

8 Great Ways You Can Help Your Community!

1. CONNECT with neighbours and community members to understand the issues.

Get involved in your community. Talk openly about problems and solutions. Constructive dialogue helps build momentum.

Parent-Child Centred Coalitions throughout Manitoba
www.gov.mb.ca/healthychild/parentchild/index.html

Revitalization through Neighbourhoods Alive! Initiative
www.gov.mb.ca/ia/programs/neighbourhoods/programs/nda.html

Rural Development Institute, Brandon University
www2.brandonu.ca/organizations/rdi/

2. VOLUNTEER your time.

Coach a children's sports team in an underserved area. Become a mentor. Join the board of a community organization. Share your talents.

Volunteer Centre
www.volunteermanitoba.ca or www.mbvollunteer.ca

Boys and Girls Clubs www.wbgc.mb.ca

Habitat for Humanity www.habitat.mb.ca/

Welcome Place www.miic.ca or IRCOM (Immigrant and Refugee Community Organization of Manitoba)
www.ircom.ca

Westman Immigrant Services www.wesls.com

City of Winnipeg www.winnipeg.ca/cms/volunteers/

Lighthouses www.gov.mb.ca/justice/safe/crimeprevent.html

3. DONATE what you can to support organizations making a difference.

Fundraising and participating in events are important community contributions.

Brandon Area Community Foundation
www.bacf.ca/cms/

United Way www.unitedwaywinnipeg.mb.ca/donate.html

Winnipeg Foundation www.wpgfdn.org/index.php

Local Investment Towards Employment (LITE)
www.lite.mb.ca

4. FOSTER someone who needs a home and Join the Circle of Care.

Provide a supportive home for a child in need or an adult with an intellectual disability.

Government of Manitoba
www.gov.mb.ca/fs/childfam/fostercare.html; or call toll free 1-888-995-JOIN/1-888-995-5646

Manitoba Foster Family Network www.mffn.ca

Supported Living
www.gov.mb.ca/fs/pwd/supported_living.html

5. HELP build a diverse workforce.

Hire someone lacking experience or living with a disability. Pay a decent wage. Provide opportunities for job training and work experience. Promote flexible, family friendly workplaces.

Province of Manitoba www.gov.mb.ca/fs/pwd_work; or call toll free 1-866-966-8123, marketAbilities@mts.net

Centre for Aboriginal Human Resource Development (CAHRD) www.cahrd.org; or call 989-7110

Manitoba's Employment Standards Branch
www.gov.mb.ca/labour/standards/index.html; or call 945-3352 in Winnipeg; toll free 1-800-821-4307

Job Bank for Employers www.jobbank.gc.ca

Employment Manitoba www.manitoba.ca/employment; or call 945-0575 in Winnipeg or toll free 1-866-332-5077

6. SUPPORT local businesses, services and co-operatives.

Shop locally. Support organizations that train and hire people from disadvantaged neighbourhoods.

Canadian CED (Community Economic Development) Network - Manitoba www.ccednet-rcdec.ca; or 927-3203

SEED Winnipeg www.seedwinnipeg.ca

7. RESPECT individuality, diversity and human rights.

Treat all people with respect. Learn more about human rights, treaty rights and other cultures. Promote multiculturalism and reject stereotypes. Smile at a newcomer or disadvantaged individual – acknowledgement goes a long way. Speak up when you witness disrespect, abuse or neglect.

Manitoba Human Rights Commission
www.gov.mb.ca/hrc/english/index.html

Treaty Relations Commission of Manitoba www.trcm.ca/; or call 777-1871 in Winnipeg, toll free 1-866-296-3228

Government of Manitoba www2.immigratemanitoba.com

Global College, University of Winnipeg
<http://globalcollege.uwinnipeg.ca>

8. CREATE safe spaces.

Walk neighbourhood kids to school, volunteer as a crossing guard. Report abuse or neglect.

Become a block parent www.blockparent.ca

Report child abuse or neglect toll free 1-866-345-9241 (central intake)

Report on-line sexual exploitation of children
www.cybertip.ca or www.stopsexwithkids.ca

Participate in crime watch programs: *The Safer Communities and Neighbourhoods Act*
www.gov.mb.ca/justice/safe/scna

...remember we are all part of the solution!

For more information about provincial government actions to reduce poverty and promote social inclusion, go to the ALLAboard website, www.gov.mb.ca/fs/allaboard; or call 945-6777