	<p>31-1st St, HEW Building, Beausejour 1-204-268-2288 <i>Thursdays 11:00 am – 5:00 pm</i></p>
	<p>Adam Hardisty Health Centre, Hollow Water 1-204-363-7364 <i>Second Tuesday of the month 9:00 am - 3:30 pm</i></p>
	<p>237 Manitoba Ave, Selkirk 1-204-785-7500 <i>Thursdays 12:00 pm – 6:00 pm</i></p>
	<p>Ecole Powerview School <i>Every other Thursday 12:00-3:30 pm</i></p>

Sexualized Violence

<p>Klinic Sexual Assault Line <i>24 hour sexual assault crisis line and anonymous police reporting</i></p>	<p>1-204-786-8631 1-888-292-7565 www.klinic.mb.ca</p>
<p>SARAH Program (Sexual Assault Recovery and Healing) <i>Provides sexual assault crisis intervention services, hospital accompaniment and support, follow-up support and resources, and anonymous police reporting</i></p>	<p>Available through ER or RCMP www.survivors-hope.ca/sarah</p>
<p>Human Trafficking Hotline (Klinic) <i>24 hour human trafficking hotline for those who have been trafficked or anyone who has been affected by human trafficking</i></p>	<p>1-844-333-2211 www.klinic.mb.ca/human-trafficking-hotline-information/</p>
<p>Sage House Mount Carmel Clinic <i>Support for sexually exploited women</i></p>	<p>886 Main Street, Winnipeg 1-204-943-6397 www.mountcarmel.ca</p>
<p>Ma Mawi Chi Itata <i>Aboriginal family supports including safe house for sexually exploited girls</i></p>	<p>445 King Street, Winnipeg 1-888-962-6294 www.mamawi.com</p>
<p>The Meeting Place <i>A joint project with Mennonite Central Committee MB, The Meeting Place, and Eden Health Care. Services are for men who have experienced sexual abuse</i></p>	<p>139 Smith Street, Winnipeg 1-204-925-1917 <i>Wednesday from 5:30 – 7:30pm</i></p>
<p>Laurel Centre <i>Counselling to women who have experienced child or teen sexual abuse</i></p>	<p>104 Roslyn Road, Winnipeg 1-204-783-5460 www.thelaurelcentre.com</p>
<p>Survivor's Hope Crisis Centre <i>Drop-in support related to sexualized violence and anonymous police reporting available in Pinawa Monday to Thursday 9:00am – 4:00pm</i></p>	<p>10-24 Aberdeen Avenue, Pinawa 1-204-753-5353 www.survivors-hope.ca</p>
<p>Ndinawe <i>24/7 youth drop-in and shelter</i></p>	<p>472 Selkirk Avenue, Winnipeg 1-204-586-2588 www.ndinawe.ca</p>
<p>Sexual Assault Counselling Intake (Klinic) <i>Sexual assault and sexual harassment counselling program</i></p>	<p>870 Portage Avenue, Winnipeg 1-204-784-4049</p>
<p>TERF (Transition and Education Resources for Females) <i>New Directions - Helping women and girls escape exploitation</i></p>	<p>500-717 Portage Avenue, Winnipeg 1-204-786-7051 terf@newdirections.mb.ca</p>
<p>Rainbow Resource Centre <i>Support and resources for LGBTTQ</i></p>	<p>170 Scott St. Winnipeg 1-855-437-8523 www.rainbowresourcecentre.org</p>

Mental Health and Counselling Services

Crisis

<p>Canada Suicide Prevention Service <i>Pan-Canadian network of local and regional crisis services</i></p>	<p>1-833-456-4566 Text: 45645 Chat: www.crisisservicescanada.ca</p>
<p>Crisis Response Services <i>24 hour crisis line through the Interlake-Eastern RHA</i></p>	<p>1-204-482-5419 1-866-427-8628</p>
<p>Mobile Crisis Services <i>A mental health team that is able to provide phone and in-person services in mental health crisis situations through the Interlake-Eastern RHA</i> <i>Adult team: 7 days a week 2 pm – 2 am</i> <i>Youth team: Mon-Fri 1:30 pm – 9:30 pm</i></p>	<p>Selkirk 1-204-482-5376 1-877-499-8770</p>
<p>Manitoba Keewatinowik Okimakanak Inc. <i>Mobile crisis response services for First Nations communities</i></p>	<p>1-844-927-5433 crisisresponse@mkonorth.com www.mkonation.com/mobile-crisis/</p>
<p>Crisis Stabilization Unit <i>Voluntary admission unit for those 15 years or older that are experiencing a mental health crisis through the Interlake-Eastern RHA</i></p>	<p>Selkirk 1-888-482-5361 1-204-482-5361</p>
<p>Crisis Response Centre <i>Walk-in assessment and treatment for those in mental health crisis</i> <i>*Try crisis services in your own region first</i></p>	<p>817 Bannatyne Ave, Winnipeg 1-204-940-1781</p>
<p>Klinic Community Health Centre <i>24 hour crisis support line</i> <i>Offer counselling, wellness, and support groups</i></p>	<p>870 Portage Ave, Winnipeg 1-204-786-8686 1-888-322-3019 TTY 784-4097 www.klinic.mb.ca</p>
<p>Black River Health Centre <i>24 hour crisis services, 7 days per week.</i> <i>No treaty number required</i></p>	<p>Black River First Nation 1-204-367-8089</p>
<p>Manitoba Suicide Line <i>24 hour suicide prevention and support phone line</i></p>	<p>1-877-435-7170</p>
<p>Mobile Crisis Unit <i>Mobile crisis services can offer immediate, short term help to individuals in a crisis situation</i></p>	<p>Winnipeg 1-204-940-1781</p>
<p>Farm And Rural Stress Line <i>Phone counselling line and live chat for rural Manitobans and farmers</i></p>	<p>1-866-367-3276 www.supportline.ca</p>

Crisis Stabilization Unit <i>Short term, community based intensive care and treatment for individuals in psychiatric or psychosocial crisis who may be at risk of hospitalization</i>	Winnipeg 1-204-940-3633
Salvation Army Booth Center <i>Provides residential services and an addictions program</i>	Winnipeg 1-204-946-9402 www.wpgboothcentre.ca
Gambling Help Line <i>24 hour problem gambling help phone line</i>	1-800-463-1554 www.afm.mb.ca
Ma Mawi Wi Chi Itata Centre <i>Aboriginal crisis support</i>	Winnipeg 1-888-962-6294 www.mamawi.com
Non-Crisis	
Interlake-Eastern RHA Mental Health Central Intake <i>Offers adult mental health services, mental health services for the elderly and child and adolescent mental health services</i>	1-866-757-6205 1-204-785-7752 www.ierha.ca/default.aspx?cid=13360&lang=1
Interlake-Eastern RHA Relational Therapist	Selkirk (September-April) 1-204-785-7716
Interlake-Eastern RHA FASD Coordinator <i>Assists with FASD assessment referrals in the North Eastman region</i>	31 First St, Beausejour 1-204-268-7705 237 Manitoba Ave, Selkirk 1-204-785-7547
Interlake-Eastern RHA Manitoba Key Workers <i>Program that works with people living with FASD under the age of 21 years old (within an hour of Selkirk in the Interlake-Eastern region)</i>	237 Manitoba Ave, Selkirk 1-204-785-7548 1-204-785-7680
Interlake-Eastern RHA Bounce Back Program <i>A skill-building program to help adults with mild to moderate depression</i>	Referral from your primary health care provider required.
Voth Family Therapy <i>Family therapy program - counselling through Selkirk. Intake process through call, text or e-mail</i>	Selkirk 1-204-223-7300 jodie@vothfamilytherapy.com www.vothfamilytherapy.com
Sagkeeng Health Centre Counselling Services <i>Counselling services - requires treaty number</i>	Sagkeeng First Nation 1-204-367-9990 www.sagkeenghealth.com
Adam Hardisty Health Centre <i>No treaty number required</i>	Hollow Water First Nation 1-204-363-7364

<p>Seneca Respite Warm Line (non-crisis support) <i>Peer support workers available on phone line from 7:00 - 11:00pm</i></p>	<p>1-204-231-0217 1-204-942-9276 www.sararielinc.com</p>
<p>Selkirk Growing Years Family Resource Centre <i>Prenatal and post-natal maternal wellness programs for pregnant mothers and mothers with young children</i></p>	<p>Selkirk 1-204-785-8218 www.facebook.com/growing_year_s.5/</p>
<p>Interlake Women's Resource Centre <i>Domestic violence focused group; individual child, youth, and parent counselling</i></p>	<p>87 5th Ave, Gimli 1-204-642-8264 www.iwrc.ca</p>
<p>Selkirk Friendship Centre <i>Non-crisis counselling program</i></p>	<p>425 Eveline Street, Selkirk 1-204-482-7525</p>
<p>Lakeshore Women's Resource Centre <i>Free individual counselling (in person and over the phone) and group counselling</i></p>	<p>Ashern 1-204-768-3016 lwrc@mts.net</p>
<p>Anxiety Disorders Association of MB (ADAM) <i>Self-help organization for anxiety</i></p>	<p>100 – 4 Fort Street, Winnipeg 1-204-345-8511 Eastman www.adam.mb.ca</p>
<p>Dual Recovery Anonymous Group <i>Two step self-help group for people dealing with an emotional or psychiatric illness and a chemical dependency</i></p>	<p>546 Portage Ave, Winnipeg 1-204-989-4194 or 1-204-284-3903 www.draonline.org</p>
<p>Canadian Mental Health Association <i>Supports those experiencing mental illness and their families</i></p>	<p>435 Main Street, Selkirk 1-204-482-9723 www.manitoba.cmha.ca</p>
<p>The Manitoba Schizophrenia Society <i>Self-help organization for Schizophrenia</i></p>	<p>1-204-371-0824 eastmanmss@mts.net www.mss.mb.ca</p>
<p>Mood Disorders Association of MB <i>Support Groups every Wednesday at 12 pm – 3 pm at Springfield Library Postpartum warmline Monday-Friday 9-9</i></p>	<p>1-204-444-5228 Wpg office: 1-800-263-1460 Postpartum Warmline: 1-204-391-5983 www.mooddisordersmanitoba.ca/</p>
<p>Men's Resource Centre <i>Emergency shelter, offers individual and group counselling services, offers male childhood sexual abuse therapy</i></p>	<p>115 Pulford Street, Winnipeg 1-204-415-6797 Intake: 1-204-415-6797 ext 250 www.mens-resource-centre.ca/</p>
<p>Bullying Helpline <i>24/7 helpline in 170 languages or online chatting 12:00pm-8:00pm</i></p>	<p>1-888-456-2323 http://oyenfcss.ca/project/bullying-helpline/</p>

Gender Dysphoria Assessment and Action for Youth (GDAAY) <i>Will assess individuals who experience gender dysphoria and provide options</i>	685 William Ave, Winnipeg 1-204-787-7435 ext 3 www.gdaay.ca
FASD Life's Journey Inc. <i>Support for those with funding from Supported Living, Provincial Special Needs, Community Mental Health</i>	17-794 Sargent Ave, Winnipeg 1-204-772-1591 www.fasdlifesjourney.ca
Manitoba Brain Injury Association <i>Offers education and support for those affected by a brain injury</i>	204-825 Sherbrook, Winnipeg 1-204-975-3280 www.mbia.ca
Society for Manitobans with Disabilities <i>Provides advocacy for individuals with disabilities</i>	382 Main St, Selkirk 1-888-831-4213 www.smd.mb.ca
Palliative Manitoba <i>Bereavement services including support for children and teens</i>	2109 Portage Ave, Winnipeg 1-800-539-0295 www.palliativemanitoba.ca
Interlake-Eastern RHA Palliative Care Psychosocial Specialist <i>Grief and bereavement support</i>	204-785-7756
Alzheimer Society Manitoba <i>Individual, family, and professional support related to dementia</i>	31 1 st St Beausejour 204-268-4752 alzne@alzheimer.mb.ca
Joyezart Art Therapy and Counselling <i>Children, youth, adults, seniors counselling support life events and trauma</i>	708 Park Ave, Beausejour 1-204-459-0355 www.joyezart.com
Selkirk Interlake Mental Health Support Centres <i>Drop-in self help mental health resource and support centre</i>	242 Manitoba Ave, Selkirk 1-204-482-3536 83 2 nd St, Lac du Bonnet 1-204-345-5570 https://www.selkirksupportcentre.ca
Lac du Bonnet Counselling <i>Family therapy available through Mrs. Lucci's; sliding-fee scale</i>	76 3 rd Street, Lac du Bonnet 1-204-345-9901

Addictions

Alcoholics Anonymous of MB	206-323 Portage Ave, Winnipeg 1-204-942-0216 www.aamanitoba.ca
Addictions Foundation of MB	31 First St, Beausejour 1-204-268-6166 Selkirk: 1-204-785-2354 www.afm.ca
Sagkeeng Mino Pimatziwin Family Treatment Centre	1-866-329-0736 www.sagkeengfamilytreatment.ca

Medical Services

Interlake-Eastern RHA Public Health	151 1 st Street South, Beausejour 1-204-268-4966
	89 MacIntosh St, Lac du Bonnet 1-204-345-8647
	689 Main Street, Oakbank 1-204-444-2227
	30 Vanier Drive, Pinawa 1-204-753-2334
	37 Maple Street, Pine Falls 1-204-367-4441
	75 Hospital Street, Whitemouth 1-204-348-7191
	237 Manitoba Ave, Selkirk 1-204-785-7500
Interlake-Eastern RHA Chronic Disease and Health Management <i>Wellness programs within the Interlake- Eastern region</i>	1-877-979-9355 wellness@ierha.ca
Selkirk QuickCare Clinic <i>Walk in and same day appointment clinic</i>	3-1020 Manitoba Avenue, Selkirk 1-204-482-4399 www.ierha.ca/default.aspx?cid=6378&lang=1
Selkirk Mental Health Centre <i>In-patient mental health centre</i>	825 Manitoba Avenue, Selkirk 1-204-482-3810 www.gov.mb.ca/health/smhc/
Teen Clinics	576 Balsam Crescent, Oakbank 1-204-444-6140 (Mon, Thurs, Fri) 1-204-266-3999 (Tues, Wed) <i>Wednesdays 11:00 am – 6:00 pm (in summer 11:00 am – 4:00 pm)</i>
	31-1 st St, HEW Building, Beausejour 1-204-268-2288 <i>Thursdays 11:00 am – 5:00 pm</i>
	Adam Hardisty Health Centre, Hollow Water 1-204-363-7364 <i>Second Tuesday of the month 9:00 am - 3:30 pm</i>
	237 Manitoba Ave, Selkirk 1-204-785-7500 <i>Thursdays 12:00 pm – 6:00 pm</i>

Nine Circles Community Health <i>Clinic specializing in HIV and STI prevention and care</i>	705 Broadway, Winnipeg 1-204-940-6000 www.ninecircles.ca
Women's Health Clinic <i>Reproductive and sexual health services including subsidized birth control</i>	419 Graham Ave, Winnipeg 1-204-947-1517 www.womenshealthclinic.org

Family Support	
Wings of Power <i>Family based resource centre</i>	39 Pine St, Powerview-Pine Falls 1-204-367-9641 www.wingsofpower.org
Network 4 Change <i>Community resource centre</i>	92 3 rd Street south, Beausejour 1-204-268-2506 www.network4change.ca
IERHA Families First <i>Building strong family relationships and connecting families to resources that meet their needs</i>	1-204-444-6115
IERHA Healthy Baby <i>Community based support for pre-natal and post-partum families</i>	1-204-345-0284
IERHA Children's Therapy Initiative <i>Referrals for audiology, OT, PT, speech, and language referrals</i>	1-204-268-7465
Community Holistic Circle Healing <i>Restoring the family unit after violence</i>	Hollow Water 1-204-363-7364
Mrs. Lucci's <i>Community resource centre and family therapy available on a sliding-fee scale</i>	76 3 rd Street, Lac du Bonnet 1-204-345-9901 www.mrsluccis.com
Recreation Opportunities for Children (ROC) <i>Funding for children's recreation activities</i>	1-204-371-2887 www.roceastman.ca

Food Banks	
Springfield Food Bank	741 Weiser Crescent, Anola 1-204-866-3403 1-204-866-3515
Lac du Bonnet and Area Food Bank <i>Rear of building at 10:00am on Mondays and Thursdays</i>	55 MacArthur Ave, Lac du Bonnet 1-204-345-9807
Food Bank of Beausejour <i>Mondays and Thursdays 10am – 12 pm</i>	4-730 Park Avenue, Beausejour 1-204-268-6300
Our Daily Bread Soup Kitchen <i>Open Monday to Friday at 9:00 am for coffee, Monday to Friday for lunch from 11:00 am – 12:45 pm, Sundays 9:30 am – 11:30 am</i>	368 Jemima Street, Selkirk 1-204-482-6448 www.ourdailybreadselkirk.org
Selkirk Food Bank <i>Open Tuesday from 10:00 am–2:00 pm</i>	310 Christie Ave, Selkirk 1-204-482-9178

Housing and Shelters	
Nova House <i>Emergency family violence shelter only</i>	Confidential location, Selkirk 1-204-482-1200 1-877-977-0007 www.novahouse.ca
Agape House <i>Emergency family violence shelter only</i>	Confidential location, Steinbach 1-204-346-0028 1-877-977-0007 www.agapehouse.ca

Self-Care	
Ability Online <i>This is an online support network for individuals with disabilities to receive support and skill development</i>	www.ability.online.org
Anxiety BC <i>Resources including the MindShift app</i>	www.anxietybc.com
Mental Health Education Resource Centre of Manitoba <i>Mental health services and education</i>	100-4 Fort Street, Winnipeg 1-204-953-2355 1-866-997-9918 www.mherc.mb.ca/
Klinic – Calm in the Storm <i>Stress management tool</i>	Online and phone app www.calminthestormapp.com

Legal Services	
Victim Services <i>Services for people who have been victims of serious crimes, victims of domestic violence and child victims</i>	Selkirk/Interlake/North Eastman 1-866-484-2846 www.gov.mb.ca/justice/crown/victims
Legal Aid <i>Legal aid services for those who meet the financial criteria</i>	100-287 Broadway, Winnipeg 1-800-261-2960 www.legalaid.mb.ca
The Legal Help Centre <i>Legal assistance and referrals, including drop in services – free for those with family incomes under \$50 000 per year</i>	202-393 Portage Ave, Winnipeg 1-204-258-3096 www.legalhelpcentre.ca
A Woman's Place/NorWest Co-op Community Health <i>Legal support services and counselling for women for who are exiting or have exited abusive relationships</i>	Winnipeg 1-204-940-6624 www.norwestcoop.ca/mind-spirit/a-womans-place/

Financial	
Community Financial Counselling Services <i>Assistance with debt and financial services</i>	203-290 Vaughan St, Winnipeg 1-204-989-1900 www.debthelpmanitoba.com/
Manitoba Public Trustee <i>Helps to manage affairs of those that are unable to do so on their own</i>	Winnipeg 1-204-945-2700 www.gov.mb.ca/publictrustee/
Employment and Income Assistance <i>Provides financial assistance to those in need, including Rent Assist and disability</i>	20-1 st Street South, Beausejour (Head Office) 1-204-268-6028 1-866-576-8546 http://www.gov.mb.ca/fs/eia/index.html
	26 Pine Street, Pine Falls 1-204-367-6120

Transportation		
Medical Services Van	Sagkeeng First Nation	1-204-367-2208 ext 1
Handi Van Services	North Winnipeg River	1-204-367-9128
	Whitemouth	1-204-348-2221
	Springfield	1-204-444-4119
	Lac du Bonnet	1-204-753-2780
	Beausejour	1-204-268-4123

Clothing and Second Hand Goods	
Mrs. Lucci's and Lucci's Too <i>Gently used clothing, toys, and household items</i>	76 3 rd Street, Lac du Bonnet 1-204-345-9909 www.mrsluccis.com/
Lucci's Too <i>Gently used furniture Mon-Sat 9-4</i>	67 Park Ave, Lac du Bonnet 1-205-345-9903
Wings of Power <i>Affordably priced new and used clothing and furniture</i>	39 Pine St, Powerview-Pine Falls 1-204-367-9641 www.wingsofpower.org
Margaret's Boutique <i>Free clothing and housewares</i>	368 Jemima Street, Selkirk www.ourdailybreadselkirk.org
Twice Over <i>Thrift store</i>	214 Manitoba Avenue, Selkirk 1-204-785-9484
Another Time Around <i>Second hand clothing store</i>	530 Main Street, Oakbank 1-204-444-5100
Togs n Treasures <i>Gently used clothing, toys and furniture</i>	730 Park Ave, Beausejour 1-204-268-3815

Immigration Services	
Refugee and Immigrant Family Program – Aurora Family Centre <i>Helping immigrant and newcomer families with services in Winnipeg – counselling available as well</i>	515 Portage Avenue, Winnipeg 1-204-509-1405 healing@uwinnipeg.ca
N.E.E.D.S. Centre <i>Aids in employment, education and social recreation programs for newcomers</i>	251-A Notre Dame Ave, Winnipeg 1-204-940-1260 www.needs.imd.miupdate.com
Eastman Immigration Services <i>Helping newcomers with settlement and employment</i>	284 Reimer Avenue, Steinbach 1-204-346-6609 www.eastmanimmigrantservices.com
Immigrant Centre Manitoba <i>Settlement services, employment and training services and many other programs for newcomers</i>	100 Adelaide Street, Winnipeg 1-204-943-9158 www.icmanitoba.com
Immigrant Women's Association of MB <i>Drop in programs, English programs, counselling and wellness programs for newcomer women</i>	108-424 Logan Avenue, Winnipeg 1-204-414-9452 www.iwamanitoba.org
Immigrant Women's Counselling Services <i>Counselling for immigrant women who have experience domestic violence or trauma in their country of origin</i>	1880 Alexander Ave, Winnipeg 1-204-938-5900 www.norwestcoop.ca/mind-spirit/immigrant-womens-counselling-services/

Employment

<p>Sagkeeng Employment and Training (SETS) <i>Employment and training related services</i></p>	<p>Sagkeeng First Nation 1-204-367-8746 sets@sagkeeng.ca</p>
<p>S.S.C.O.P.E. Inc. <i>This program is specifically for individuals under the mental health umbrella</i></p>	<p>1466 Arlington St, Winnipeg 1-204-987-6300 www.sscope.org/</p>
<p>Supported Employment Options (Association for Community Living) <i>Employment related services for adults with barriers to employment for those who live in the North Eastman region</i></p>	<p>742 Park Avenue, Beausejour 1-204-268-4653 robynseo@mymts.net www.aclbb.com/_programService/s/suppEmployProg.asp</p>
<p>Clubhouse of Winnipeg <i>Employment and education centre aimed at helping people living with mental health conditions</i></p>	<p>172 Sherbrook Street, Winnipeg 1-204-783-9400 www.clubhouse-intl.org</p>
<p>MarketAbilities <i>Employment related services for people living with disabilities</i></p>	<p>20-1st Street South, Beausejour 1-204-268-6152 1-800-576-8546 www.gov.mb.ca/fs/eia/marketabilities.html</p>
	<p>26 Pine St, Powerview-Pine Falls 1-204-367-6120</p>
<p>Employment Manitoba Jobs and Skills Development Centre</p>	<p>1-204-785-5295</p>
<p>Just Training Corp <i>Employment assistance services, career planning, job search, resume development, interview skills, and skills development assistance</i></p>	<p>1-204-345-2686</p>
<p>Network 4 Change Road 2 Success Program <i>Youth Ages 16-29 who are unemployed/underemployed and not attending/not succeeding in school</i></p>	<p>92 3rd Street south, Beausejour 1-204-268-2506</p>
<p>Brokenhead Ojibway Nation Employment and Training Program</p>	<p>1-204-766-2318</p>

Senior Services	
Interlake-Eastern RHA Services to Seniors <i>Services to support independence</i>	Selkirk 1-204-785-7707
Age and Opportunity <i>Programs to empower and support older adults</i>	200-280 Smith Street, Winnipeg 1-204-956-6441 www.ageopportunity.mb.ca
Senior's Abuse Support Line <i>Toll free 24 hour phone line</i>	1-888-896-7183 www.seniorsabusesupport.ca/
Canadian Coalition for Seniors Mental Health <i>Mental health and wellness services</i>	www.ccsmh.ca
Seniors Community Resource Councils	Beausejour 1-204-268-7300 Lac du Bonnet 1-204-345-1227 Pinawa 1-204-753-2962 Powerview-Pine Falls 1-204-367-9128 Whitemouth 1-204-348-4610 Victoria Beach 1-204-756-6471
Springfield Services to Seniors	Springfield Community Library 1-204-853-7582 springfieldseniors@mymts.net

Survivor's Hope Crisis Centre
1-204-753-5353
www.survivors-hope.ca
www.facebook.com/survivorshope