

Interlake Eastern & Surrounding Areas

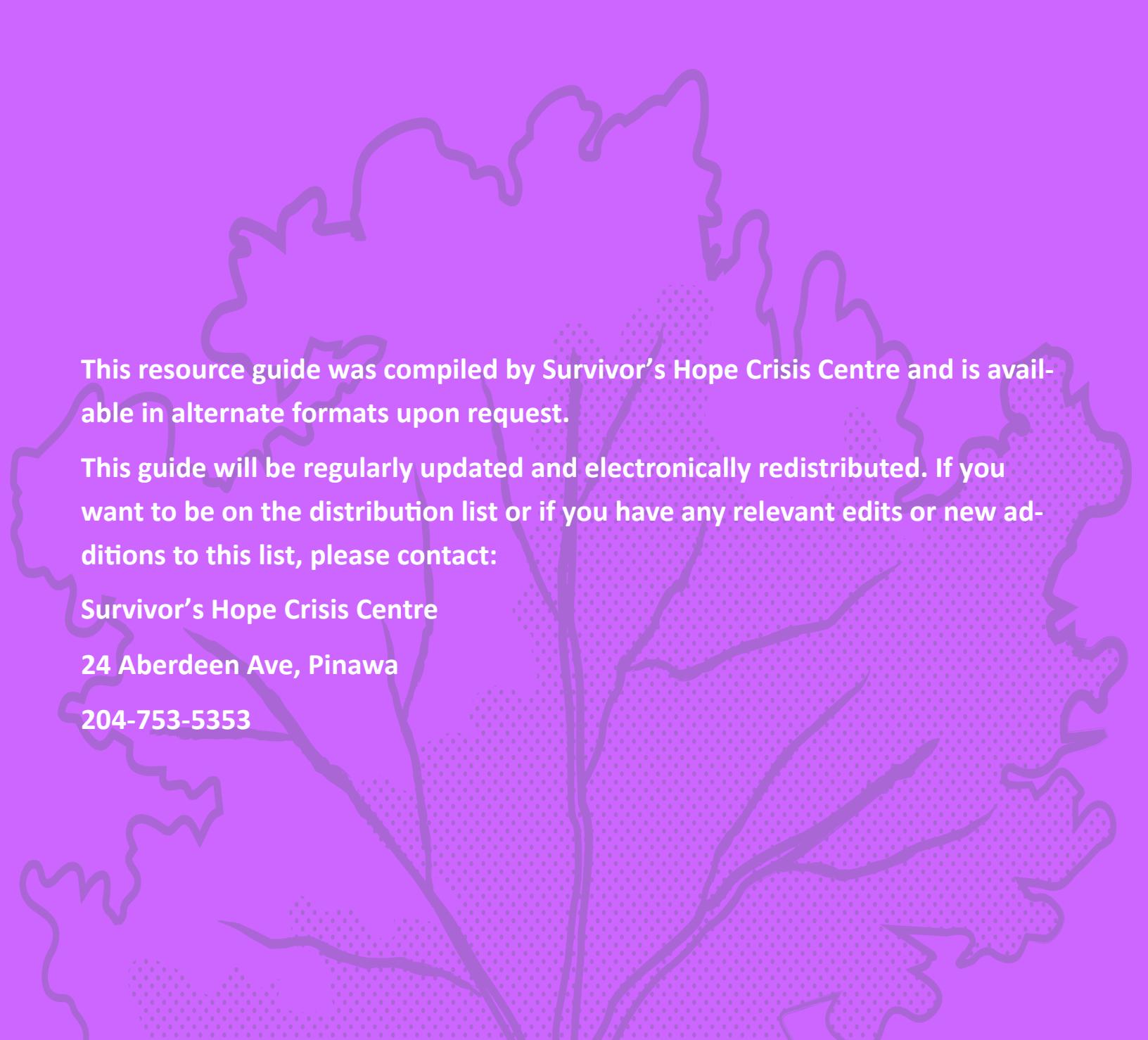
Manitoba

REGIONAL RESOURCE GUIDE

COMPILED BY

SURVIVOR'S HOPE CRISIS CENTRE

CURRENT AS OF 2025



This resource guide was compiled by Survivor's Hope Crisis Centre and is available in alternate formats upon request.

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:

Survivor's Hope Crisis Centre

24 Aberdeen Ave, Pinawa

204-753-5353



**SURVIVOR'S
HOPE
CRISIS
CENTRE**

Providing hope and healing through support and education for those impacted by sexual violence in the Interlake Eastern region of Manitoba.

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Survivor's Hope Crisis Centre

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SARAH Crisis Program & Counselling <i>Support to survivors of sexualized when they report to RCMP or Hospital in the Interlake-Eastern Region. Free ongoing counselling services.</i>	support@survivors-hope.ca 204-753-5353
SADI Program <i>Provide workshops to grades 6, 8, 10, and 12. Workshops are on consent, mental health, healthy relationships, online safety and more</i>	kris@survivors-hope.ca 204-753-5353
Community Engagement & Reaching Out <i>Making connections within the community. Attending community events and offering community workshops. Volunteer opportunities available in our SARAH Crisis Services.</i>	chantal@survivors-hope.ca 204-753-5353

General

211 Manitoba <i>Free, confidential, 24/7 program that connects individuals to government, health, and social services that are available in MB</i>	Call 211 Mb.211.ca/
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Family Violence

Family Violence Crisis Line <i>Call is directed to the shelter nearest you</i>	1-877-977-0007 (24/7 Crisis Line) Maws.mb.ca
First Nations Shelters in Manitoba	Circlingbuffaloinc.ca
Nova House <i>Shelter and support for those experiencing family violence and their children</i>	Selkirk 204-482-1200 (24/7 Crisis Line) 204-805-6682 (24/7 Text Crisis Line) novahouse.ca
First Nations Healing Centre Inc. <i>Support, resources, programs and short term shelter for those experiencing violence and their children</i>	Fisher River Cree Nation 204-645-2751 firtnationhealingcentre.ca
Wahbung Abinooniiag <i>Support, resources, programs and housing support for individuals and families affected by violence and homelessness</i>	Winnipeg 204-925-4610 (M-F 9a.m.-5 p.m.) Wahbung.org resourcesupportworker@wahbung.org
Ikwe-Widdjiitiwin <i>Indigenous women's shelter offering shelter and crisis services for women and children experiencing family violence</i>	Winnipeg 1-800-362-3344 (24/7 crisis line) Ikweshelter.ca
Immigrant Women's Counselling Services <i>Counselling for immigrant women who have experience domestic violence or trauma in their country of origin</i>	A Woman's Place 204-938-5900 or 204-940-6624 Norwestcoop.ca
Evolve Family Violence Counselling <i>Counselling for individuals and families who have been affected by family violence</i>	204-784-4090 Klinik.mb.ca counsellingintake@klinik.mb.ca
Lakeshore Family Resource Centre <i>Serving Ashern and area, from Oak Point to Gypsumville including Dauphin River F.N. Outreach, advocacy and counselling for individuals, families, children & youth affected by gender-based violence & family violence</i>	9 Main Street, Ashern 204-768-3016 lwrc.site
Interlake Women's Resource Centre <i>Serving Gimli and the surrounding area. Free counselling, crisis intervention, outreach and more</i>	87 th 5 th street, Gimli 204-642-8264 lwrc.ca
The Parkland Crisis Centre & Women's Shelter <i>"Shelter and support services for those experiencing Domestic Violence, Family Violence and/or Gender Base Violence in the Parkland area"</i>	Dauphin, MB 204-638-9484 (Local Crisis Line) 204-622-4626 (Admin Line) Parklandcrisiscentre.ca
Genesis House (South Central Committee on Family Violence Inc.) <i>24/7 Women's abuse shelter, crisis line, non-residential counselling & outreach</i>	PO Box 389 Winkler Local crisis line: 204-325-9800 www.genesishouseshelter.ca

Sexual Assault

Klinik Sexual Assault Crisis Line <i>24-hour sexual assault crisis line and anonymous police reporting</i>	1-888-292-7565 (24/7 crisis line) 204-786-8631 (in Winnipeg) Klinik.mb.ca
Survivor's Hope Crisis Centre— Crisis Program <i>SARAH Crisis Program provide support for those who just experienced sexual assault including hospital accompaniment, legal accompaniment, follow up support, resources and anonymous police reporting.</i>	Ask for a SARAH Crisis Worker through Emergency Departments and RCMP Departments in the Interlake-Eastern Region. Survivors-hope.ca/sarah/
Survivor's Hope Crisis Centre-Counselling <i>SARAH Counselling and Support Program provides free ongoing counselling for those 13 and up who have experienced teen or adult sexual violence.</i>	To book an appointment, call 204-753-5353 and leave a message or send an email to support@survivors-hope.ca
Sexual Assault Counselling Intake (Klinik) <i>Sexual assault and sexual harassment counselling program</i>	167 Sherbrook Street, Winnipeg 204-784-5460 Klinik.mb.ca
Hummingbird— Sexual Assault and IPV Crisis Response Program (Klinik) <i>wraparound community care for survivors of SA and/or IPV.</i>	167 Sherbrook Street, Winnipeg 204-451-9445 klinik.mb.ca
HSC Sexual Assault/Intimate Partner Violence Program (SA/IPV) <i>24/7 forensic nurse access, trauma informed and cultural/spiritual care & wraparound services.</i> <i>Please disclose to the triage nurse at the ER about SA/IPV and a trained female nurse will see to you within 30 minutes.</i>	700 William Ave, Winnipeg Please call 204-787-2071— Ask for the Sexual Assault/Intimate Partner Violence Examiner or report to Adult or Children's emergency. Hsc.mb.ca
Heartwood Healing Centre <i>Formerly the Laurel Centre, offers support to people who have experienced childhood sexual abuse</i>	104 Roslyn Rd, Winnipeg 204-783-5460 Heartwoodcentre.ca

Sexual Exploitation

Human Trafficking Hotline (Klinik) <i>Provides support and non-judgmental, trauma-informed counselling to trafficked persons, and anyone else affected by trafficking</i>	1-844-333-2211 (24/7 Crisis Line) Klinik.mb.ca/human-trafficking-hotline-information/
Canadian Human Trafficking Hotline <i>confidential, multilingual service operating 24/7 to connect survivors with social services, law enforcement, and emergency services.</i>	1-833-900-1010 canadianhumantraffickinghotline.ca
Cyber Tip <i>Canada's National Tipline for reporting the online sexual exploitation of children</i>	Cybertip.ca

Sexual Exploitation

Need Help Now <i>Provides support to teens to help stop the spread of sexual pictures or videos</i>	Needhelpnow.ca
Ndinawe <i>24/7 youth drop in and shelter for youth at risk or experiencing sexual exploitation, family conflict, mental health crisis and homelessness</i>	650 Burrows Ave, Winnipeg 204-417-7223 Ndinawe.ca
Sage House (Mount Carmel Clinic) <i>Resources and safe space for women-identifying persons engaging in survival sex work.</i>	886 Main Street, Winnipeg 204-582-2311 Mountcarmel.ca
Ma Mawi Chi Itata Centre <i>Indigenous family supports including community care sites, indigenous care homes, youth care home and more.</i>	445 King Street, Winnipeg 1-888-962-6294 204-925-0300 Mamawi.com
Interlake Sexual Exploitation Educators (ISEE) <i>A regional team working on addressing child sexual exploitation in Selkirk</i>	Interlakesee.ca

Physical Health

Health Links <i>24 hour phone line where nurses are able to answer health care questions in multiple languages</i>	1-888-315-9257 (24/7 Line) https://misericordia.mb.ca/programs/phcc/health-links-info-sante/
Pinawa Hospital	30 Vanier Drive, Pinawa 204-753-2334
Pine Falls Health Complex	37 Maple Street, Pine Falls 204-367-4441
Beausejour Hospital in Beausejour Health Centre	151 First Street S., Beausejour 204-268-1076
Selkirk Regional Health Centre	120 Eaton Drive, Selkirk 204-482-5800
Johnson Memorial Hospital in Gimli Community Health Centre	120-6th Avenue, Gimli 204-642-5116
Stonewall & District Health Centre (Dr. Evelyn Memorial Hospital)	589 3rd Avenue, Stonewall 204-467-5514
Hunter Memorial Hospital	162-3rd Ave SE, Teulon 204-886-2433
Arborg & Districts Health Centre	234 Gislason Drive, Arborg 204-376-5247
E.M. Crowe Memorial Hospital	40 Railway Avenue, Eriksdale 204-739-2611
Lakeshore General Hospital	1 Steenson Drive, Ashern 204-768-2461
Percy E Moore Hospital	MB-325, Hodgson 204-372-8444

Interlake-Eastern Primary Care Centres/Clinics

Arborg Primary Health Care Centre <i>Monday to Friday: 9:00am-4:00pm Tues, Wed & Thurs 5:00pm-7:00pm Saturday: 9:00am-12:00pm</i>	234 Gislason Dr, Arborg 204-376-2781 Please call for an appointment prior to attending. This is not a walk-on clinic.
Arborg– Icelandic River Health Clinic	145 Sunset Blvd, Arborg 204-376-2587
Ashern– Lakeshore Community Health Centre	1 Steenson Ave, Ashern 204-768-3821
Beausejour First Street Medical Clinic	918 Park Ave, Beausejour 204-268-3363
Beausejour Guardian Clinic	635 Park Ave, Beausejour 204-816-8466
HEW Primary Health Care Centre <i>Monday to Friday: 8:30am-4:30pm</i>	31-First St. S., Beausejour 204-268-2288
Primary Health Care Centre in the Wellness Centre <i>Monday to Friday: 9:00am-4:00pm. Closed for lunch from 12:00-1:00pm.</i>	35 Railway Ave, Eriksdale 204-739-2672
Primary Health Care Centre <i>Monday to Friday 9:00am-4:00pm. Closed for lunch from 12:00-1:00pm.</i>	23 Main St., Fisher Branch 204-372-6258
Gimli Express Care Clinic	50 Centre St., Gimli 204-642-9616
Primary Health Care Centre <i>Monday to Friday 9:00am-4:00pm. Closed for lunch from 12:00-1:00pm</i>	120-6th Ave., Gimli 204-642-1618
Primary Health Care Centre <i>Appointments booked via Pine Falls Clinic</i>	Grand Marais Community Central & RV Park (36058, PTH 12) 204-367-2278
Primary Health Care Centre <i>Open Mondays. Except for Statutory Holidays.</i>	Hadashville, RM of Reynolds Civic Centre 204-348-2291
Primary Health Care Centre <i>Monday to Friday: 9:00am-4:00pm</i>	89 McIntosh St. E., Lac du Bonnet 204-345-8173
Health Centre– Nurse Practitioner Clinic <i>Monday to Friday: 9:00am-4:00pm. Closed for lunch from 12:00-1:00pm</i>	97 1st St. S., Lundar 204-762-6076

Interlake-Eastern Primary Care Centres/Clinics

Kin Place Primary Health Care Centre <i>Monday to Friday: 8:30am-4:30pm</i>	689 Main St., Oakbank 204-444-2227
Oakbank Medical Clinic	204-444-2934
Primary Health Care Centre <i>Monday to Friday: 8:30am-4:30pm</i>	30 Vanier Dr., Pinawa 204-753-2352
Giigewigamig Traditional Healing Centre	37 Maple St., Powerview-Pine Falls 204-367-5440
Pine Falls Primary Health Care Clinic <i>Monday to Friday: 8:30am-4:30pm Walk-ins welcome</i>	37 Maple St., Pine Falls 204-367-2278
Community Health Office <i>Monday to Friday: 9:00am-4:00pm. Closed for lunch from 12:00-1:00pm.</i>	68 Main St., Riverton 204-378-2460
Community Health Centre <i>Monday to Friday: 9:00am-4:00pm. Closed from lunch 12:00-1:00pm</i>	51 Parish Lane, St. Laurent 204-646-2504
Clandeboye Medical Group	210D Clandeboye Ave., Selkirk 204-485-4525
Easton Place Clinic <i>Same day appointment bookings available (walk-in, call first to book)</i>	15 Wersch St., Selkirk 204-482-4044
Eveline Street Clinic	66 Eveline St., Selkirk 204-785-5550 or 204-785-5552
Interlake Surgical Associates	353 Eveline St., Selkirk 204-785-5507
Selkirk Quick Care Clinic <i>Monday to Friday: 10:00am-8:00pm Weekends: 10:00am-5:00pm</i>	#3-1020 Manitoba Ave., Selkirk 204-482-4399 <i>Phone for same day/next morning appointments. Walk-in appointments may be available but not guaranteed</i>
Primary Health Care Centre <i>Care provider taking Thursday appointments 10:00am-2:00pm. Appointments booked via Pine Falls Clinic</i>	Seymourville Community Hall 54 Main St., Seymourville 204-367-2278
Interlake Medical Clinic <i>Monday to Friday: 9:00am-5:30pm Saturday 9:00am-4:00pm. Call for same day appointments</i>	2-330 Third Ave. S., Stonewall 204-467-5717

Interlake-Eastern Primary Care Centres/Clinics

Quarry Ridge Pharmacy & Medical Clinic	469 First St. W., Stonewall 204-467-9707
Stonewall Medical Group	589 3rd Ave. S., Stonewall 204-467-5509
Teulon Medical Clinic <i>Monday to Thursday: 8:30am-5:00pm</i> <i>Friday: 8:30am-1:00pm</i>	Hunter Memorial Hospital 162-Third Ave. SE., Teulon 204-886-2131
Primary Health Care Clinic <i>Monday to Friday: 9:00am-4:00pm. Closed for lunch from 12:00-1:00pm</i>	Whitemouth Health Centre 75 Hospital Street, Whitemouth 204-348-2291
Primary Care Clinic <i>Monday to Friday: 9:00am-4:00pm. Closed for lunch from 12:00-1:00pm</i>	54-60 Main St., Winnipeg Beach 204-389-3649
Community Health Centre <i>On Wednesdays phone Woodlands Clinic.</i> <i>On Mondays, Tuesdays, Thursdays & Fridays phone St. Laurent Clinic</i>	70 Porteous Ave., Woodlands Woodlands Clinic: 204-383-5970 St. Laurent Clinic: 204-646-2504 ext.7

Teen Clinics

Free and confidential drop-in for youth 12-25, reproductive health, STI Testing, referrals to mental health specialists and more

Beausejour Teen Clinic HEW Building, 31-1st Street South. Thursdays: 11:00am-4:00pm 204-268-2288	Lac du Bonnet Teen Clinic LDB Health Centre, 89 McIntosh St. Alternate Wednesdays: 12:00pm-3:00pm 204-345-8173
Lundar Teen Clinic Lundar Primary Care Centre, 97-1st Street South Wednesdays: 11:00am-1:00pm 204-762-6076	Oakbank Teen Clinic Kin Place Primary Care Centre, 689 Main Street Wednesdays: 11:00am-4:00pm 204-444-6140 SCI Teen Clinic every Tuesday 10:00-2:00pm
Powerview School Teen Clinic 23 Vincent Ave. Weekly on Wednesdays 9:30-3:00 204-367-5406	Riverton Teen Clinic 68 Main Street North Call Riverton Health Clinic for an appointment: 204-378-2460
Selkirk Teen Clinic Community Health Office: 237 Manitoba Ave Thursdays: 12:00pm-6:00pm 204-785-7500	Stonewall Teen Clinic College Stonewall Collegiate, 297 5th Street West. Alternate Thursdays: 1:00-4:00pm 204-467-5539
Teulon Teen Clinic Teulon Collegiate, 59-1st St NE Every Wednesday: 1:00pm-3:00pm 204-886-2593	Wanipigow School Teen Clinic Alternate Tuesdays: 10:00am-2:00pm
Warren Teen Clinic Warren Collegiate, 119 McDonald Ave Alternate Thursdays: 1:00pm-3:30pm 204-322-5586	Whitemouth Teen Clinic Whitemouth Health Centre, 75 Hospital Street Alternate Wednesdays: 12:00pm-4:00pm 204-348-2291
Pinawa Teen Clinic 204-753-2534	Pinawa Primary Health Care Centre– Pinawa Hospital Alternative Wednesdays 12:30-3:00
Sexual Health Information Line <i>Free and confidential phone line where Public Health Nurses are available to provide sexual health information.</i>	1-800-782-2437 (toll-free)
Trans Health Klinik at Klinik Community Health <i>Provides individualized care where clients lead their individual transition journey</i>	167 Sherbrook Street, Winnipeg 204-784-4090 Klinik.mb.ca
Our Own Health <i>Medical Clinic which specialized in care for the 2SLGBTQQIA+ community. Providing medical, sexual and mental health care.</i>	230 Osborne Street, Winnipeg 204-691-1600
Selkirk Quick Care Clinic <i>Walk-in and same day appointment</i>	3-1020-Manitoba Ave, Selkirk 204-482-4399

Mental Health & Counselling Services: Crisis

Canada Suicide Prevention Service <i>Pan-Canadian network of local and regional crisis services</i>	1-833-456-4566 Text: 45645 Chat: crisiservicescanada.ca
Manitoba Farm, Rural & Northern Support Services	1-866-367-3276 (24/7 Line) Supportline.ca

Mental Health & Counselling Services: Crisis

Klinik Crisis Line	1-888-322-3019 (24/7 crisis line) 204-786-8686 (24/7 local line)
MB Suicide Prevention and Support Line	1-877-435-7170 (24/7 crisis line) Reasontolive.ca
Indian Residential School Crisis Line	1-866-925-4419 (24/7 toll-free)
Missing and Murdered Indigenous Women and Girls Crisis Line <i>Support available in English and French</i>	1-844-413-6649 (24/7 toll-free)
First Nations and Inuit hope for Wellness Help Line <i>Support available in Ojibway, Cree, Inukut, English and French</i>	1-855-242-3310 (24/7 toll-free)
Crisis Response Services <i>Crisis Line through the IERHA</i>	204-482-5419 (24/7 crisis line) 1-866-427-8628 (24/7 crisis line)
Mobile Crisis Services <i>A mental health person that is able to provide phone and in-person services in mental health crisis situations through the IERHA to adults and teens</i>	204-482-5376 (local) 1-877-499-8770 (toll-free)
Crisis Stabilization Unit <i>Voluntary admission until for those 15 years or older that are experiencing a mental health crisis through the IERHA</i>	Selkirk 204-482-5361 (local) 1-888-482-5361 (toll free)
Manitoba Keewatinowi Okimakanak Inc. <i>Mobile crisis response team that provides Crisis Response Trauma Intervention to MB's First Nations Communities</i>	1-844-927-5433 (toll-free) crisisresponse@mkonorth.com Mkonation.com/mobile-crisis/
Thompson Crisis Centre INC. <i>Support for those experiencing domestic violence. Counselling support, children support, housing & 24 hour emergency shelter.</i>	Box 1226 Thompson MB R8N 1P1 204-778-7273 or 204-677-9668 thompsoncrisiscentre.org

Mental Health & Counselling Services: Non-Crisis

Seneca Warm Line (non-crisis support) <i>Peer support workers available to chat with those feeling overwhelmed, anxious, depressed or just need to talk</i>	204-942-9276 (24/7 non-crisis line)
Neesha <i>Mental health line for Muslim and non-Muslim youth</i>	Call/text 1-866-627-3342 (toll free)
Nisa <i>Peer support line for Muslim Women in North America</i>	1-888-315-6472 (toll-free)
Huddle Selkirk— <i>Peer Support workers available</i> <i>Mental Health Clinician—available for prescheduled appointment or same day appointment pending schedule</i>	204-482-9813
Canadian Mental Health Association: Interlake -Eastern Region <i>Support those experiencing mental health concerns and their families</i>	435 Main Street, Selkirk 204-482-9723 manitoba.cmha.ca

Mental Health & Counselling Services: Non-Crisis

Peer Connections Manitoba <i>Provides peer support, education, and advocacy for those with mental health concerns</i>	Selkirk 204-223-3328 Selkirk Mental Health Centre 204-792-5630
Bounce Back Program <i>A skill building program to help adults and youth with mild to moderate depression</i>	1-844-733-8181 Bouncebackmb.ca
IERHA Palliative Care Psychosocial Specialist Grief and bereavement support	204-753-5251
Alzheimer Society Interlake/Eastern Region Family Support Groups <i>Provides support for family members of those dealing with Alzheimer's and Dementia</i>	Gordon Howard Centre 384 Eveline St., Selkirk 204-268-4752 Support group meetings in Gimli, Selkirk, Springfield, and Lac du Bonnet
Anxiety Disorders Association of MB (ADAM) Self-help organization for anxiety	Interlake (Winnipeg Beach) 204-389-5030 (local line) Eastman (Lac du Bonnet) 204-345-8511 1-800-805-8885 (toll free) Adam.mb.ca
Mood Disorders Associations of MB <i>Supporting those affected by mood disorders</i>	Eastman Region: 204-444-5228 Interlake: 204-330-7821 1-800-263-1460 (toll free)
Selkirk Mental Health Centre <i>In-patient Mental Health Centre</i>	825 Manitoba Ave, Selkirk 1-204-482-3810 Gov.mb.ca/health/smhc
IERHA Mental Health Central Intake <i>Provides information and referrals for mental health services for elderly, adults, and children and those supporting them</i>	1-866-757-6205 (toll-free) 204-785-7752 (local line) Service include: cognitive behavioural therapy, relational therapy and more
Joyezart Art Therapy and Counselling <i>Children, youth, adults and senior counselling, support life events and trauma</i>	708 Park Ave, Beausejour 204-459-0355 Joyezart.com
Voth Family Therapy <i>Family therapy program—counselling through Selkirk intake process through call, text or email</i>	Selkirk and Beausejour 204-223-7300 Vothfmailytherapy.com
Lac du Bonnet Counselling <i>Family therapy available through Mrs. Lucci's; sliding-fee scale</i>	76 3rd Street, Lac du Bonnet Mrs. Lucci's Resource Centre 204-345-9901
Springfield Wellness <i>Offering counseling, massage therapy, reiki, yoga, meditation and more</i>	26 153 Hwy 15, Springfield Springfieldwellness.ca 204-228-2322
Rainbow Resource Centre <i>Provides counselling support and education for 2SLGBTQQIA+ people in MB</i>	170 Scott St. Winnipeg 204-474-0212 Rainbowresourcecentre.org/
Arborg Support Centre	327 Main Street, Arborg 204-376-5066

Mental Health & Counselling Services: Non-Crisis

Ashern Support Centre	1 Main Street, Ashern 204-768-2915
L Merritt Support Centre	50 Main Street, Lundar 204-762-5769
Selkirk Support Centre	242 Manitoba Ave, Selkirk 204-482-3536
Lac du Bonnet Support Centre	83 2nd Street, Lac du Bonnet 204-345-5570
Mental Health Counselling Free Counselling for Band Members	Sagkeeng Health Centre 204-367-9990
Adam Hardisty Health Centre Counselling	Hollow Water First Nation 204-363-7364
Whitefox Shaman <i>Shamanic psychotherapy for individuals and their families. Brycie uses art to bridge the gap between western psychotherapy and shamanic ways of seeing and healing</i>	Whitefox Shaman Whitefoxshaman.ca Brycie@whitefoxshaman.ca 431-770-8844
Wellness Together Canada <i>Wellness Together Canada is a mental health and substance use website to support people in Canada by providing mental wellness resources, programs and counselling at no cost.</i>	Wellnesstogether.ca 1-866-585-0445

Law Enforcement

RCMP– Lac du Bonnet	204-345-6311
RCMP– Pinawa	204-753-2217
RCMP– Whitemouth	204-348-2935
RCMP– Beausejour	204-268-2612
RCMP– Powerview	204-367-8728
RCMP– Grand Marais	204-754-3494
RCMP– Oakbank	204-444-3847
RCMP– Selkirk	204-482-1222
RCMP– Falcon Beach	204-349-8035
RCMP– Little Grand Rapids	204-397-2249
RCMP– Berens River	204-669-3268
RCMP– Ashern	204-768-2311
RCMP– Fisher Branch	204-372-6329
RCMP– Gimli	204-642-5106
RCMP– Gypsumville	204-659-5224
RCMP– Stonewall	204-467-5015
RCMP– Lundar	204-762-5088
Sagkeeng Safety Officer	204-909-0009

Children and Youth

Kids Help Phone <i>24 hour distress line and live chatting for children and youth and online resources</i>	Call: 1-800-688-6868 Text CONNECT to 686868 Chat on Facebook Messenger Chat online (6:00-11:00pm) Kidshelpphone.ca/
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>	1-204-949-4777 1-888-383-2776 Marymound.com
Youth Resource Centre and Emergency Shelter <i>Short-term walk in support for youth 12-21</i>	159 Mayfair Ave, Winnipeg 204-477-1804 Thelinkmb.ca
The Breach— Youth Drop In <i>Provides a safe place for youth ages 12-17 to have fun, ask questions, find help, and explore life</i>	630 Park Avenue, Beausejour 204-268-9950 Facebook@breach2717
Lac du Bonnet Youth Recreation Centre <i>Providing youth ages 12-18 a fun, safe, and friendly space after school</i>	25 McArthur Avenue, Lac du Bonnet 204-345-6737
The Wave <i>Youth drop-in program for middle years and high school students</i>	10 Centre Street, Gimli 204-642-4784 Facebook@thewavegimli
The Bridge Youth Drop In Centre <i>Arborg Youth for Christ Centre for youth grades 7-12</i>	285 Ardal Street, Arborg 204-376-5786 Arborgyfc.com
Huddle Selkirk— Drop in and Programming <i>Provides safe space for youth 12-19 to participate in activities, relax, socialize, and find resources for health and wellness</i>	204-482-9813

Manitoba Harm Reduction

Powerview-Pine Falls/ Sagkeeng Harm Reduction <i>Regional harm reduction networks providing services, education, advocacy, and events that are relevant to their specific communities and inclusive of people who use substances</i>	hello@mhrn.ca Mhrn.ca
Selkirk Do it Better, Do it Safer Network <i>Regional harm reduction networks providing services, education, advocacy, and events that are relevant to their specific communities and inclusive of people who use substances</i>	Tristan Dreilich (he/him) 204-785-7501 Mhrn.ca
Eriksdale/Ashern Harm Reduction Network <i>Regional harm reduction networks providing services, education, advocacy, and events that are relevant to their specific communities and inclusive of people who use substances</i>	Mikayla Johnson (she/her) 204-739-4459 Mhrn.ca
Public Health Outreach Van <i>Provides confidential services including harm reduction supplies, needle return, sexual and reproductive health supplies</i>	Thursdays through Pine Falls 204-485-1454
Street Connections <i>Provides confidential services including harm reduction supplies, needle return, sexual and reproductive health supplies. Inventory of supplies vary by location</i>	Streetconnections.ca

Support for Problematic Substance Use

Gambling Help Line <i>24 hour gambling help phone line</i>	1-800-463-1554 (24/7 Line) Afm.mb.ca
Manitoba Addictions Helpline <i>Information regarding support for yourself or someone in your life whose problematic substance use is affecting you.</i>	1-855-662-6605 Mbaddictionshelp.ca/
Alcoholics Anonymous of MB <i>Call or visit their website for information regarding meetings near you</i>	1-877-942-0126 Aamanitoba.org/meetings
Addictions Foundation of MB <i>Call or visit their website for information regarding meetings near you</i>	1-866-638-2561 Afm.mb.ca/
Youth Addictions Centralized Intake (YACI) <i>Provides support, information, and referrals for youth and their caregivers regarding problematic substance use supports for youth</i>	1-877-710-3999 Mon-Fri 8:00 a.m.– 4:30 p.m.
Rapid Access to Addictions Medication (RAAM) Clinic <i>Drop in clinic for adults seeking help and medical assistance for substance use without an appointment</i>	Selkirk Community Health Office 237 Manitoba Avenue, Selkirk Tuesdays from 12:30 to 3:30 p.m. 204-785-7513
Mikaamin Mino Pimatiziwin Healing Lodge Inc. <i>A family treatment facility for those facing problematic substance use</i>	Sagkeeng 1-866-329-0736 Sgakeengfamilytreatment.ca
Aurora Recovery Centre <i>A facility for those facing problematic substance use</i>	20025 Lakeside Rd, Gimli 204-642-8058 Aurorarecoverycentre.com/
Peguis Al-Care Treatment Centre <i>For adults facing problematic substance use. Services offered in English and Cree</i>	Peguis First Nation 204-645-2666 Peguisal-care.ca
Huddle Selkirk– Youth Substance Use Counsellor <i>Available for prescheduled appointments and same day appointments pending schedule</i>	Mondays 1:00-4:30pm 204-482-9813
Lakeshore Family Resource Centre <i>Serving Ashern and area, providing Outreach, support, advocacy, and counselling services plus information and referral for individuals, families and youth.</i>	#9 Main Street, Ashern 204-768-3016 lwrc.site

Family Support

Healthy Baby <i>Community based support for prenatal and postpartum families</i>	To connect with a Healthy Baby program in your area, call Healthy Child MB 1-888-848-0140 (toll-free)
Families First (East) <i>Building strong family relationships and connecting families to resources that meet their needs</i>	Families First Coordinator Interlake-Eastern Regional Health Authority 204-444-6115
Families First (West) <i>Building strong family relationships and connecting families to resources that meet their needs</i>	Families First Coordinator Interlake-Eastern Regional Health Authority 204-886-4071

Family Support

Families First (South) <i>Building strong family relationships and connecting families to resources that meet their needs</i>	Family First Coordinator Interlake-Eastern Regional Health Authority 204-785-7500
Families First (North) <i>Building strong family relationships and connecting families to resources that meet their needs</i>	Families First Coordinator Interlake-Eastern Regional Health Authority 204-642-1610
Rainbow House Wellness Centre	Fisher River Cree Nation 204-645-4995
Maternal Child Health Program <i>Supports families within the Sagkeeng community</i>	Sagkeeng Health Centre 204-367-9990
Canadian Prenatal Nutrition Program	Sagkeeng Health Centre 204-367-9990
Recreation Opportunities for Children (ROC) <i>Funding for children's recreation activities</i>	204-371-2887 roceastman.ca
Mrs. Lucci's <i>Community resource centre and family therapy available on a sliding-fee scale</i>	76 3rd Street, Lac du Bonnet 1-204-345-9901 mrsluccis.com
Selkirk Growing Years Family Resource Centre <i>Family based resource centre</i>	216 Manitoba Ave, Selkirk 1-204-785-8218 Facebook@growing.years.5
Wings of Power <i>Family & community resource centre offering a thrift store, family programming, disability services, and preschool</i>	39 Pine St, Powerview-Pine Falls 204-367-9641 Wingsofpower.ca
The Selkirk Friendship Centre <i>Provides support, resources, training, and networking for indigenous community members</i>	425 Eveline Street, Selkirk 204-482-7525
Network 4 Change <i>Community Resource Centre</i>	92 3rd Street South, Beausejour 204-268-2506 Network4change.ca
Riverton and District Friendship Centre <i>Provides support, resources, training and networking for indigenous community members</i>	53 Laura Avenue SW, Riverton 204-378-2800
Blue Water Mobile Prenatal Team <i>Prenatal every Thursday, Postnatal every Second Tuesday</i>	39 Pine St, Powerview-Pine Falls Wings of Power 204-367-8855
Red River North CTS Inc. <i>We offer a range of therapy and community services in the Selkirk and surrounding areas. Individual, couples, and family supportive therapy allows clients to work with a counsellor in a safe, caring, and confidential environment – exploring their feelings, beliefs, or behaviours. Red River North CTS Inc. believes in empowering and supporting a person with understanding, care and humor and helping them to reach their potential. We believe that each person is unique and has their own lessons to teach the world. Red River North CTS Inc. values the possibility of growth and healing as well as the ability to be curious and enjoy the gifts each individual and family has to give.</i>	Selkirk Location: B-511 Robinson Ave, Selkirk Winnipeg Location: 307-475 Provencher Blvd, Winnipeg 1-431-737-0145 1-431-998-5282 admin@redrivernorthcts.com

Family Support

<p>F.Y.R.S.T Program Gimli</p> <p><i>F.Y.R.S.T Program is geared towards youth (ages 12-17). Criteria for the program is having 3 service providers/agencies involved which can include but not limited to: CFS, therapy, Mental Health clinicians, Addictions counselors, School, RCMP involvement, etc.</i></p>	<p>6 Centennial Rd, Gimli Kellie Yellowega 204-641-2914 kellie.yellowega@esd.ca startmodelprograms.ca</p>
<p>Re-START Program Gimli</p> <p><i>Re-START is an adult program based on the START Model. Clients are 18 years of age or older and reside in the areas of Gimli, Winnipeg Beach, Arborg & Riverton. The goal of the program is to co-ordinate a multi-agency case planning approach for Justice involved individuals. Justice involved can be any contact with police.</i></p>	<p>6 Centennial Rd, Gimli Kellie Yellowega 204-641-2914 kellie.yellowega@esd.ca startmodelprograms.ca</p>
<p>START Youth Program Selkirk</p> <p><i>Assists youth who are experiencing challenges in various areas of their lives by coordinating and advocating for resources and providing ongoing supports.</i></p>	<p>1019 Manitoba Ave, Selkirk Tammy Thompson 204-785-4001 tammy.L.thompson@rcmp-grc.gc.ca startmodelprograms.ca</p>
<p>Re-START For Adults Program Selkirk</p> <p><i>Re-START is an adult program based on the START Model. Clients are 18 years of age or older and reside in the areas of Selkirk, St. Andrews, St. Clements or Brokenhead Ojibway Nation. The goal of the program is to co-ordinate a multi-agency case planning approach for Justice involved individuals. Justice involved can be any contact with police.</i></p>	<p>1019 Manitoba Ave, Selkirk Tammy Thompson 204-785-4001 tammy.L.thompson@rcmp-grc.gc.ca startmodelprograms.ca</p>
<p>START Families Program Selkirk</p> <p><i>START Families is a consent bases community mobilization program. We assist adults who are perpetrators of domestic violence to create new outcomes for their families. Must be over 18 years of age.</i></p>	<p>1019 Manitoba Ave, Selkirk Tammy Thompson 204-785-4001 tammy.L.thompson@rcmp-grc.gc.ca startmodelprograms.ca</p>
<p>Lakeshore Family Resource Centre</p> <p><i>Serving Ashern and area, providing Outreach, support, advocacy and counselling services for individuals, children & youth</i></p>	<p>#9 Main Street, Ashern 204-768-3016 lwrc.site</p>
<p>Because It Scares Me Therapy</p> <p><i>Relational & individual therapy with LP Penner (they/them), a non binary, 2Spirit, ADHDer, MFT therapist.</i></p>	<p>Winnipeg & Virtual becauseitscaresme@gmail.com www.BecauseItScares.me</p>

Food Banks

IERHA Dietitians <i>Saturdays 10:00am-12:00pm</i>	To connect with a dietitian in your area 1-877-979-9355 (toll-free)
Springfield Food Bank	741 Weiser Crescent, Anola 204-866-3403 or 204-866-2654
Beausejour and Area Food Bank <i>Monday and Thursdays 10:00am-12:00pm</i>	4-730 Park Avenue, Beausejour 204-268-6300
Lac du Bonnet and Area Food Bank <i>Rear of building at 10:00am on Mondays and Thursdays</i>	55 McArthur Ave, Lac du Bonnet 204-345-9807
Lunch Is On Us! Free soup/bun, everyone welcome HERO'S Alliance	(LDB Arena) 35 McArthur Ave, Lac du Bonnet 204-345-9649 Tuesday and Thursday 11:00am-12:30pm
Our Daily Bread Soup Kitchen	368 Jemima Street, Selkirk 204-754-0258 Ourdailybreadselkirk.org
Selkirk Food Bank	310 Christie Ave, Selkirk 204-482-9178
Teulon and District Food Bank	54 Main Street, Teulon 204-886-2570
Black River Health Centre	204-367-8089
Blue Danube Food Bank Inc. (River Hills)	204-348-7040
Brokenhead First Nation	204-766-2494
Evergreen Basic Needs	71 Fourth Ave, Gimli 204-642-9736
Adam Hardisty Health Centre	204-363-7364
Interlake Food Bank (Stonewall)	293 Main Street, Stonewall 204-467-9118
Reynolds Food Bank	In Reynolds Business Centre Inc. 44059 Provincial Road 506, Hadashville 204-390-6032
Riverton and District Food Bank	204-378-0217
Pine Falls Regional Food Bank <i>Fridays 11:00am-1:00pm</i>	Pine Falls Health Complex (bottom Floor) 37 Maple Street, Pine Falls 204-367-9641 (contact Wings of Power for more info)
Ashern Food Bank (Lakeshore Family Resource Centre) <i>Serving Ashern and area; monthly Food Bank from Harvest Manitoba plus emergency food, if needed</i>	#9 Main Street, Ashern 204-768-3016 lwrc.site

Clothing and Second Hand Goods

Mrs. Lucci's	76 3rd Street, Lac du Bonnet 204-345-9909
Lucci's Too	67 Park Ave, Lac du Bonnet 204-345-9903
Wings of Power	39 Pine St, Powerview-Pine Falls 204-367-9641
Twice Over	214 Manitoba Avenue, Selkirk 204-785-9484
Another Time Around	530 Main Street, Oakbank 204-444-5100
Togs n Treasures	730 Park Ave, Beausejour 204-268-3815
Riverton MCC Thrift Store	18 Reggie Leach Drive, Riverton 204-378-2967
Respun Threads (Evergreen Basic Needs)	71 Fourth Ave, Gimli 204-642-9736
New to You Thrift Store (Lakeshore Family Resource Centre)	#9 Main Street, Ashern 204-768-3016 lwrc.site

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 (toll-free) gov.mb.ca/justice/crown/victims
Legal Aid <i>Legal aid services for those who meet the financial criteria</i>	4thfloor-287 Broadway, Winnipeg 1-800-261-2960 (toll-free) legalaid.mb.ca
The Legal Help Centre <i>Legal assistance and referrals, including drop in services for those who meet the financial criteria</i>	202-393 Portage Ave, Winnipeg 204-258-3096 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 204-940-6624 norwestcoop.ca/program_service /a-womans-place/
The Elizabeth Fry Society of MB <i>Support and advocacy for women who are at risk or have been involved with the criminal justice system</i>	544 Selkirk Avenue, Winnipeg 1-800-582-5655 (toll-free) efsmanitoba.org/
Manitoba Human Rights Commission <i>Investigates complaints of discrimination in employment, housing, and services.</i>	700-175 Hargrave St., Winnipeg 1-888-884-8681 (toll-free) manitobahumanrights.ca

Financial

Community Financial Counselling Services <i>Assistance with debt and financial services</i>	294 Portage Ave, Winnipeg 1-204- 989-1900 debthelpmanitoba.com/
First Nation Income Assistance program	Contact local band office for information
Employment and Income Assistance <i>Provides financial assistance to those in need, including Rent Assist and disability</i>	To connect with an office in your area 1-855-944-8111 (toll-free) 1-866-559-6778 (toll-free) 1-800-855-0511 (TTY)

Employment

MarketAbilities <i>Employment related services for people living with disabilities</i>	To connect with an office in your area 1-866-626-4862 (toll-free) 1-800-855-0511 (TTY)
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>	742 Park Avenue, Beausejour 204-268-4653
Employment Manitoba Jobs and Skills Development Centre	Gimli and Selkirk 1-866-332-5077
Network 4 Change Road 2 Success Program <i>Youth Ages 16-29 who are unemployed/underemployed and not attending/not succeeding in school</i>	92 3rdStreet south, Beausejour 204-268-2506
First Nation Employment and Training Programs	Contact local band office for information
Huddle Selkirk 204-482-9813	<i>Monthly scheduled AIM for Work and Youth Employment Services available in facility and direct referrals. Assist with resumes, interview skills, and employment opportunities . Obtain Birth certificate, SIN.</i>

Senior Transportation

Two Rivers Transit <i>Lac du Bonnet, Pinawa and Whitemouth and area</i>	204-753-2780
Selkirk Mobility	204-482-1234
Springfield-Oakbank Handi-Van Service	204-444-4119
Gimli Handi-Van	204-642-5792
Beausejour Handi-Van Service	204-268-4123
Stonewall and Area Mobility Services (SAMS)	204-467-9446
Winnipeg River Senior Service (handi-van)	204-367-9128 or email wrss@mts.net
Eastern Interlake Handi-Van Inc	204-642-5792
Riverton & District Handi-Van	204-378-0153
Arborg & district Handi-van	204-376-3494

Senior Transportation

Lakeshore Handivan Association <i>Ashern and area</i>	204-376-3494
West Interlake Handi-Van <i>Lundar and area</i>	204-739-8050
Fisher Branch Handi-Van	204-372-7314
Teulon and District Handi-Van	204-886-3566
Whitemouth Handi-Van	204-348-2221

General Transportation

Bruno Taxi <i>Monday-Saturday 7:00am-6:00pm Sunday- Closed</i>	East Selkirk 204-406-0710 Brunostaxi.com/
Will's Taxi	Selkirk 204-482-4111
Lockport Taxi Ltd.	Selkirk 204-757-7377
Beausejour and Surrounding Area <i>Operating 24/7 by appointment</i>	Beausejour, RM of Brokenhead including Tyn-dall and Garson 204-266-0057
Al's Taxi	Gimli 204-641-1111
Gimli Cab Service	Gimli 204-641-5999
Peguis Community Supports & Services <i>Medical transportation available through NIHB through prov- ince for Indigenous Community Members</i>	204-482-9813

Immigrant and Newcomer Services

Directory of Services <i>Newcomer supports and services throughout Manitoba</i>	Immigratemanitoba.com/settle/services
Roots & Wings <i>Support group for Ukrainian Women- In Ukrainian Language. Contact facilitators for dates & time.</i>	John Black Memorial United Church 898 Henderson Hwy, Winnipeg 416-560-3370 (Nina Chufarova, Facilitator) 431-279-0175 (Yuliia Petruchek, Facilitator) roots.and.wings.wpg@gmail.com

Immigrant and Newcomer Services

<p>Eastman Immigration Services (Interlake Region) <i>Helping newcomers with settlement, support for youth in school and employment</i></p>	<p>4, 5-356 River Road, Arborg Newcomer Settlement 204- 671-0646 Settlement Worker in Schools 204-641-3731</p>
<p>Immigrant Centre Manitoba <i>Settlement services, employment and training services and many other programs for newcomers</i></p>	<p>100 Adelaide Street, Winnipeg 1-204-943-9158 icmanitoba.com</p>
<p>S.H.A.D.E. Inc. <i>Working with immigrant and refugee women and any of her children who have been impacted by domestic abuse/family violence/gender-based violence. Programming includes psychosocial support and practical support</i></p>	<p>www.shadewinnipeg.org</p>
<p>Immigrant Women's Counselling Services <i>Counselling for immigrant women who have experience domestic violence or trauma in their country of origin</i></p>	<p>A Woman's Place 204-938-5900 or 204-940-6624 Norwestcoop.ca</p>
<p>Regional Connections Immigrant Services <i>Services for Newcomers. In-person settlement services, community connections events.</i> <i>Monday: 9:30-3:00</i> <i>Tuesday-Friday: 9:30-5:00</i></p>	<p>Gaynor Family Regional Library 806 Manitoba Ave, Selkirk 204-361-5793 helloselkirk@regionalconnections.ca</p>
<p>Language Instruction for Newcomers to Canada <i>Language program helps newcomers gain confidence and improve their English to settle in the community. Topics include Family health and safety, education & employment, shopping, using the phone, banking and bills, community and government services and Canadian law and culture.</i></p>	<p>YMCA-YWCA Winnipeg Downtown Branch 301 Vaughan Street, Winnipeg 204-947-3044 ext.2560 ywinnipeg.ca/newcomer-services/linc</p>
<p>Newcomer Youth Wellness Program (school based) <i>Topics include how to deal with stress, trauma or isolation, healthy relationships & boundaries, conflict resolution, nutrition and active living</i></p>	<p>For more information about the program and schools where it is offered, please call 204-953-7311</p>
<p>Winnipeg English Language Assessment and Referral Centre (WELARC) <i>WELARC administers the Canadian Language Benchmark Placement Test (CLBPT), which helps place adults in the correct English language program</i></p>	<p>400-275 Portage Ave, Winnipeg 204-943-5387 info@welarc.net</p>
<p>The Entry Program <i>Provides an introduction to life, language and services available in Manitoba. It is a 4 week program that helps new immigrants adapt to life in Canada and be successful</i></p>	<p>400-275 Portage Ave, Winnipeg 204-944-0133 ep_director@mts.net</p>
<p>Manitoba Start <i>Provides central registration and needs assessment for all newcomers arriving to Manitoba. Can help internationally educated and skilled newcomers with credential recognition and employment preparation/opportunities</i></p>	<p>271 Portage Ave, Winnipeg 204-944-8833 frontdesk@manitobastart.com win.manitobastart.com</p>

Senior Services

Senior's Abuse Support Line <i>Toll free 24 hour phone line</i>	1-888-896-7183 (toll free)
Canadian Coalition for Seniors Mental Health <i>Mental health and wellness services</i>	seniorsabusesupport.ca/ ccsmh.ca 1-833-456-4566
MB Seniors and Healthy Aging <i>For information and provincial programming</i>	1-866-626-4862
Senior Centre Without Walls (SCWW) <i>Provides free educational and recreational programming over the phone to individuals 55+</i>	Gov.mb.ca/seniors/ 1-888-333-3121 (toll-free) 204-956-6440
Senior Immigrant Settlement Services <i>Provides a range of settlement services for newcomers 55+</i>	1-888-333-3121 (toll-free) 204-956-6440 siss@aosupportservices.ca
Interlake-Eastern RHA Services to Seniors <i>Services to support independence</i>	Selkirk 204-785-7707
Beausejour and Brokenhead area: Brokenhead Outreach for Seniors Inc. (BOSI)	204-268-7300
Two Rivers Seniors Resource Council	Lac du Bonnet (and area) 204- 345-1227 Pinawa (and area) 204-753-2962 Whitemouth (and area) 204- 348-4610
Arborg & District Seniors'	204-376-3494
Resource Council South Interlake Seniors Resource Centre	Lions Community Centre 5 Keith Cosen's Drive, Stonewall 204-467-2719
South Interlake 55 Plus	374-1st Street West, Stonewall 204-467-2582
Gimli New Horizons Centre	17 N Colonization Rd, Gimli 204-642-7909
Gimli Seniors' Resource Centre	204-642-7297
Selkirk and District Resource Council	204-785-2737
Riverton & District Seniors Resource	204-378-3103
Arborg & District Seniors Resource	204-376-3494
Ashern Living Independence for Elders	204-768-2187
Lundar Community Resources Council	204-762-5378
Eriksdale Community Resource Council	204-739-2697
Eriksdale New Horizons <i>Provides recreation and social opportunities to older adults</i>	204-739-5552
Fisher Branch Seniors Resource Council	204-372-7315
Winnipeg River Senior Service Inc- Powerview -Pine Falls	204-367-9128
Springfield Services to Seniors	204-444-3139
St. Laurent Seniors Resource Council	204-646-2504

Senior Services

Teulon & District Seniors Resource Council	204-886-2570
Victoria Beach/East Beaches Resource Centre	204-756-6471

Disability Services

Community Living DisABILITY <i>Provides supports to eligible adults living with intellectual disabilities in MB</i>	For information regarding your regional office contact 204-945-0979 gov.mb.ca/fs/clds/index.html
Children's DisABILITY Services <i>Provides support to eligible children living with intellectual and physical disabilities and their families in MB</i>	For information regarding your regional office contact 204-945-5898 gov.mb.ca/fs/cds/index.html
Manitoba Possible – Interlake Regional Office <i>Working together to eliminate barriers to full and equal participation in various areas including employment and recreation</i>	382 Main Street, Selkirk 204-785-9338 1-888-831-4213 (toll-free) manitobapossible.ca
Association for Community Living Beausejour Branch <i>Serving the North Eastern region of Manitoba by providing person centered opportunities for adults living with intellectual disabilities</i>	917 Park Avenue Beausejour 204-268-1803 1-855-268-1803 (toll-free) aclbb.com
Wings of Power – Day Program <i>Opportunities for adults living with intellectual disabilities</i>	39 Pine St, Powerview-Pine Falls 204-367-9641 wingsofpower.org
Community Living Interlake <i>Serving the Interlake region of Manitoba by providing person centered opportunities for adults living with intellectual disabilities</i>	307 Main Street, Stonewall 204-467-9169 communitylivinginterlake.ca
Inclusion Selkirk <i>Serving Selkirk and surrounding area by providing person centered opportunities for adults living with intellectual disabilities</i>	306 Jemina Street, Selkirk 204-482-5435 inclusionselkirk.ca
Adult Supported Living Program At Mrs. Luc-ci's Resource Centre <i>Serving Lac du Bonnet by providing person centered opportunities for adults living with intellectual disabilities</i>	204-345-9909
Life's Journey Inc. Miikana Pimatiziwin <i>Provides support to people with diverse abilities in MB</i>	Rural Connections FASD Program & Eastman Services Provide support within a 1 hour radius of Steinbach 1-800-681-4905 lifesjourneyinc.ca/
Manitoba FASD Network <i>Assists with FASD assessment, referrals and support</i>	151 First St, Beausejour 204-268-7434 237 Manitoba Ave, Selkirk 204-785-7547
Interlake FASD Coalition <i>Members are committed to learning more about FASD and promoting positive awareness in our region</i>	Sherisse Picklyk Dear, Chair 204-485-0652 spicklykdear@ierha.ca
Network 4 Change Community and Family Resource Centre <i>Day program for adults living with intellectual disabilities</i>	92 Third St, S., Beausejour. 204-268-2506

Libraries

Pinawa Public Library	Pinawa Community Centre– 20 Vanier Ave Pinawapubliclibrary.com 204-753-2496
Stonewall Public Library	419 Main Street, Stonewall Sirlibrary.com Stonewall@sirlibrary.com 204-467-8415
Teulon Public Library	19 Beach Road, Teulon Sirlibrary.com teulon@sirlibrary.com 204-886-3648
Springfield Public Library	60024 MB-206 Dugald Springfieldlibrary.ca 204-853-2039
Bibliothèque Allard - Victoria Beach	3 Ateah Road, Victoria Beach Allardlibrary.com victoriabeachbranch@allardlibrary.com 204 756-2043
Bibliothèque Allard Library	PTH 11- St. Georges Allardlibrary.com info@allardlibrary.com 204-367-8443
Lac du Bonnet Regional Library	84-3rd Street– Lac du Bonnet Lacdubonnetlibrary.ca mldb@mymts.net 204-345-2653
Brokenhead River Regional Library	427 Park Ave– Beausejour Brrlibrary.ca 204-268-7570
Gaynor Family Regional Library– Selkirk	806 Manitoba Ave– Selkirk Gfrl.org library@gfrl.org 204-482-3522
Gimli Regional Library	65 1 Ave– Gimli Erlibrary.ca 1-204-642-7912

Libraries

Arborg Regional Library	292 Main St– Arborg Erlibrary.ca 204-376-5388
Riverton Regional Library	56 Laura Ave– Riverton Erlibrary.ca 204-378-2988
Pauline Johnson Library– Lundar	23 Main St– Lundar 204-762-5367
Siglunes District Library– Ashern	61 Main St– Ashern siglun15@mymts.net 204-768-2048

Notes:

