



MA MAWI WI CHI ITATA CENTRE

We all work together to help one another.

Food Services

Agape Table

364 Furby Street

Mon-Fri 7:30 am-11 am

Meals available (out the door)

Age & Opportunity (55+) and the United Way Winnipeg

P: 204-956-6440 (direct line) or 311

Deliveries

- Grocery (includes Winnipeg Harvest)
- Medication

Support

- Social services
- Daily phone chats

Andrews Street Family Centre

220 Andrew Street

P: 204-589-1721

Emergency Supplies

- Food, diapers, and formula are available
- Call between 10am-3pm weekdays for an appointment
- MB Health card needed

Bear Clan Den

A-563 Selkirk Ave.

P: 204-219-1052

Changes daily depending on supplies

- Call ahead for availability

Crossways

222 Furby Street

P: 204-774-2773

Pick up Mon, Wed, Thurs, Fri at 12:30

Bagged lunches (out the door)

- Pick up Mon, Wed, Thurs, Fri at 12:30 pm while supplies last
- MB Health card needed

Emergency food packages and basic need items (specify what is needed) available

- Call for an appointment for pickup
- MB Health card needed

Daniel McIntyre/ St Matthews

Community Association

823 Ellice Ave.

Monday – Friday: 2 – 6 p.m

Take-out window

- Drinking water, snacks
- Hygiene supplies, feminine products, safer sex protection, socks, clean needles
- Service referrals
- Ring the doorbell out front for service

Elmwood Community Resource Centre

545 Watt Street

P: 431-275-2287

Mon-Fri 9 am-5 pm

Basic needs

Employment support line

- Drop-in appointments available to book over the phone



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Feed my Lambs

117 Euclid

Fridays at pm

Free food packages

- First come first serve
- Bring your own bags
- Separate from Winnipeg Harvest

Food Not Bombs—Treaty 1 Winnipeg

Turtle Island Neighborhood Centre

510 King Street *Wednesdays 6 pm*

Indigenous Family Centre

470 Selkirk Avenue. *Fridays 6 pm*

Fruits and Veggies Giveaway

- While supplies last
- Social distance while in line
- All are welcome.

Good Food Club Good Food Boxes

Order online

westbroadway.mb.ca/good-food-box-orders

P: 204-774-7201 ext. 6

Affordable fruit & vegetable packages

- Available for pre-order (one week ahead)
- Individual box: \$8
- Medium box: \$15
- Large (family) box: \$20

Gwen Sectar Creative Living Centre

Syd Glow Place

P: 204-339-1701 to request service

Free meals delivered to isolated seniors struggling to prepare meals.

Light House Mission

669 Main St.

Breakfast

- Mon-Thurs 9 am-11 am

Lunch

- Mon-Thurs 2 pm - 3 pm
- Friday: 1pm - 2 p.m.

Emergency Hamper

- Call Shawn at 204-943-9669

Main Street Project (Meals)

75 Martha St.

Monday-Sunday

Lunch at 1 pm

Supper at 4.30 pm

Ma Mawi Wi Chi Itata Centre

445 King Street

P: 204-925-0330

E: info@mamawi.com

Emergency Food Kits

- Call for intake Monday to Friday from 8:30 to 4:30 PM
 - 204-925-0352
 - 204-925-0348
 - 204-925-6816
- One week supply per family
- Baby supplies and basic needs for individuals and families
- Deliveries are made between 1pm-5pm

Macdonald Youth Services (ages 13-21)

159 Mayfair Ave.

P: 1-888-477-1804

Offering food, shelter, shower, and laundry.

Mama Bear Clan

221 Austin Street North

P: 204-947-0321



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Manitoba Metis Federation

150 Henry Ave.

Food Hampers

- Need MMF Card
- Delivery only
- 65 & under: Call 204-589-4327
- 65 & over: Call 204-586-8474 (ext. 371)

Missionaries of Charity

167 Aikins Street

Take and Go Breakfast

- Monday, Tuesday, Wednesday, Friday & Saturday 9.30 a.m. – 10.45 a.m.

Mutual Aid Society – Serve the People

Thursday Meals & Food Boxes.

- To sign up please visit masywg.ca.
- For questions call/text 204-818-8035 or servepeopleinitiative@gmail.com

North End Women's Center

394 Selkirk Ave.

Food & Personal Supplies

- Bagged lunches, hygiene products, pads, and new-born diapers
- Clean needles
- Monday-Friday: 10 am - 4 pm or until they run out

North Point Douglas Women's Center

221 Austin St. N

Food Hampers

- Tuesday: 11 am - 1 pm
- Feminine hygiene products

Nor'West Co-op Community Food Centre

103-61 Tyndall Ave

Hot take-out lunch

- Monday, Wednesday, Friday 12-1:30pm.

Hot take-out supper

- Thursday 5:30-6:30pm.

Meals are free of charge and available to everybody.

Nor'West Co-op Community Health Food & Basic Essentials

(for community members in the area)

- MB Health card needed

Blake Gardens Resource Centre

P: 204-982-3660

Gilbert Park Resource Centre

P: 204-982-4429

Oak Table (in Augustine United Church)

109 Pulford Street

Mon-Thurs 12:30 pm-3 pm

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

Resource Assistance for Youth

125 Sherbrook

Food & Basic Needs

- Often between 11:00 am-3:00 pm

Phone Support

- P: 204-783-5617 ext. 206

Salvation Army

Weetamah

P: 204-946-9490

St. James or Charleswood

P: 204-889-9205

Food Hampers

- Once within a 3-month span
- Call for an appointment to pick up
- MB Health card needed



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Siloam Mission

300 Princess St.

Breakfast

- Monday – Sunday 9 – 10 am
- Only for people staying overnight

Lunch

- Monday – Sunday 12.30 – 1.30 pm

Supper

- Monday – Sunday 6.30pm – 7.30pm

Spence Neighborhood Association (SNA)

Magnus Eliason Recreational Centre (MERC)

430 Langside Street

P: 204-783-5000

Community door services

- All week 10:30 am-1 pm
- Bagged snacks
- Basic essentials

St. Matthews Maryland Community Ministry

365 McGee Street

Mon, Tues, Thurs, Fri 1:30 pm-4 pm

Take out lunches

Emergency Food Kits

Space to warm up

Union Gospel Mission

320 Princess

Breakfast 11 a.m

Supper: 7 p.m

- 50 people served each day

Drop-in service

- Monday-Friday 2 – 4 p.m. from
 - Use of showers
 - Food (if available)
- Maximum of twenty people every thirty minutes

The Welcome Home

188 Euclid Ave.

Food Hampers

- Wednesday: 10 a.m. onwards
- 20 distributed first-come first-serve basis. Bagged lunches after that.

West Central Women's Resource Centre

640 Ellice

P: 204-774-8975

Drop-in services

- Laundry, phone, shower, computer, washroom, hygiene supplies, cedar and sage available. (Limited individuals permitted inside the building).

Additional Supports over the phone

- Emergency housing, EIA, and gender-based violence support.
- Hours: Mon, Wed, Fri 9 am-4:30 pm/Tues, Thurs 12:30-6 pm/Sat 8 am-12 pm

Lunch and dinner (out the door)

- Mon, Wed, Fri: 12-1 pm/Tues, Thurs 5-6 pm/Saturday 10 am-11 am.

Winnipeg Harvest

Winnipeg Residents

P: 204-982-3660

appointments@winnipegharvest.org

Outside Winnipeg

P: 1-800-970-5559

kellym@winnipegharvest.org

Food Packages (10-to-14-day supply)

- Delivered once every 4 weeks
- MB Health card needed
- Seniors and people living with a disability can have food delivered by calling (204) 982-3660.



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Mental Health support

Manitoba

Virtual Counselling

Morneau Shepell

P: 1-844-218-2955 to book first session

- Starting October 13, every Manitoba resident age 16 or older have access to up to two free counselling sessions with a trained professional
- Counselling sessions can be by video or telephone, as preferred.
- Sessions are offered in multiple languages until December 31.

AbilitiCBT

Morneau Shepell (Online)

- Free online virtual therapy program available to Manitobans age 16 and older experiencing mild to moderate symptoms of anxiety and depression due to the pandemic.
- Confidential and accessible from home on your computer, smartphone or tablet.

Klinik Crisis Line (24/7)

P: 204-786-8686 or 1-888-322-3019

Adult Mobile Crisis Service and Mental Health Crisis Response Centre (24/7)

817 Bannatyne Avenue

P: 204-940-1781

Hope for Wellness Line, for Indigenous Peoples (24/7)

P: 1-855-242-3310

Online Chat: hopeforwellness.ca

Manitoba Province-Wide Domestic Abuse Crisis Line (24/7)

P: 1-877-977-0007

Text (only): 204-792-5302 or 204-805-6682

Manitoba Suicide Prevention & Support Line (24/7)

P: 1-877-435-7170

Sara Riel Warm Line

P: 204-942-9276 between 7pm – 11pm.

- Has peer support workers available to talk, provide support and/or suggest possible resources.

Youth Crisis Line (24/7)

For youth under age 21 and their families

P: 204-949-4777 or 1-888-383-2776

Health Links

Info Santé in Winnipeg

P: 204-788-8200

Outside Winnipeg

P: 1-888-315-9257.

Covid 19 Anxiety Support Line

Anxiety Disorders Association of Manitoba

P: 204-925-0040

E: adam@adam.mb.ca



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Family Violence Shelters & Resource Centers

The family violence shelters will continue to ask the screening questions for COVID-19 per provincial guidelines and follow the protocol for screening domestic violence calls for those most at risk.

If you are the referring source, please allow the woman to speak directly with shelter staff. It is important that shelter staff have that private conversation to understand the situation and to make sure the women know its voluntary to come to the shelter.

If you are giving out a shelter phone number to a client, please give them the **1-877-977-0007** or the **local crisis number** that has been added below. The admin number is not to be used by clients in crisis.

24/7 Crisis Line
P: 1-877-977-0007

Texting only crisis lines
Nova House
Text: 204-805-NOVA(6682)
Willow Place
Text: 204-792-5302

Agape House
Steinbach, Emergency Shelter
Admin: 204-326-6062
Local Crisis: 204-346-0028

Aurora House
The Pas, Emergency Shelter
Admin: 204-623-7427
Local Crisis: 204-623-5497

Genesis House
Winkler Emergency Shelter
Admin: 204-325-9957
Local Crisis: 204-325-9800

Ikwe-Widdjiitiwin
Winnipeg, Emergency Shelter
Admin: 204-987-2780
Local Crisis: 1-800-362-3344

Nova House
Selkirk, Emergency Shelter
Admin: 204-482-7882
Local Crisis: 204-482-1200

Parkland Crisis Centre
Dauphin, Emergency Shelter
Admin: 204-622-4626
Local Crisis: 204-638-94

Portage Family Abuse Prevention Centre
Portage la Prairie Emergency Shelter
Admin: 204-239-5234
Local Crisis: 204-239-5233

Thompson Crisis Centre
Thompson, Emergency Shelter
Admin: 204-677-9668
Local Crisis: 204-778-7273



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LONG TERM SHELTER

Willow Place

Winnipeg, Emergency Shelter

Admin: 204-615-0313

Local Crisis: 204-615-0311

YWCA Westman Women's Shelter

Brandon Emergency Shelter

Admin: 204-727-3644

Men's Resource Centre

Winnipeg, Emergency Shelter

Phone: 204-415-6797

Alpha House Project

Winnipeg, Second Stage

Admin: 204-982-2011

Chez Rachel

Winnipeg, Second Stage

Admin: 204-925-2550

Samaritan House (Mary's House)

Brandon, Second Stage

Admin: 204-727-1268

Swan Valley Crisis Centre

Swan River, Emergency/Long Term

Housing Admin: 204-734-9368

Women's Safe Haven Resource Services

Flin Flon, Emergency

Admin: 204-681-3105

Wahbung Abinoonjiiag

Winnipeg, Transitional Housing

Admin: 204-925-4610



Overnight Shelters & Safe Spaces

Main Street Project

637 Main.

24/7 18+ low-barrier shelter

- separate areas for men/ women
- daytime drop-in with sleeping, showers, food, clothing.

Salvation Army

180 Henry

24/7 18+ overnight shelter

- food, clothing.

Sscope

865 Main

24/7 18+ drop-in

- showers, food, laundry, clothing; overnight stays

Siloam Mission

300 Princess

8p-7a 18+ overnight shelter

- showers, food.

Just a Warm Sleep

109 Pulford

Overnight Stays

- 9p-7a, Dec.24-Mar.31
- Intake 9-11pm
- 18+ low-barrier
- pet/cart friendly, food, overnight stays

Tina's Safe Haven

472 Selkirk

24/7 13-24 years old safe space/ resource centre.

Macdonald Youth Services

159 Mayfair

24/7 12-21 years old overnight stays

- food, clothing, counselling, first aid.

Rossbrook House

658 Ross

24/7 6-24 years old drop-in

- food, safe rides

WE24

430 Langside

13-26 years old drop-in

- 11p-7a nightly
- overnight stays
- food, clothing, safe ride



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Resource Centers

The Men's Resource Centre

Winnipeg

P: 204-415-6797 Leave message

Videoconference or phone counselling

North End Women's Centre,

Winnipeg

P: 204-589-7347

Drop in

- Monday to Thursday 9 to 4:30
- Friday 9 to 4
- Up to two participants in the drop in at a time
- Phone/bathroom for up to 15 minutes
- Screening questions are asked at the door, masks are provided, and everyone is asked to wash hands upon entering the space.

Counselling (In person and Phone)

Women's Safe Haven Resource

Flin Flon

P: 204-681-3105

After hours emergency: 204-271-5375

Videoconference or phone counselling

- Office now open with physical distancing practices in place
- Monday to Friday

Eagle Urban Transition Centre

200-275 Portage Ave

P: 204-956-0610

Services for First Nation individuals and families

- Housing, addiction, referral, counselling, advocacy and other enhanced services.

Ka Ni Kanichihk

455 McDermot

P: 204-953-5820

- Phone supports, outreach, elder and support services, emergency supplies, harm reduction supplies and mental health.



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Clothing

Main Street Project

637 Main

24/7 18+ low-barrier shelter

- separate areas for men/ women
- daytime drop-in
- sleeping, showers, food, clothing

Sscope

865 Main St.

24/7

Thrive Resource Centre

555 Spence St.

9a-4p. M/W/TH/F

Union Gospel Mission

Men's clothing

320 Princess St.

11:30a: 2-4pm: 7pm. M-F: 2pm Sat.

Women's and Children's clothing

240 Pritchard Ave.

8:30a-4:30pm M-F

Wolseley Family Place

222 Furby St.

Mon-Friday

9:30-11:30am, 1:30-3:30pm

Isolation Hotels (cost)

Day's Inn Hotel

695 Berry

P: 204-505-1500

- Two weeks is \$1300.00
- Includes breakfast
- Provides cleaning supplies

Victoria Hotel

1808 Wellington Ave

P: 204-786-480 (call for cost)



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Outreach Vans

ADULT

Main Street Project

24/7 Citywide
P: 204-232-5217

St. Boniface Street Links

24/7 East of the Red
P: 204-228-2369

Ma Mawi Wi Chi Itata Centre

City Centre/North End (Weekdays)
P: 204-330-3300

Street Connections

City Centre
P: 204-981-0742
6-11:30p Mon-Fri
4-10p Saturdays

West Central Women's Resource Centre

West End
P: 204-774-8975
5-9p M/W/F
2-6p Tu/Th
11a-3p Sa/Su

YOUTH

Resource Assistance for Youth

Street Outreach
P: 204-391-2209
12-4p M-F

WE24

Nightly safe rides
204-333-9681
11p-2a