

GUIDE to Winnipeg for Indigenous Manitobans

2020 Edition

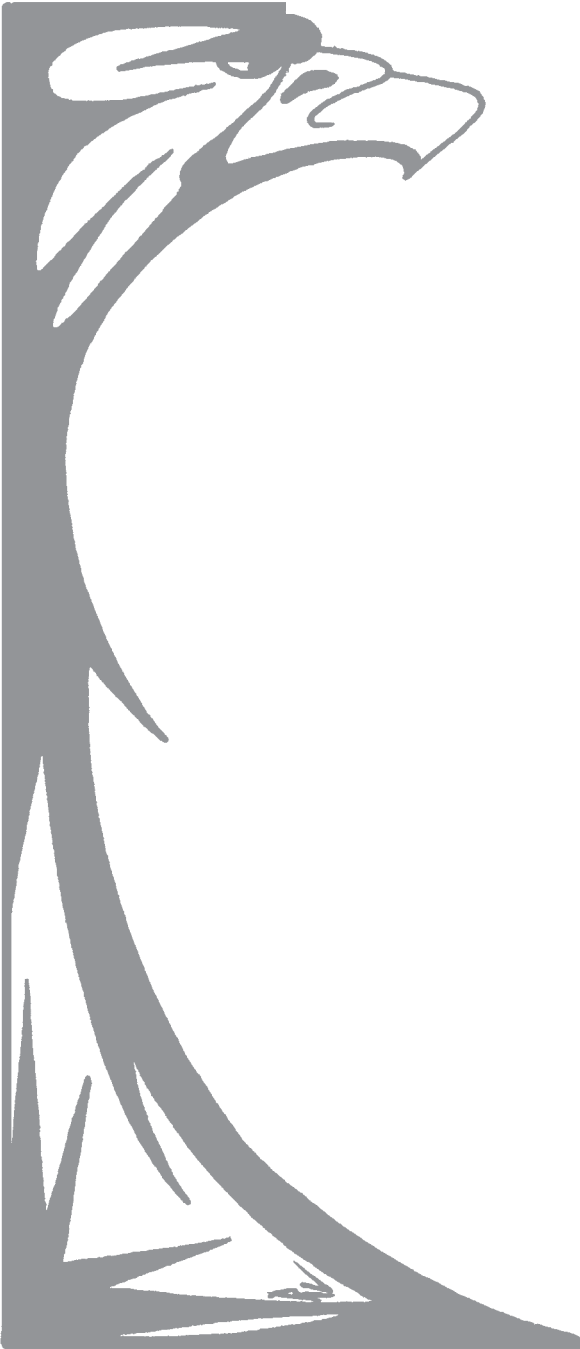


Manitoba 

Table of Contents



Housing	3
Transportation	13
Shopping and Banking	16
Health and Safety	20
Getting Started on Computers	28
Employment and Training Services	30
Elementary to Post-Secondary Education	38
Alternative/Transitional High Schools	41
Income Support Services	59
Family Support Services	62
Youth Resource Centres	76
Elder and Senior Supports	79
Recreation	82
Other Resources	92
Great Websites for more Information	97



Housing



Dial-a-Life Housing

A service that provides accommodation for people coming into Winnipeg for Dialysis.

204-694-9170

Email: dialhsg@mymts.net

Rooms/Shared Accommodations

The least expensive form of housing available is room rentals/shared accommodations. Accommodations such as these are available in private homes, rooming houses, and boarding houses. To find this type of housing, look in the newspapers under “Rooms for Rent” or “Shared Accommodations,” in the Home Renters Guide, or www.kijiji.ca under room rental, roommates.

Renting a House or Apartment

The simplest and most direct way of finding rental housing is in the newspaper, listed by neighbourhood, or in the Renters Guide, which is available free of charge at a variety of locations such as Mac’s, 7-Eleven, Co-op, and other grocery stores. If you have access to the internet, you can also try searching online. Kijiji.ca has become one of the most popular websites for rental advertisements. Simply go to www.kijiji.ca and set your location to Winnipeg. Then,

pick a category under Real Estate (house rental, apartment, condos, etc). Browse through the ads until you find one of interest. There will usually be instructions in the advertisement as to how you can contact the renter. As well, there are Indigenous subsidized (income based) housing programs in addition to the Manitoba Housing Authority which you will find in this guide. Remember never give/send money without first looking at the apartment!

Winnipeg Rental Sites

www.kijiji.ca

www.winnipegrentnet.ca

www.rayinc.ca

www.rentcanada.com/winnipeg/

www.apartmentcorner.com

www.renthello.com

www.rentseeker.ca

Once you do find a suitable place to live, most landlords will ask you to sign a lease (tenancy agreement). Landlord's can charge 1/2 month's rent for a security deposit and up to one month's rent for pet damage deposit. This is usually paid at the time as you apply for a place. This is a binding, legal agreement between you and the landlord and will detail the rights and responsibilities of both parties. ***Read it carefully before you sign!*** You and the landlord will go through the rental property prior to moving in to examine the condition of the property and make a detailed list of any existing damages or repairs needed. This process is also done when you move out. This is very important as you will be charged for any damages not on the list when you move

out and the landlord will keep your damage deposit plus any accumulated interest to pay for damages.

For important information about your rights and responsibilities as a tenant, or if a dispute arises, you should contact:

Residential Tenancies Branch

Residential Tenancies Branch

1700 – 155 Carlton Street

204-945-2476 (in Winnipeg)

1-800-782-8403 (toll-free)

Website: www.manitoba.ca/cca/rtb/

The Manitoba Housing Authority provides subsidized housing for low income and special needs families and elderly persons. Rental rates are based on 27 per cent of the gross family monthly income and units are available throughout the city. Certain areas have longer waiting lists than others. Units in suburban areas tend to have longer waiting lists. As well, Manitoba Housing Authority offers other programs such as the Homeowner Emergency Loan Program, and the Shelter Allowances for Elderly/Family Renters (SAFFR). This last program is for renters who are not in subsidized housing. For more information on subsidies and applications visit:

Manitoba Housing

204-945-4663

1-800-661-4663

Websites: www.manitoba.ca/housing

Manitoba Housing Central Office

Manitoba Housing
2nd Floor – 352 Donald Street
204-945-4663
1-800-661-4663 (toll-free)
Website: www.manitoba.ca/housing
Email: housing@gov.mb.ca

Winnipeg Housing Rehabilitation Corporation

Winnipeg Housing Rehabilitation Corporation
104 – 60 Frances Street
204-949-2880
Website: www.whrc.ca
Email: info@whrc.ca

M.A.P.S.

Provides housing based on income to single people and families. Houses are primarily in downtown, central and north end areas.

M.A.P.S.
757 Henderson Highway
204-982-2000
1-800-543-6118 (toll-free)



Indigenous-Specific Housing Programs

Kekinan Centre Inc.

Provides affordable apartment housing to First Nations Elders over the age of 55, and disabled/infirm who are able to live independently. The centre also raises community awareness of health and social needs and delivery of resources to the aged.

Kekinan Centre Inc.
100 Robinson Street
204-582-0439

Kinew Housing Corporation

A non-profit organization providing affordable housing to First Nation families. Rent is 26 per cent of a working family's income, less deductions for dependants, heat, and water. If the tenant is on Income Assistance, then the rent charged is the allotted rent allowance.

Kinew Housing Inc.
394 McGregor Street
204-956-5093
Website: www.kinewhousing.ca

S.A.M. Management

Provides affordable housing to seniors and Indigenous families.

S.A.M. Management
200-1080 Portage Avenue
204-942-0991
Website: www.sam.mb.ca

Emergency Shelters and Short-term Housing for Youth

Ndinawemaaganag Endaawaad

Short-term shelter for youth 11-17. Provides meals, clothing, and access to medical assistance.

Ndinawemaaganag Endaawaad Inc.

372 – 370 Flora Avenue

204-586-2588 (Safe House)

Website: www.ndinawe.ca

Email: info@ndinawe.ca

Ndinawemaaganag Endaawaad: Second Stage

Transitional house for youth who are wards of Family Services; they encourage 16 and 17 year olds in independent living, as well as providing them with life skills.

Ndinawemaaganag Endaawaad Inc.

204-582-7783

Email: info@ndinawe.ca

MacDonald Youth Services

Youth Resource Centre. They provide short-term shelter for youth 12-17, drop-in counselling, clothing and food. Operates 24 hours a day.

MacDonald Youth Services

175 Mayfair Avenue

204-477-1722

Website: www.mys.ca

Email: info@mys.mb.ca

Resource Assistance for Youth (Housing)

This program does not provide housing but can help you access emergency and long-term affordable housing for youth up to age 29. They provide a food bank for ages 17 and under, every two weeks. They also provide clothing, access to medical assistance, employment/resume help, one-on-one legal advocacy and support, and workshops including anger management and suicide prevention.

Resource Assistance for Youth Inc.

125 Sherbrook Street

204-783-5617

Website: www.rayinc.ca

Email: info@rayinc.ca

Sage Transition House

This is a transition house for battered or abused women. They provide support, legal information, and referrals to appropriate community resources. They operate the 24-hour Women's Support Phone Line for support related to issues of violence and other concerns. They are partially wheelchair accessible and pets may be allowed with restrictions.

Mount Carmel Clinic

422 Dufferin Avenue

204-943-6379

Website: www.mountcarmel.ca

Utilities and Services

Most rental housing requires the tenant to pay some or all of the utilities such as heat, water, and electricity in addition to your rent. As a tenant, it is your responsibility to contact the utility agencies that provide your utility services and inform them of your residency. It is not up to your landlord to do this for you. It is a good idea to find out right away what utilities you are responsible for and to contact the appropriate agencies as soon as possible to avoid possible overdue bills/charges.

Gas

Most apartment rentals do not charge the tenant for the cost of gas, however with most private house rentals and Manitoba Housing units, the tenant is responsible for the gas bill. Most use Manitoba Hydro for their gas, but check with your landlord first or look in the Yellow Pages under “Gas Companies”.

MANITOBA HYDRO

360 Portage Avenue

204-480-5900

1-888-624-9376 (toll-free)

Website: www.hydro.mb.ca

Hydro (electricity)

Some homes use electric heat, which can be very expensive during the winter months. You may inquire about the Budget Plan and see if this would be a more affordable option for you. In most rental houses and apartments, the cost of hydro is the responsibility of the tenant. Contacting

the appropriate hydro company once you secure a home is vital if you want electricity once you move in! If you are a first-time customer, you may be required to provide a deposit, usually around \$25.

MANITOBA HYDRO

360 Portage Avenue
204-480-5900
1-888-624-9376 (toll-free)
Website: www.hydro.mb.ca

Water

Unless you are renting a private house, it is unlikely you will be expected to pay the water costs. The cost of water is normally included in the rent.

CITY OF WINNIPEG

1199 Pacific Avenue
Call 311
Website: www.winnipeg.ca/waterandwaste

Telephone

MTS provides residential and business services in Winnipeg. For long distance services, there are several competing companies. Applying for service can be done at any Phone Centre. Acceptable identification is required to apply for a phone service. Acceptable forms of identification include a driver's license, status card, or a Manitoba Health card. A deposit is usually required and is reimbursed after a few months if you pay your bills on time. Phone centres are located in Polo Park Shopping Centre, St. Vital Centre, Kildonan Place, and Garden City Shopping Centre. You may also contact Bell MTS for further information at:

Bell MTS

204-255-5687

1-800-883-2054 (toll-free)

Website: www.bellmts.ca

NATIONAL TELECONNECT

1-866-443-4408 (toll-free)

Website: www.nationalteleconnect.com

Cable Television

If you don't watch cable TV, there are four stations that provide programming free of charge. Some rental accommodations include cable in the rent. If you choose cable call:

SHAW COMMUNICATIONS

204-480-SHAW (7429)

Website: www.shaw.ca

Bell MTS

204-255-5687

1-800-883-2054 (toll-free)

Website: www.bellmts.ca



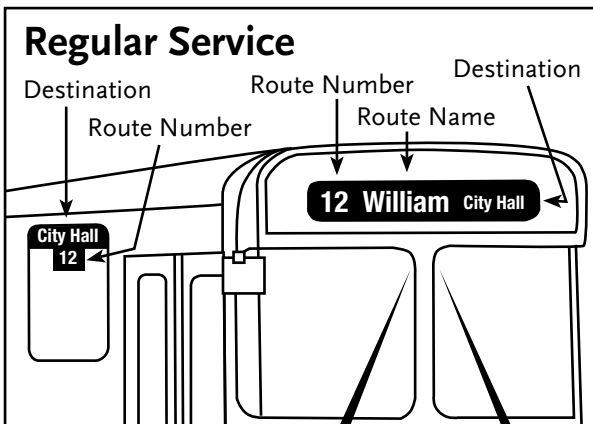
Transportation

Winnipeg Transit

Call 204-986-5700 for route, schedule and fare information, or visit the website at www.winnipegtransit.com. “BUSxt” lets you get real-time transit information, anywhere, anytime, using the texting features of your mobile device. Learn more details by texting “287898” (BUSxt) or visit <http://myride.winnipegtransit.com/en/transittools/bustxt-user-guide>. If you have a smart phone, you can also download the transit app off of the app store. It’s free of charge and provides several features including trip planning, schedules, stop information, and more.

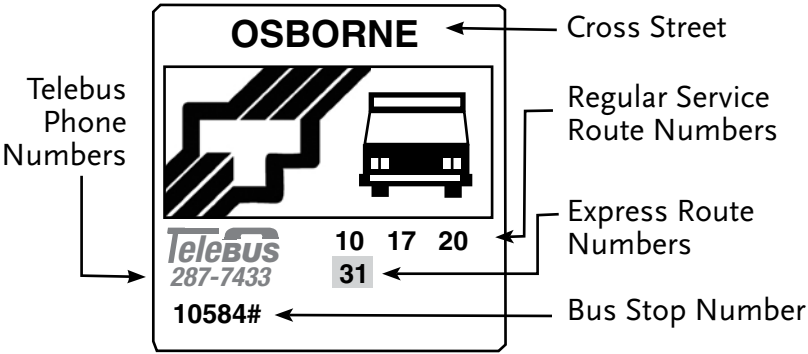
Ride by Route Number

Winnipeg Transit identifies bus routes by a route number, route name, and route destination. The route name is usually the major street on which the bus travels. The route destination shows where the bus is going.



Bus Stop Signs

Bus stop signs show the nearest cross street or destination, bus stop number, Telebus phone number, and route numbers for stop location.



Telebus

Each bus stop in Winnipeg shows a five-digit bus stop number. When you call Telebus at 204-287-7433, and enter the five-digit number, a recorded message will tell you when the bus will arrive at the stop. You can also find Telebus information in the Winnipeg Yellow Pages directory, Transit Guide, Telebus Directory, and maps. Also view the website at www.winnipegtransit.com and click on "navigo" for an individual map and trip planner.

Transfers

Ask for a transfer when you pay your fare. Transfers are valid on the date they are issued. They allow you to ride the bus until the expiry time shown on the transfer. This includes a return trip on the same route.

Fares for 2020

FULL FARE

Cash	\$3.00
Ticket	\$2.65
Max 5 (Mon-Fri)	\$23.85
SuperPass (Mon-Sun)	\$26.50
Monthly Pass	\$102.05

YOUTH FARE

Cash	\$2.50
Ticket	\$1.88
Superpass (Mon-Sun)	\$18.80
Monthly Pass	\$72.40

Youth fare applies to youth ages 6-16, or high school students ages 17-21 with a GoCard (photo ID must be shown to operator when boarding). Children 5 and under ride free when accompanied by a fare paying adult.

SENIOR FARE

Cash	\$2.50
Ticket	\$1.33
Superpass (Mon-Sun)	\$13.25
Monthly pass	\$51.05

Federal government Blue Card or transit issued photo ID must be shown to operator when boarding.

POST-SECONDARY STUDENT

Monthly Pass	\$81.65
--------------	---------

Passes and validated ID available at participating post-secondary institutions only. Pass and validated student ID must be shown to operator when boarding.

Shopping and Banking

Shopping

There are many big supermarkets throughout Winnipeg offering a large selection of food and household items. These large stores offer the most competitive prices and many offer “member discount” cards at no cost. As well, most neighbourhoods have small corner stores but prices are usually higher than the large supermarkets. Many are open seven days a week and some stay open until 11 pm.

Winnipeggers love a bargain and the city has a large selection of second-hand stores where you can find everything from baby clothes to a “new” sofa. There are several Value Village and Goodwill outlets throughout the city in addition to many others. Look in the Yellow Pages or simply Google “Winnipeg Second Hand Stores”. In Winnipeg, summer is garage sale season. Watch the newspaper and kijiji.ca for sales in your area.

Koats for Kids

Operating between October and February, Koats for Kids provides FREE coats and winter clothing for children and infants.

United Way Winnipeg

580 Main Street

204-477-5360 (information)

204-586-5628 (direct line)

Website: www.unitedwaywinnipeg.ca/koatsforkids

Some Great Stores to Check Out

CREE-ATIONS GALLERY

Cree-Ations Gallery sells hand-made Indigenous products. We harvest materials on treaty territory in Manitoba, and source artwork from Indigenous artists.

Cree-Ations Gallery
1346 Main Street
204-219-7428
Website: www.creationsgallery.ca

B'ESSeeze Leather & Beads

Beads, fur, leather, cloth, needles, and much more.

B'ESSeeze Leather & Beads
1562 Arlington Street
204-582-6962
1-855-229-2983 (toll-free)
Website: www.besseeze.ca

THE UP SHOPPE

Provides quality used clothing and accessories at reasonable prices. The Up Shoppe holds at least two bag sales per month. Customers can fill a bag of family clothing for \$5.00 per bag on the two days that child tax is issued. They can also “like” The Up Shoppe on Facebook and receive all upcoming sales events.

The UP Shoppe
382 Selkirk Avenue
204-582-3494
Website: www.upshoppe.ca
Email: upshoppe@newcentre.org

MCC THRIFT STORE

Provides excellent used clothing, furniture, electronics, antiques, and toys at reasonable prices.

Selkirk MCC Furniture & Thrift Store

511 Selkirk Avenue

204-586-2527

Website: www.thrift.mcc.org/selkirk-mcc-thrift-store/home

Sargent MCC Thrift Shop

644 Burnell Street

204-783-8185

Website: www.thrift.mcc.org/sargent-mcc-thrift-shop/home

Kildonan MCC Thrift Shop

445 Chalmers Avenue

204-668-0967

Website: www.thrift.mcc.org/kildonan-mcc-thrift-shop/home

Kildonan MCC Clearance Centre

396 Edison Avenue

204-691-4855

Website: www.thrift.mcc.org/kildonan-mcc-thrift-clearance-centre/home

MCC Furniture Thrift Store

18 Keewatin Street

204-694-3669

Website: www.thrift.mcc.org/mcc-furniture-thrift-store/home

Banking

There are lots of banks, credit unions, and trust companies in Winnipeg. You will need three pieces of identification in order to open an account. Identification such as your Status card, valid driver's license, passport, or health card is required.

Secondary ID to supplement one of the above includes credit card, student card, or a bank card from another institution.

As well, you will need to provide proof of residency; a government letter or any type of bill statement mailed to your current address printed on the letter/statement is sufficient.

Me-Dian Credit Union

“Serving Manitoba’s Aboriginal Community”

Me-Dian Credit Union

303 Selkirk Avenue

204-943-9111

Website: www.mediancu.mb.ca

First Nation Bank

First Nations Bank of Canada

360 Broadway

204-988-1380

1-866-519-5898 (toll-free)

Website: www.fnbc.ca

Health and Safety



The emergency line for police, fire, or ambulance is 911. Please use only in life-threatening situations as ambulance rides are very expensive and must be paid for out of your own pocket. For non-emergencies, please contact the Winnipeg Police Services non-emergency line at 204-986-6222. For more information visit www.winnipeg.ca/police/takeaction/reporting_crimes.stm.

If you do not already have a Manitoba Health card, it is very important that you register so you can access medical services. You need this card when you see a doctor, go to the hospital, or when purchasing prescriptions. To apply, you will need proof of Manitoba residency. Usually a copy of your lease or a bill with your name and current address is enough to prove residency.

Manitoba Health

Manitoba Health Client Services

300 Carlton Street

204-786-7101

1-800-392-1207 (toll-free)

Websites: www.manitoba.ca

www.manitoba.ca/health/mhsip

Email: insuredben@gov.mb.ca

Looking for a Family Doctor?

Call the Family Doctor Connection program. This is an up-to-date comprehensive list of Winnipeg family doctors who are accepting new patients. You will be assisted personally and given the names and telephone numbers of family physicians accepting new patients in your area of residence.

Monday to Friday, 8:30 am to 4:30 pm.

Family Doctor Finder

204-786-7111

1-866-690-8260 (toll-free)

Website: www.manitoba.ca/health/familydoctorfinder

Health Links

This is a telephone health information line. Call to find out about services available to you.

1-888-315-9257 (toll-free)

204-788-8200 (extended hours of services)

Native Addictions Council of Manitoba

Works with other agencies to provide assistance, counselling, and referral for Indigenous people regarding substance abuse problems.

Native Addictions Council of Manitoba

160 Salter Street

204-586-8395

Website: www.nacm.ca

Email: info@nacm.ca

Willow Place Inc.

Women and Children's Family Violence Services in Winnipeg
Willow Place is a family violence agency supporting transformation, healing and healthy relationships.

Willow Place Inc.

204-615-0311

1-877-977-0007 (toll-free 24 hour crisis line)

Website: www.willowplaceshelter.ca/contact-us/

Ikwe-Widdjiitiwin Inc.

Shelter for abused Indigenous women and their children.

Ikwe-Widdjiitiwin

204-987-2780

1-800-362-3344 (toll-free crisis line)

Website: www.ikwe.ca

MB Seniors Abuse Line

Services available to the public Monday to Friday, 9 am to 5 pm.

MB Seniors Abuse Line

204-945-1884

Addictions Foundation

Addictions Foundation of Manitoba

1031 Portage Avenue

204-944-6200

1-866-638-2561 (toll-free)

Website: www.afm.mb.ca

Email: MBAddictionHelp@afm.mb.ca

Kids Help Phone

Kids Help Phone

1-800-668-6868

Klinik/Evolve Family Violence Counselling

Klinik Community Health

870 Portage Avenue

204-784-4059

Website: www.klinik.mb.ca/in-person-counselling/evolve-family-violence-counselling

MacDonald Youth Resource Centre

MacDonald Youth Services

159 Mayfair Avenue

204-477-1804

1-888-477-1804 (toll-free)

Website: www.mys.ca

Email: info@mys.mb.ca

Nine Circles Community Health Centre

This is a community-based, multi-faceted, primary health care centre providing advocacy, care, treatment, and support for people living with, affected by, and at risk for HIV/AIDS.

Nine Circles Community Health Clinic

705 Broadway

204-940-6000

1-888-305-8647 (toll-free)

Website: www.ninecircles.ca

Email: ninecircles@ninecircles.ca

Crisis Resources

Domestic violence is not tolerated in Winnipeg and Manitoba has a “zero tolerance” policy towards domestic violence which applies to everyone young and old, woman and man.

If you or someone you know is being, or have been assaulted

by their partner, call the police or one of the help lines listed below. See also the section of Family Supports.

Teen Health Clinics

There are various Teen Clinic locations to access low cost/free birth control, pregnancy testing, pregnancy counselling, sexually transmitted infections, HIV/AIDS testing, counselling, and more. For a list of teen clinics go to www.manitoba.ca/healthychild/mcad/had_teenclinic_wpg.pdf.

If you are in crisis or need to talk now, call the *Klinik Crisis Line* at:

1-888-322-3019 (toll-free) OR 204-786-8686

Mental Health Education Resource Centre (MHERC)

The Mental Health Education Resource Centre (MHERC) is a provincial resource promoting knowledge exchange operated by the Manitoba Schizophrenia Society. The Centre provides educational resources on mental health and mental illness to consumers, families, caregiver and service providers, educators, and the general public. All resources collected are current and reflect best practices and are available to all Manitobans.

All resources are available for loan, free of charge.

Mental Health Education Resource Centre

4 Fort Street, Suite 100

204-942-6568

Website: www.mherc.mb.ca

Email: info@mherc.mb.ca

The Sexuality Education Resource Centre (SERC)

Call or visit their website for a list of teen health clinics in your neighbourhood.

SERC Winnipeg

Suite 200 – 226 Osborne Street North

204-982-7800

Website: www.serc.mb.ca

Email: info@serc.mb.ca

Aboriginal Health and Wellness Centre of Winnipeg Inc.

Aboriginal Health and Wellness Centre of Winnipeg

181 Higgins Avenue

204-925-3700

Website: www.ahwc.ca

Provides programs in primary care, community development, outreach, and education. They also offer access to traditional healers. Programs offered are as follows:

Abinotci Mino-Ayawin (Children's Healing)

Offers family and one-on-one support in providing a healthy environment for Indigenous families with children 6 years of age and under through such services as sharing circles, Native parenting programs, nutrition classes, and access to Elders and Traditional Healers.

Healthy Child Manitoba

Aims to attain and maintain a healthy balance in the lives of Winnipeg's Indigenous children through a health and wellness program based on the Medicine Wheel. This

program offers assessments, immunizations, teaching, health promotion, developmental testing, and counselling to name a few. For information on this program and other Healthy Child programs call 1-877-945-4777 toll free, or visit www.manitobaparentzone.ca

Head Start Program

A pre-school program for Indigenous children ages 3-5 years old which promotes nutritional and educational needs to prepare children for entry into school, promote self-esteem, and a love of learning. If you are interested in registering for the Head Start program or you would like more information about a program in your area, email: info@mbaboriginalheadstart.ca or visit our website at www.mbaboriginalheadstart.ca

Fetal Alcohol Spectrum Disorder (FASD)/ Prevention Program

Offers contemporary and traditional approaches to support Indigenous women who are using alcohol during their pregnancy or who have a history of alcohol use in past pregnancies. The program offers support in alcohol, drug issues and assistance in getting treatment, access to prenatal and infant care, concerns around child custody and welfare issues, safety issues, and access to traditional resources.

Healthy Child Manitoba Office

3rd floor – 332 Bannatyne Avenue

204-945-2266

1-888-848-0140 (toll-free)

Websites: www.manitoba.ca/healthychild/

www.manitoba.ca/healthychild/fasd/

Email: healthychild@gov.mb.ca

Turning Leaf Community Support Services Inc.

Turning Leaf Inc. is a non-profit charitable organization dedicated to providing crisis and treatment services to those experiencing intellectual challenge and mental illness. Person-centred supports are delivered by way of our Community Support Program, Day Services, and Residential Services in Winnipeg, Selkirk, Portage la Prairie, and the Winkler/Morden area.

Turning Leaf Community Services Inc.

2nd Floor – 2585 Portage Avenue

204-221-5594 ext. 219

1-855-221-5594 (toll-free)

Website: www.turningleafservices.ca

Email: info@turningleafservices.com



Getting Started on Computers



Nowadays computer skills are often a ‘must’ when looking for a job. There are several organizations that offer computer classes for free, or a very minimal charge. So if you’re looking to get started in your computer training or brush up on skills you already have, check out the following computer resource sites:

Osborne Village Resource Centre

Free public access to computers for self-directed job search. Computer training for a very small charge includes basic Microsoft Word and Excel, as well as one-on-one tutoring.

Osborne Village Resource Centre

Unit 1 – 107 Osborne Street

204-989-6503

Website: www.ovrc.ca

Computer Lending Library

FREE computer training for Indigenous adults. This includes a 5-day course, small/large group instruction, and you receive a free computer at the end of the course. They also offer refurbished desktop computers to rent for up to 2 years.

LP Gallery

103-181 Higgins Avenue

204-989-6249

Opportunities for Employment

Employment upgrading,
computer training. Learn to
use Microsoft Office 2010.
Available FREE; minimal criteria
may apply.

Opportunities for Employment
300 – 294 Portage Avenue
204-925-3490
Website: www.ofe.ca



Employment and Training Services

Centre for Aboriginal Human Resources Development Inc. (CAHRD)

CAHRD has been providing quality education, training, and employment services to the Indigenous people of Winnipeg for over 30 years.

EMPLOYMENT services are for all Indigenous people of any age. Staffing Solutions delivers job placement services for Indigenous graduates of high school, college, university or specialized training. Call 204-989-7122 for more information.

EDUCATION services include kindergarten and nursery program with Neeginan Early Education Centre, high school diploma, upgrading, and literacy programming with the Aboriginal Community Campus.

TRAINING services include in-house training through the Neeginan Institute of Applied Technology, as well as referrals to community programs. CAHRD training programs are done in partnership with industry, business, and training & education institutions. Some program partners are the Manitoba Aerospace, Industrial Training Centre, Canadian Manufacturers and Exporters Association, and Manitoba Apprenticeship. Introduction to computer technology and the internet are available at the Cyber Centre.

Centre for Aboriginal Human Resource Development Inc.
304 – 181 Higgins Avenue
204-989-7110
Website: www.cahrd.org
Email: front@abcentre.org

Urban Circle Training Centre

Urban Circle Training Centre Inc.
519 Selkirk Avenue
204-589-4433
Website: www.urbancircletraining.com

Offers a culturally relevant, intensive life skills program coupled with training in following areas:

1. Adult Basic Education
2. Adult Employment & Education
3. Family Support Worker Program
4. Para Educator
5. Health Care Aide/Health Unit Clerk

Ka Ni Kanichihk

Ka Ni Kanichihk provides Indigenous programs and services that focus on wholeness and wellness that build on the strengths and resilience of Indigenous peoples. Training programs and other activities/resources include:

- Information and Office Administrative Assistant Program
- 12-month Microcomputer Application Training Program
- Honoring Gifts
- Indigenous Women Responding to the AIDS Crisis
- United Against Racism/Aboriginal Youth Circle

- Restoring the Sacred-Youth Mentorship Program
- At Our Relatives – specialized foster care program for “sexually exploited youth”
- Circle of Courage
- Manitoba Youth Transition Employment assistance mentorship

Ka Ni Kanichihk
 455 McDermot Avenue
 204-953-5820
 Website: www.kanikanichihk.ca
 Email: admin@kanikanichihk.ca

Manitoba Métis Federation Inc. (MMF)

Department of Human Resource Development and Training has job postings and offers training programs and funding for other approved training or education.

Manitoba Métis Federation Inc.
 300 – 150 Henry Avenue
 204-586-8474
 Website: www.mmf.mb.ca
 Email: info@mmf.mb.ca

Y.E.S. (Youth Employment Services)

YES provides free employment counselling services, information and referrals, job search workshops, and an employment resource centre for people 16-29 years of age.

Youth Employment Services
 614 – 294 Portage Avenue
 204-987-8661
 Website: www.yesmb.ca

Opportunities for Employment

Offers a variety of free employment readiness training programs and job placement services for adults over 18 who are unemployed or underemployed. Some programs offered are lift truck theory, office/computer skills as well as first aid/CPR training.

Opportunities for Employment

300 – 294 Portage Avenue

204-925-3490

Website: www.ofe.ca

New Directions

Program offered by New Directions intended for people on income assistance. It provides pre-employment workshops, training, and job placements.

New Directions

500 – 717 Portage Avenue

204-786-7051

Website: www.newdirections.mb.ca

Eagle's Nest

A ten-week, full-time program for youth ages 15-29. They offer a variety of free workshops on culture, education, life skills, etc. It is necessary to schedule an interview to start intake process.

Eagle's Nest

601 Aikens Street (St. John's Leisure Centre)

204-954-3075

Website: www.eagleutc.com

Elmwood Youth Employment Experience Project

Program focusing on youth ages 16-29 who are unemployed, not received EI benefits, or not attending school but seeking life skills for acquiring and retaining a job.

Elmwood Resource Centre

545 Watt Street

204-982-1720 ext. 207

Website: www.elmwoodcrc.ca/educationtraining/e-y-e-e

P.E.P. – Personalized Employment Preparation

This program through the Winnipeg Boys & Girls Club assists youth 16-29 to prepare for and find employment.

Winnipeg Boys & Girls Club

300 – 61 Juno Street

204-982-4948

Website: www.bgcwinnipeg.ca

P.A.T.H. Employability Centre – Planning Alternative Tomorrows with Hope

Provides career counselling, resume writing, and personal development support.

North End Communities Renewal Corporation

627 Selkirk Avenue

204-927-2300

Website: www.necrc.org

Email: path@necrc.org

Manitoba Jobs and Skills Development Centres

Helps Manitobans prepare for, find and keep employment, including support for training to meet labour market needs.

A wide range of employment and training services are offered through each centre as well as through partnerships with community-based organizations and employers.

Industry, Training and Employment Services

Downtown Centre

100 – 111 Lombard Avenue

204-945-0575

South Centre (Bilingual Service Available)

1005 St. Mary's Road

204-945-0575

MJSD Website and Phone Number

Website: www.manitoba.ca/wd/ites/tes

Email: MJSD@gov.mb.ca

1-866-332-5077 (toll-free)

Service Canada Centres

Provide faxing, photocopying of resumes, and public access computers for resume writing. This is also where you apply for your Social Insurance Number and Employment Insurance Benefits.

From May until August, the Student/Youth Human Resource Centres are also open at these locations:

Service Canada Centres:

Portage Place Service Canada Centre

Portage Place Mall

Unit 122 – 393 Portage Avenue

St-Vital Service Canada Centre

1001 St. Mary's Road

Rivergrove Service Canada Centre

Rivergrove Shopping Centre

2599 Main Street

Crestview Service Canada Centre

3393 Portage Avenue, Suite 140

Service Canada Website and Phone Number

Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada
1-800-622-6232 (toll-free)

Manitoba Construction Sector Council (M.C.S.C.)

M.C.S.C. exists so that the human resource needs of the construction industry in Manitoba are advanced. The mandate is to:

- Identify the training needs of the construction industry
- Develop, deliver and evaluate programs to address those needs
- Attract new entrants into the industry
- Provide awareness and training opportunities to marginalized groups

Manitoba Construction Sector Council

1000 Waverly Street

204-272-5091

Website: www.mbcsc.com

www.tradeupmanitoba.com

Reaching E-Quality Employment Services (REES)

Provides employment services to people with physical disabilities or health conditions: career exploration, resume development and cover letter writing as well as interview, job search, and employment maintenance skills. Programs include the Youth Employment Project, which is a 12-week employability skills program for youth between 17-29 years of age.

Reaching E-Quality Employment Services
305 – 1200 Portage Avenue
204-832-7337
Website: www.re-es.org

Websites for Job Seekers:

<http://www.kijiji.ca/b-jobs/winnipeg/c4511700192>

Commonly used by employers and job searchers alike to post advertisements for a variety of different jobs.

www.amik.ca

An extensive list of jobs throughout Manitoba and Canada specific for Indigenous job seekers.

www.manitoba.ca/cyo

Connects youth to services and programs offered by the government of Manitoba.

www.jobbank.gc.ca

A great website linking employers to potential employees.

www.manitoba.ca/careerdevelopment

Career exploration and job search sites for all.

Kindergarten to Grade 12 & Post-Secondary Education



For a list of all Winnipeg schools, grades offered and locations, visit www.edu.gov.mb.ca/ks4/schools

Little Red Spirit Head Start Program

Manitoba Aboriginal Head Start Urban
& Northern Communities

185 Young Street

204-783-8116

Website: www.mbaboriginalheadstart.ca/little-red-spirit-ahs-program

Email: littlered.lrs@mymts.net

Aboriginal Head Start Program

215 – 181 Higgins Avenue

204-925-3704

Email: asaskosky@ahwc.ca

Oshki-Majahitowiin

Oshki Majahitowiin

220 Andrews Street

204-589-1721

Email: oshki@shawbiz.ca

Four Feathers Inc. Head Start Program

Four Feathers Inc. Head Start Program

45 B Gilbert Avenue

204-982-4425

Website: www.mbaboriginalheadstart.ca/four-feathers-inc-hs-program

Email: ffeather@mymts.net

Niji Mahkwa School (Kindergarten to Grade 8)

An elementary program complementary to programming at Children of the Earth.

Niji Mahkwa School

450 Flora Avenue

204-589-6742

Website: www.winnipegssd.ca/schools/NijiMahkwa

Children of the Earth High School (Senior 1 to 4)

Cultural teaching integrated with the standard high school curriculum. Students participate in Medicine Wheel teachings, pipe ceremonies and a grand council. Staff is predominately Indigenous.

Children of the Earth High School

100 Salter Street

204-589-6383

Website: www.winnipegssd.ca/schools/ChildrenOfTheEarth

Email: cote@wsd1.org

Splash Daycare

Splash Child Care Inc.

Win Gardener Place – 363 McGregor Street

204-582-3299

Website: www.splashcares.ca

Email: splash@splashcares.ca



Alternative/Transitional High Schools



Songide'ewin

An alternative high school program for 14-21 year olds which seeks to offer academic achievement based on individual needs, abilities, personal goals and commitment.

Songide'ewin Program

484 Selkirk Avenue

204-582-4577

Website: www.songideewin.ca

Email: songride@mymts.net

Ndinawe Youth Transitional School

A transitional school program offering free training for high school students ages 12-21 who are not registered for school (suspended, waiting to be registered, or out of school for any reason).

Ndinawemaaganag Endaawaad Inc.

472 Selkirk Avenue

204-589-5545

Website: www.ndinawe.ca

Email: info@ndinawe.ca

Adult Learning Centres (ALCs)

If you are an adult thinking about completing your high school education, Adult Learning Centres are ready to meet your needs. Located throughout Winnipeg – call the organizations below for more information.

Aboriginal Community Campus

Centre for Aboriginal Human Resource Development Inc.
403 – 181 Higgins Avenue
204-989-8860
Website: www.cahrd.org

Adult Education Centre (AEC) Inc.

Adult Education Centre (AEC)
1240 Main Street
204-953-0818
Website: www.7oaks.org/school/aec

Crossroads Learning Centre Inc.

Crossroads Learning Centre
Unit H – 2211 McPhillips Street
204-953-2030
Website: www.crossroadslearning.ca
Email: crossroadslearning@mymts.net

Faith Learning Centre

Faith Learning Centre
220 Pritchard Avenue
204-586-1416
Website: www.gospelmission.ca/index.php/ministries/adult-education

Horizons Learning Centres

Horizon Learning Centre

2nd floor – 330 Portage Avenue

204-943-1229

Horizon Learning Centre

222 Furby Street

204-775-8486

Horizon Learning Centre

Elmwood Unit G – 431 Thames Avenue

204-772-1234

Website: www.horizonslearning.com

JobWORKS Adult Learning Centre

JobWORKS Adult Learning Centre

1175 Pembina Highway

204-453-8351

Website: www.jobworksschool.com

Email: info@jobworksschool.com

Kaakiyow li moond likol Adult Learning Centre

Kaakiyow li moond likol Adult Learning Centre

510 King Street

204-582-9579

Website: www.winnipegd.ca/schools/

WinnipegAdultEdCentre/Programs/

Kaakiyowlimoondlikol

Louis Riel Institute Adult Learning Centre

Louis Riel Institute

103 – 150 Henry Avenue

204-984-9480

Website: www.louisrielinstitute.com/adult-learning-centre.php

Commonwealth College

Commonwealth College

294 William Avenue

204-944-8202

Website: www.commonwealthcollege.ca

Red River College Adult Learning Centre

RRC Adult Learning Centre

F115, 2055 Notre Dame Avenue

204-632-3787

1-866-242-7073 (toll-free)

Website: www.rrc.ca/academicprep/adult-learning-centre

St. Norbert Adult Education Centre

St. Norbert Adult Education Centre

Box 250, 25H Ave, de la Digue

204-261-3312

Website: www.snaec.ca

Email: info@snaec.ca

St. Vital Adult Education Centre

St. Vital Adult Education Centre
533A St. Anne's Road
204-254-1618
Website: www.stvitaladulthood.com
Email: stvitaladulthood@mts.net

Seven Oaks Adult Learning Centre

Adult Learning Centre
950 Jefferson Avenue
204-632-1716
Website: www.7oaks.org/school/adulthoodeducation

Stevenson-Britannia Adult Literacy Program Inc.

Stevenson-Britannia Adult Learning Centre
1 Braintree Crescent
204-837-3521
Website: www.sbalc.ca
Email: office@sbalc.ca

Transcona Adult Learning Centre

Transcona Adult Learning Centre
130 Regent Avenue East
204-958-9297
Website: www.retsd.mb.ca/school/adulthoodedu

UFCW Training Centre

UFCW Training Centre
2nd Floor – 880 Portage Avenue East
204-775-8329
1-877-775-8329 (toll-free)
Website: www.retsd.mb.ca/school/adultedu

Urban Circle Training Centre Inc.

Urban Circle Training Centre Inc.
519 Selkirk Avenue
204-589-4433
Website: www.urbancircletraining.com

Winnipeg Adult Education Centre

Winnipeg Adult Education Centre
310 Vaughan Street
204-947-1674
Website: [www.winnipegsd.ca/schools/
WinnipegAdultEdCentre](http://www.winnipegsd.ca/schools/WinnipegAdultEdCentre)
Email: waec@wsd1.org

Yellowquill College Inc.

Yellowquill College
480 Madison Street
204-953-2800
Website: www.yellowquill.org
Email: administration@yellowquill.org

Manitoba Student Aid

Manitoba Student Aid provides funding for qualifying full-time and part-time Indigenous students to attend college or university. You may be eligible to receive funding even if you have other sources of money such as: band funding, Métis funding, employment insurance or income assistance. Grants, bursaries and scholarships do not have to be paid back. Student loans do need to be paid back.

Grants and Bursaries for:

- Persons from low income families
- Persons from middle income families
- Persons with dependants
- Prince of Wales/Princess Anne Aboriginal Bursary
- Students with disabilities
- Rural/Northern bursary

Medical Grants for:

- Indigenous medical student financial assistance
- Medical student/resident financial assistance

Student Loans:

- Canada student loans
- Manitoba student loans

Manitoba Student Aid

401 – 1181 Portage Avenue

204-945-6321

Website: www.edu.gov.mb.ca/msa

University of Manitoba

Manitoba's largest university, located in suburban Fort Garry, offers many excellent programs and supports to Indigenous students. The university has over 2,000 Indigenous students enrolled. The following is a list of Indigenous programs offered, but we recommend that your first step in exploring opportunities at the U of M is to call one of our recruitment officers through the main switchboard:

204-474-8880 (Main Switchboard)

1-800-432-1960 (toll-free)

U of M Indigenous Student Centre (ISC)

Provides academic, social, personal, and cultural supports to Indigenous students at the U of M. The ISC has Indigenous student advisors, Elders-in-residence and an Indigenous Students Association. It hosts the Elders and Traditional Peoples Gathering, the Graduation Powwow, and many social, cultural, and recreational events throughout the year.

Indigenous Student Centre (ISC)

114 Sidney Smith Street

204-474-8850

Website: www.umanitoba.ca/student/indigenous

U of M ACCESS Program (UMAP)

Provides a support network as you work towards a successful academic future. New students follow a common first year pathway with small class sizes which allow you to develop strong peer support and build relationships. Supports include: personal & academic counseling and tutors. The program supports students seeking a degree in any program.

ACCESS Program

Migizii Agamik, Room 221 – 114 Sidney Smith Street

204-474-8000

1-800-432-1960 ext. 8000 (toll-free)

Website: www.umextended.ca/Access

Email: accessafp@umanitoba.ca

U of M Health Careers Access Program (HCAP)

For Indigenous students pursuing careers in medicine, dentistry, dental hygiene, pharmacy, and medical rehabilitation, science-physiotherapy/occupational therapy, respiratory therapy, or nursing.

Health Careers Access Program

Migizii Agamik, Room 221 – 114 Sidney Smith Street

204-474-8000

1-800-432-1960 ext. 8000 (toll-free)

Website: www.umextended.ca/health-careers-access-program

Email: accessafp@umanitoba.ca

U of M Engineering Access Program (ENGAP)

For Indigenous students pursuing careers in engineering.

Engineering Access Program

75 Chancellor's Circle

204-474-9872

E2-442-EITC Building

1-800-432-1960 ext. 9872

Website: www.engap.com

Email: engap@umanitoba.ca

U of M Education Access Program (EAP)

For Indigenous students pursuing a career in teaching.

Education Access Program

Room 220 – 45 Curry Place

204-474-8000

1-800-432-1960 ext. 8000

Website: www.umanitoba.ca/student/indigenous/programs/EAP.html

U of M Inner City Social Work Program (ICSWP)

For students pursuing a career in social work.

Inner City Social Work Program (ICSWP)

William Norrie Centre – 485 Selkirk Avenue

204-668-8160

Website: www.umanitoba.ca/faculties/social_work/programs/inner_city

Email: Debra.Diubaldo@umanitoba.ca

U of M Department of Native Students

This department in the Faculty of Arts offers undergraduate and graduate level degree programs. Cree and Ojibway language courses are offered as well.

Native Studies

Room 215 – Isbister Building

204-474-9266

1-800-432-1960 (toll-free)

Website: www.umanitoba.ca/faculties/arts/departments/native_studies

Email: nsgp@umanitoba.ca

U of M Aboriginal Nursing Cohort Initiative (ANCI)

For Indigenous students pursuing careers in nursing.

College of Nursing

Helen Glass Centre for Nursing – 89 Curry Place

204-474-7452

1-800-432-1960 ext. 7452

Website: [www.umanitoba.ca/faculties/nursing/
undergrad/anci](http://www.umanitoba.ca/faculties/nursing/undergrad/anci)

Email: nursing@umanitoba.ca

U of M Indigenous Business Education Program (IBEP)

Support unit for students pursuing careers in the business field. Supports include tutors, bursaries, and summer internships.

Indigenous Business Education Partners

374 Drake Centre – 181 Freedman Crescent

204-474-7401

Website: [www.umanitoba.ca/faculties/management/
programs/undergraduate/ibep](http://www.umanitoba.ca/faculties/management/programs/undergraduate/ibep)

Email: ibep@umanitoba.ca

U of M Aboriginal Focus Programs (AFP)

Diploma and certificate programs, such as the First Nations Community Wellness Diploma, offered through Extended Education which are intended for adult learners.

Inner City Social Work Program (ICSWP)

William Norrie Centre – 485 Selkirk Avenue

204-668-8160

Website: www.umanitoba.ca/faculties/social_work/programs/inner_city

Email: icswp@umanitoba.ca

University of Winnipeg

Located in downtown Winnipeg, the campus offers a small, close-knit community of students and professors. The environment is warm and friendly and the small size of the campus enables students and professors to communicate and get to know one another. The university offers courses with Indigenous content in many departments such as Anthropology, History, and Political Science to name just a few. In addition, they also offer language courses in Cree and Ojibway. To enhance the Indigenous student's experience, the university offers several supports including:

- Visiting Elders Program
- Aboriginal Student Advisor
- First Nations Student Council
- Aboriginal Students Lounge
- Aboriginal Initiatives Committee
- Red Roots: Theatre in Residence

For more information contact:

ANDREA McCLUSKEY

Director, Micro Communities

204-786-9865

Email: a.mccluskey@uwinnipeg.ca

RANDY WHITE

Transition Year Program Coordinator / First Year Advisor

204-786-9983

Email: r.white@uwinnipeg.ca

JEFF BOOTH

Indigenous Academic Advisor / Student Support Officer

204-786-9818

Email: j.booth@uwinnipeg.ca

TIM COUGHLAN

Aboriginal Liaison Officer

204-786-9922

Email: t.coughlan@uwinnipeg.ca

STUDENT COUNCIL

Website: www.theuwsa.ca

**U of W Aboriginal Educational
Assistant Diploma Program**

Some Indigenous-focused programs at the university are:

- Aboriginal Governance Program
- Indigenous Police Preparation Diploma Program
- Community-based Aboriginal Teacher Education Program (CATEP)
- Inner City Education Program

U of W Urban and Inner City Studies Bachelor of Arts Program

Hannah Krenn

204-988-7196

Email: h.krenn@uwinnipeg.ca

Don't have grade 12?

Attend orientation week and bi-weekly life skills classes.

Take two courses: Introduction to University, and Academic Writing. Earn a grade of C or better in both and you will then be admitted to the university as a Mature Access student. Tutoring services are provided for free and on-call. Financial assistance is available for those who can show a need.

U of W Division of Continuing Education

Division of Continuing Education

294 William Avenue

204-982-1811

Red River College

Aboriginal Student Support Centre (ASSC) & Community Relations

The ASSC offers support services to prospective and current students of Indigenous ancestry (Métis, Inuit, First Nations, Non-Status). The centre is a place where students can feel comfortable in an environment and atmosphere that is a home-away-from-home with facilities that offer everything from a computer lab, kitchen, lounge, phone area to exciting events held each week in the conference area. While at the college, students need to feel that they have a place to come

where any question is a valid inquiry and when you need someone to talk to, there is always someone ready to listen.

The Aboriginal Student Support team will also assist students in finding their way around the campus and to know where and how to access all college supports and services.

Current programs and events include:

ELDERS IN RESIDENCE

Book an appointment, drop by for a visit, or attend various weekly cultural teaching sessions.

PERSONAL COUNSELLING SERVICES

Discuss the adjustment to a post-secondary institution, financial management, or any matter of concern.

ACADEMIC ADVISING

Available to assist students with program planning, registration, interpretation of academic policies and procedures, and curriculum requirements.

Weekly Events

Guest speakers, student feasts, traditional teachings, industry presentations, movies, arts and crafts.

- Information about Indigenous awards, bursaries and scholarships
- Student programs include internships, mentorships, tours, sample sessions of various academic programs around the college, employment opportunities, time out from studies by attending free events around the city, and welcome circle for Inuit students from Nunavut.
- Aboriginal Student volunteer group called the Resource Crew (R-Crew)

For more information, please contact:

**INDIGENOUS STUDENT SUPPORT
& COMMUNITY RELATIONS**

Morgan Paul, Team Communicator

Room 214, Building F

204-632-3773

Email: mpaul50@rrc.ca

**Indigenous Education and ACCESS Programs
INDIGENOUS LANGUAGE SPECIALIST**

Interpreting and translating provides an opportunity to bring together cultures and communities by facilitating communication. If you have a strong working knowledge of Cree or Ojibwe, this program will provide you with the translating and interpreting skills to be successful.

INDIGENOUS SELF-GOVERNMENT ADMINISTRATION

Make a difference in your community. Realize your potential in the planning of Indigenous Self-Government by gaining knowledge of present political systems and existing/traditional model of self-government. You will learn skills in administration, finance, management, and policy analysis.

INTRODUCTION TO TRADES

The program introduces and prepares Indigenous students for entry into existing RRC trade programs.

COMPUTER APPLICATIONS FOR BUSINESS

The program provides Indigenous students with training in computer software applications, business and economics, introductory accounting, office administration, communication skills for business, research, reporting, and presenting.

INDIGENOUS PROGRAM FOR COLLEGE ENRICHMENT AND TRANSITION

The program assists Indigenous students to achieve the appropriate prerequisites and skills to transfer into other college programs of their choice.

COMMUNITY DEVELOPMENT/COMMUNITY ECONOMIC DEVELOPMENT PROGRAM

This program prepares you to become a facilitator of change in communities that are experiencing multiple barriers to development.

ACCESS MODEL PROGRAMS

The ACCESS Model Program provides admission to specific Red River College programs for low-income residents of Manitoba who have not had the opportunity to participate or succeed in a college education because of social, economic or cultural factors, formal education or geographical location (inaccessibility to post-secondary institutions).

ACCESS NURSING

The program prepares students with the academic and developmental skills necessary to enter the Joint Baccalaureate (JBN) program.

ACCESS BUSINESS ADMINISTRATION INTEGRATED

The program provides a broad business background so that the graduate may choose a career from a variety of job opportunities in the business community.

ACCESS CIVIL/ENGINEERING TECHNOLOGY

The program is designed for Indigenous applicants who do not meet the regular admission requirements of the Civil/CAD technology program or who choose to take it over a longer period of time.

Yellowquill College

Manitoba's original First Nation-controlled college offers courses such as:

- First Nation Governance Diploma Program
- Certified Aboriginal Financial Manager Program
- Administrative Assistant Certificate Program

For more information on these and other courses contact:

Yellowquill College

480 Madison Street

204-953-2800

Website: www.yellowquill.org

Email: administration@yellowquill.org

Inner City Campus

Offers the Inner City Social Work Program and Aboriginal Child Welfare Initiative Bachelor of Social Work Program to Indigenous residents of Winnipeg's inner city.

Inner City Campus/William Norrie Centre

Inner City Social Work Program (ICSWP)

William Norrie Centre – 485 Selkirk Avenue

204-668-8160

Website: www.umanitoba.ca/faculties/social_work/programs/inner_city

Email: Debra.Diubaldo@umanitoba.ca

Income Support Services

There are a variety of government income supports available with varying eligibility criteria. Please contact the service or program directly to determine if you qualify.

Employment and Income Assistance

A program of last resort to provide basic needs to those unable to support themselves. Applicants must attend an orientation session prior to meeting with a worker to determine assistance eligibility.

Employment and Income Assistance
204-948-4000 (general information line)
Website: www.manitoba.ca/fs/eia/
Email: eia@gov.mb.ca

EIA Job Centre

Employment and Income Assistance operates a job centre. It is available to people who are financially eligible and are looking for work. In order to attend they must first register by calling or reporting to the front desk.

Employment and Income Assistance
2A – 111 Rorie Street
204-948-4000 (general information line)
Website: www.manitoba.ca/fs/eia
Email: eia@gov.mb.ca

Social Assistance Appeal Board

An independent appeal board for decisions regarding provincial and municipal social assistance and other programs offered by Family Services.

Social Services Appeal Board
7th Floor – 175 Hargrave Street
204-945-3003
1-800-282-8069 (toll-free)
Website: www.manitoba.ca/fs/ssab
Email: ssab@gov.mb.ca

Manitoba Child Benefit (MCB)

The MCB provides monthly benefits to low-income Manitoba families needing assistance with the cost of raising children.

You may be eligible if:

- You reside in Manitoba
- You have dependent children under the age of 18
- Your Manitoba Health card lists your dependent children
- You receive Canada Child Tax benefit payments for your dependents
- Your total family income is below a specific level

Provincial Services
100 – 114 Garry Street
204-948-7368
1-877-587-6224
Website: www.manitoba.ca/fs/eia/mcb.html
Email: incsup@gov.mb.ca

Child Tax Benefit

A federal government program providing monthly payments to assist in the cost of raising children up to the age of 18. Benefits are paid to the child's primary caregiver who must reside with the child. To receive the benefit, you and your spouse, if applicable, must file an income tax return.

Winnipeg Tax Services Office

325 Broadway

1-800-959-8281

Website: www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview

Manitoba Prenatal Benefit and Community Support Programs

This program assists income-eligible pregnant women with a monthly cheque to meet their extra nutritional needs. It also offers community-based programs and provides information to pregnancy and new mothers on pregnancy, child development, and healthy eating.

Provincial Services

Community Service Delivery

100-114 Garry Street

204-945-1301

1-888-848-0140 (toll-free)

Website: www.manitoba.ca/healthychild/healthybaby/mpb.html

Email: incsup@gov.mb.ca

Family Support Services



Winnipeg has a wide variety of family support services and organizations ranging from cultural, health to adolescent parent programs. The following is a small sample of services available.

Connect 2 Community Voicemail

The Connect 2 Voicemail box service lets you have a FREE phone answering service even if you don't have a telephone. To get your messages, you can use the phone of a friend or relative. Also, many agencies, businesses, and churches have phones you can use for free. Your pass code keeps your messages confidential. To receive your free mailbox, you will have to connect with an agency that will help you set up your voice mailbox.

The West Central Women's Resource Centre

The centre provides advocacy and information to community women, provides recreational and skills development opportunities, operates the Community Cupboard, holds craft programs with free access to sewing machines, sharing circles, and much more.

West Central Women's Resource Centre

640 Ellice Avenue

204-774-8975

Website: www.wcwrc.ca

Email: info@wcwrc.ca

Better Fathers Incorporated

Group work with men who want to be better men and fathers. Individual counselling re: trauma and other needs (including abuse). Family counselling as needed.

Better Fathers Inc.

361 Burnell Street

204-782-7987

Email: better_fathering@mts.net

Ma Mawi Wi Chi Itata Centre Inc.

Ma Mawi Wi Chi Itata Centre was established in 1984 to reclaim Indigenous people's inherent role and responsibility as the caregivers for Indigenous children and families. It's a community directed, Indigenous-led family support service organization delivering community-based programs and services to Indigenous children, youth and families living in Winnipeg. The name Ma Mawi Wi Chi Itata translates from Ojibway into the phrase "*we all work together to help one another*" and the programs and services are developed and operate within a philosophy that is embodied in the name.

Programs & Services:

- Youth Culture/Employment Programs
- Spirit of Peace Program
- Caring for our Relatives Programs (FGC, Eagle Horse Society, CLOUT & Ozosunon)
- Residential Care Facilities (Circle of Care, HOME, Isobel's Place, Luke's Place, Little Sisters)
- Wi Che Win – Housing First Programs (Adults, Women & Youth)

Administrative Office

350-200 Alpine Way
Headlingley, MB
204-925-0300

King Street Gathering/Meeting Place

445 King Street
204-925-0300

Community Care Sites

443 Spence Street
204-925-0348
363 McGregor Street
204-925-6816

Website: www.mamawi.com

Email: info@mamawi.com

Butterfly Club

Mentor program for Indigenous female youth ages 6-17.

Ka Ni Kanichihk

455 McDermot Avenue
204-953-5820

Website: www.kanikanichihk.ca

Email: admin@kanikanichihk.ca

Second Location: 102-765 Main Street

204-594-6500

Healthy Baby Community Support Programs

This program helps pregnant women, new mothers (and fathers) learn more about pregnancy, health, nutrition, and their baby's development. They offer cooking activities, bonding with your baby, milk coupons, bus tickets, and parenting tips.

Healthy Child Manitoba Office
3rd floor – 332 Bannatyne Avenue
204-945-2266
1-888-848-0140 (toll-free)
Website: www.manitoba.ca/healthychild/
Email: healthychild@gov.mb.ca

Indigenous Family Centre

The centre is dedicated to the development and maintenance of the Indigenous community in a spiritual and social way. They have a multipurpose room and kitchen facilities, as well as pastoral services, sharing circles, workshop/healing circles, and seasonal ceremonies with Anishinaabe and Christian traditions.

Indigenous Family Centre
470 Selkirk Avenue
204-586-8393
Website: www.ifcentre.com

Rossbrook House

Rossbrook house is a highly regarded inner city drop-in centre for youth ages 5-24. It is open Monday to Thursday from 8 am to midnight, Friday and Saturday 24 hours as well as Sunday if Monday is a holiday. During Christmas, spring and summer school holidays, the centre is open 24 hours daily. There are educational, cultural, recreational, social and employment opportunities available for all ages.

Rossbrook House Inc.
658 Ross Avenue
204-949-4090
Website: www.rossbrookhouse.ca
Email: mail@rossbrookhouse.ca

North End Women's Resource Centre

The centre's mandate is to assist women in gaining control over their lives. They offer parenting programs, anger management, grief and healing programs, referral services, information sessions, and operate the "Opportunity Shop" selling quality used clothing and house wares.

North End Women's Centre

394 Selkirk Avenue

204-589-7347

Website: www.newcentre.org

Email: info@newcentre.org

Andrews Street Family Centre

Family and neighbourhood support centre offering a wide range of programs such as parenting classes, homework tutoring program, drop-in centre, Head Start program, food co-op, support group for residential school attendees, girls club, and community kitchen. For more information on these programs or other available programs contact the centre.

Andrews Street Family Centre Inc.

220 Andrews Street

204-589-1721

Email: asfc@shawbiz.ca

Winnipeg Boys and Girls Club

The mission of the Winnipeg Boys and Girls Club is to offer children and youth of diverse social and cultural backgrounds a safe and challenging environment, and the opportunities necessary to acquire skills which will enable them to realize their potential. Boys and Girls clubs operate throughout Winnipeg. Phone for a great program near you.

Boys and Girls Clubs of Winnipeg Inc.
300 – 61 Juno Street
204-982-4940
Website: www.bgcwinnipeg.ca

Wolseley Family Place

Wolseley Family Place is a drop-in centre for families. You can choose from the many classes on parenting, life skills, and/or just meet friends and make connections to the community.

Wolseley Family Place
Lower Level – 691 Wolseley Avenue
204-788-8052
Website: www.wolseleyfamilyplace.com
Email: admin@wfpwpg.ca

Broadway Neighbourhood Centre

The Broadway Neighbourhood Centre provides a number of recreational, social, health, education, and training programs/services to all ages.

Broadway Neighbourhood Centre
185 Young Street
204-772-9253
Website: www.thebnc.ca
Email: infothebnc@gmail.com

Winnipeg Harvest

This is Winnipeg's food bank for people who need emergency food services. Please call a day ahead of time in order for Winnipeg Harvest to collect the required food. You may also inquire about food banks in your area and make an appointment to attend. You may be requested to show a Manitoba Health card indicating the number of children in the family.

Winnipeg Harvest Inc.
1085 Winnipeg Avenue
204-982-3663
204-982-3660 (Crisis Food Line)
Website: www.winnipegharvest.org
Email: info@winnipegharvest.org

Christmas Cheer Board

Provides food hampers to low income families or single people, and gifts for children at Christmas. The board usually starts taking names in early November.

Christmas Cheer Board
1385 Ellice Avenue
204-669-5369
Website: www.christmascheerboard.ca

Indigenous Women's Healing Centre

Since 1979, the Indigenous Women's Healing Centre (IWHC), formerly known as the Native Women's Transition Centre Inc. (NWTIC) has worked to support and strengthen Aboriginal women and mothers on their journey of healing and recovery from family violence, addictions, intergenerational issues and institutionalization.

Indigenous Women's Healing Centre
105 Aikins Street
204-989-8240
Website: www.iwhc.ca

New Directions for Children, Youth, Adults and Families

This organization offers a vast array of services ranging from education and training, crisis intervention, counselling, and therapy. There are day and residential programs for mentally handicapped adults. As well, they have an on-site Elder. The following lists some of the programs offered by New Directions. Some programs may require a referral from Child and Family Services:

RESOURCES FOR ADOLESCENT PARENTS: assists single teenaged parents to become self-sufficient through life skills training, academic upgrading, job search skills and assistance in securing child care.

FAMILY THERAPY: a resource to families experiencing stressful or difficult situations that impact on their children.

FAMILIES AFFECTED BY SEXUAL ASSAULT: a crisis intervention and short-term therapy program for children and their families who have experienced or recently disclosed sexual assault by a non-family member.

TRANSITION, EDUCATION AND RESOURCES FOR FEMALES (TERF): safe and supportive learning environment for young women and transgendered individuals as well as adults who have been exploited through prostitution.

Springs Inner City Family Services

Call 204-586-6213 for more information or go to the website www.springschurch.com

KID'S CLUB: for ages 4-11, Fridays at 7:30 pm and Sundays at 10:30 am. Breakfast with a movie Sundays at 9:30 am.

Springs Inner City
648 Burrows Avenue
204-586-6213
Website: www.springschurch.com
Email: feedback@springschurch.com

YOUTH PROGRAM: a safe club atmosphere for inner city teens ages 12-19 to build positive relationships and develop leadership skills. Open every Friday at 7:30 pm.

Springs Church
193 McGregor Street
204-233-7003
Website: www.springschurch.com
Email: feedback@springschurch.com

FOOD & ADULT DROP-IN PROGRAM: alternating every Monday and Thursday at 10:00 am (for more information please call 204-586-6213).

Springs Inner City
648 Burrows Avenue
204-586-6213
Website: www.springschurch.com
Email: feedback@springschurch.com

Thrive Community Support Circle

Provides counselling, support, practical assistance, advocacy, and referral to pre- and post-natal women and their partners having difficulty with the pregnancy or their relationship.

As well, they offer supports and respite care to parents and caregivers of children from birth to 6 years. They also operate the Spence Street Thrift Shop.

Thrive Resource Centre

555 Spence Street

204-775-9934

Thrive Child Care

100-475 Sargent Avenue

204-779-5093

Parenting Programs/Therapy Department

5-505 Sargent Avenue

204-775-9934

Website: www.thrivecommunitysupportcircle.com

Native Addictions Council of Manitoba

Works with other agencies to provide assistance, counselling, and referral for Indigenous people regarding substance abuse problems.

Native Addictions Council of Manitoba

160 Salter Street

204-586-8395

Website: www.nacm.ca

Email: info@nacm.ca

Fort Garry Women's Resource Centre

The centre is open to women of all cultural, racial, economic, social and religious affiliations, to women with differing abilities, ages and sizes as well as to women who are heterosexual, bisexual, lesbian and is committed to women and their children's safety, health and empowerment. Programs and services offered include:

- Information and referral
- Individual and group counselling
- Public education workshops
- Child counselling programs

Fort Garry Women's Resource Centre

1150A Waverley Street

204-477-1123

Website: www.fgwrc.ca

Child Day Care Branch

Provides subsidies for families in need of day care for education, employment or seeking employment, medical needs, and special social needs. They can provide you with a list of licensed day cares in your area after which it is up to you to apply to the day care of choice and to apply for a subsidy. Most day cares in Winnipeg have long waiting lists so it is a good idea to start your search for a quality day care as soon as possible and to place your child on as many waiting lists as possible. Subsidy is based on family income and in many cases will cover all costs. However, many day cares charge \$2.40 per day, per child in addition to the subsidy and this additional amount is your responsibility to pay.

Early Learning and Child Care Program
210-114 Garry Street
204-945-0776
Website: www.manitoba.ca/fs/childcare
Email: cdcinfo@gov.mb.ca

MissingKids.ca

MissingKids.ca is a program of the Canadian Centre for Children Protection. As Canada's missing children resource centre, MissingKids.ca offers families support in the search of their missing child and provides educational resources to help prevent children from going missing. MissingKids.ca offers a Community Action Plan designed to better equip communities to respond quickly and efficiently when a child is missing. Additional resources related to missing children are available at missingkids.ca and personal safety resources are available on protectchildren.ca

Canadian Centre for Child Protection
204-945-5735
1-866-543-8477 (toll-free)
Website: www.missingkids.ca
www.protectchildren.ca
Email: contact@missingkids.ca

Sage House

Street women's health, outreach, and resource service. Their goal is to improve the health and safety of street involved women and trans-genders living as women by providing a variety of services on-site and through street outreach and programs offered with partner agencies. There is a nurse available on-site during drop-in hours.

Mount Carmel Clinic
422 Dufferin Avenue
204-943-6379
Website: www.mountcarmel.ca/health_service/sage-house

EYAA-KEEN Centre Inc.

Outpatient treatment: Mental Health (adults). Traumas and losses including survivors of the Residential School Legacy. Trauma treatment programs for Indigenous adults to address the needs of victims of historical trauma, abuse, domestic violence and survivors of a loved one's suicide, sudden accidental death, or other traumas and losses.

Eyaa-Keen Healing Centre Inc.
547 Notre Dame Avenue
204-783-2976
1-877-423-4648
Website: www.eyaa-keen.org
Email: intake@eyaa-keen.org

Rainbow Resource Centre

The Rainbow Resource Centre is a non-for-profit community organization that provides support and resources to the gay, lesbian, bisexual, transgender and two-spirit communities of Manitoba and North Western Ontario.

Rainbow Resource Centre
170 Scott Street
204-474-0212
1-855-437-8523
Website: www.rainbowresourcecentre.org
Email: info@rainbowresourcecentre.org

Circle of Life Thunderbird House

As you approach Circle of Life Thunderbird House, one thing will be abundantly clear – it is not a place you will easily forget. Thunderbird House will open your mind to Indigenous culture in a way you never thought possible. From the moment you walk in you will be offered positive insights into the culture and heritage of Winnipeg’s Indigenous people.

Circle of Life Thunderbird House
715 Main Street
204-940-4240
Website: www.thunderbirdhouse.ca

First Nations Family Advocate Office – Assembly of Manitoba Chiefs

The Assembly of Manitoba Chiefs officially opened the Manitoba First Nations Family Advocate Office (FNFAO) on June 1st, 2015. Their mandate is from Manitoba Chiefs; they support the whole family; they advocate for First Nation-led solutions to address the CFS crisis in Manitoba.

2nd Floor – 286 Smith Street
204-957-8450
1-855-996-9989
Website: www.firstnationsfamilyadvocate.com
Email: pcameron@manitobachiefs.com

Youth Resource Centres



The following centres provide a variety of services including counselling, drop-in, cultural, sports, computers, employment, and much more. Call or visit them to see how you can get involved!

Ndinawe Youth Resource Centre

Ndinawemaaganag Endaawaad Inc.

472 Selkirk Avenue

204-589-5545

Website: www.ndinawe.ca

Email: info@ndinawe.ca

Rossbrook House

- Lighthouses Weekend Alternatives Program
- White Sash Keepers Program
- Youth Program

Rossbrook House Inc.

658 Ross Avenue

204-949-4090

Website: www.rossbrookhouse.ca

Email: mail@rossbrookhouse.ca

McGregor Neighborhood Care Site

Services provided by Ma Mawi, YW-YMCA, Splash Child Care and the Winnipeg Regional Health Authority.

McGregor Neighborhood Care Site

363 McGregor Street

204-925-6816

Website: www.mamawi.com

Email: info@mamawi.com

MacDonald Youth Services

MacDonald Youth Services

175 Mayfair Avenue

204-477-1722

Website: www.mys.ca

Email: info@mys.mb.ca

Resource Assistance for Youth (RAY)

Resource Assistance for Youth Inc.

125 Sherbrook Street

204-783-5617

Website: www.rayinc.ca

Email: info@rayinc.ca

Inner-City Youth Alive

Inner-City Youth Alive

418 Aberdeen Avenue

204-582-8779

Website: www.icya.ca

Email: info@icya.ca

Boys & Girls Club of Winnipeg

Boys and Girls Clubs of Winnipeg Inc.

300 – 61 Juno Street

204-982-4940

Website: www.bgcwinnipeg.ca

Youth for Christ

Youth for Christ

333 King Street

204-669-4205

Email: info@yfcwinnipeg.ca

Website: www.yfcwinnipeg.com

Andrews Street Family Centre

Andrews Street Family Centre Inc.

220 Andrews Street

204-589-1721

Email: asfc@shawbiz.ca



Elder and Senior Supports



The Indian Residential Schools (IRS) Health Support Program, a program of Health Canada, provides eligible former students and their families with access to emotional health and wellness support services. The IRS Resolution Health Support Program provides:

- Professional counselling
- Emotional supports by support workers
- Cultural support by Elders
- Assistance with cost of transportation

Also, a crisis line is available to provide immediate emotional assistance and can be reached 24 hours a day, 7 days a week.

First Nations and Inuit Health Branch, Manitoba Region
3rd Floor – 391 York Avenue
1-866-925-4419
Region Coordinator: 204-984-4632
Region Assistant: 204-984-7094
1-866-818-3505 (toll-free)

Aboriginal Senior Resource Centre

Aboriginal Senior Resource Centre
527 Selkirk Avenue
204-586-4595
Website: www.asrcwpg.ca
Email: admin@asrcwpg.ca

Seniors Information Line

The Seniors Information Line is designed to provide seniors with easy access to programs and information on issues affecting seniors.

Manitoba Government Inquiry

204-945-3744

1-866-626-4862 (toll-free)

Website: www.manitoba.ca/seniors/

Email: seniors@gov.mb.ca

Seniors Abuse Line

A confidential line for assistance and information.

204-945-1884

1-888-896-7183 (toll-free)

Bear Paw Teaching and Healing

Bear paw was created to share teachings and promote healing. There is ancient wisdom that possesses the power to awaken the healthy individual within, transform relationships and show us how to live in harmony on Mother Earth.

Bear Paw Teaching and Healing

204-250-5637

Website: www.bearpawtipi.ca

Email: contact@bearpawtipi.ca

Age and Opportunity Centre Inc.

Programs and services include:

- Information and referral
- Counselling
- Elder abuse services
- Friendly visiting services
- English for seniors
- Legal services
- Older victim services
- Winnipeg seniors housing directory
- Safety aid program
- ABCs of fraud

A & O: Support Services for Older Adults

200 – 280 Smith Street

204-956-6440

Website: www.aosupportservices.ca

Email: info@aosupportservices.ca

Manitoba Seniors Guide

For a copy of Manitoba Seniors Guide call:

Manitoba Government Inquiry

204-945-3744

1-866-626-4862 (toll-free)

Website: www.gov.mb.ca/seniors/

Email: seniors@gov.mb.ca

Recreation



There are lots of fun things to do in Winnipeg. Many of them are free or very reasonably priced. Several neighbourhoods are very interesting to simply wander about in. Winnipeg has a world-class zoo, the historic Forks, Children’s Museum, and festivals galore! The following are some of the more affordable or free things to do in Winnipeg.

Art City

Art City is a community art centre located in the West Broadway neighbourhood open to all. They provide high-quality, free art programming to participants of all ages.

Art City

616 Broadway

204-775-9856

Website: www.artcityinc.com

Email: info@artcityinc.com

COMMUNITY ARTIST SERIES accepts proposals from artists and creative individuals who want to provide workshops. Proposals are accepted on an ongoing basis.

PROFESSIONAL ARTIST SERIES is open to artists from anywhere and AC accepts proposals in June of every year. During workshops, guest artists run workshops alongside staff and volunteers. Check out their calendar of events/workshops: masks, textiles, pottery, comics, etc on their website.

The Sunshine Fund

Provides summer camp opportunities for low-income families. Includes day camps for children 4-12 years of age and overnight and weeklong camps for children over the age of 8. Applications are accepted beginning in March of every year and request that parents pay a portion of the costs, usually around 25 per cent. Those unable to pay may make other arrangements.

Manitoba Camping Association & Sunshine Fund
Unit F – 1215 Henderson Highway
204-784-4177
Website: www.mbcamping.ca
Email: sunshinefund@manitobacamping.ca

Assiniboine Park

The jewel of Winnipeg, the park boasts a miniature railway, world class zoo, gardens, picnic areas, and extensive walking and biking trails. In the winter, you can enjoy cross country skiing, skating, and a toboggan slide. In addition, there is the Assiniboine Forest with more than 3 kilometres of nature trails. No admission fee.

Assiniboine Park

55 Pavilion Crescent
204-927-6000
Website: www.assiniboineparkzoo.ca
Email: info@assiniboinepark.ca

Assiniboine Park Zoo

2595 Roblin Boulevard
204-927-6000
Website: www.assiniboineparkzoo.ca
Email: info@assiniboinepark.ca

Royal Canadian Mint

See how money is made: Tour the mint.

Winnipeg Mint

520 Lagimodière Boulevard

204-983-6429

The Manitoba Museum

Seven large galleries explore the history and geography of Manitoba from the Arctic coast to the southern grasslands. The Hudson's Bay Company gallery is a tribute to the role of the fur trade in Manitoba's history and is a wonderful display. The museum also boasts a replica of the Nonsuch, the ship whose voyage in 1668 led to the founding of the Hudson Bay Company. Call for seasonal admission rates.

Manitoba Museum

190 Rupert Avenue

204-956-2830

Website: www.manitobamuseum.ca

Email: info@manitobamuseum.ca

Planetarium

Located in the same building complex as the museum, the planetarium offers multimedia shows unveiling the wonders of the universe and many excellent children's shows and astronomy programs. Call for administration rates.

Manitoba Museum

190 Rupert Avenue

204-956-2830

Website: www.manitobamuseum.ca

Email: info@manitobamuseum.ca

Science Centre

Located in the same complex as the Museum and Planetarium, this place is lots of fun for kids and grown-ups alike! The Science Centre is a hands-on exploration of science, technology, art, and illusion. Almost 100 exhibits encourage exploration in a fun, interactive environment. You can operate a robot, enter the Matrix, talk to a computer that will talk back, or ride a stationary bike to generate enough electricity to see yourself on TV! Call for admission rates.

Manitoba Museum

190 Rupert Avenue

204-956-2830

Website: www.manitobamuseum.ca

Email: info@manitobamuseum.ca

The Forks National Historic Site

Located at the junction of the Red and Assiniboine Rivers, the Forks have been a gathering place for hundreds of years. The Forks is host to more than 100 festivals every year, many of them free. The Forks has canoe rentals, a large market, a pedestrian bridge, and a six story high tower for a spectacular view of the rivers and Winnipeg skyline. As well, there are several miles of riverside walkways leading to and from the Forks. In winter, skating and skiing trails are cleared on the river ice. Watch for Aboriginal Day Celebrations in June.

The Forks

1 Forks Market Road

204-947-9236

Website: www.theforks.com

Email: infokiosk@theforks.com

Manitoba Children's Museum

The only children's museum in Western Canada, it features a turn-of-the-century train, the chance to sit inside a beaver lodge, drive a car, broadcast the news, or climb into an oak tree. Lots of fun for the whole family. Reasonable admission cost.

Children's Museum

45 Forks Market Road

204-924-4000

Website: www.childrensmuseum.com

Canadian Museum for Human Rights

Just opened in September, 2014, the Canadian Museum for Human Rights will showcase stories from multiple perspectives in unique and remarkable ways. Located downtown at the Forks, the architecture and vast size of the museum can't be missed. Call for hours of operation and rates.

Canadian Museum for Human Rights

85 Israel Asper Way (The Forks)

204-289-2000

1-877-877-6037 (toll-free)

Website: www.museumforhumanrights.ca

Email: info@humanrights.ca

Louis Riel's Tomb

The founder of Manitoba and famous Métis leader, Riel's tomb is located at St. Boniface Cathedral Cemetery.

Tourisme Riel

219, boul. Provencher Boulevard

204-233-8343

1-866-808-8338 (toll-free)

Website: www.tourismeriel.com/en

Email: info@tourismeriel.com

Riel House National Historic Site

The Riel family home, restored to its 1886 appearance. Open May 22-August 31. Call for hours of operation and seasonal admission costs.

Riel House National Historic Site of Canada

330 River Road

204-257-1783

Email: pc.infolhnmaison-riel-rielhousenhsinfo.pc@canada.ca

Lower Fort Garry National Historic Site

Original and intact, this stone fort has been restored to its 1850 appearance when it was a supply fort for the Hudson's Bay Company. Staff in period costume recreate the fur trade era when the fort was the social centre of the Red River settlement. Open every day, 9:30 am to 5 pm. Call for seasonal admission costs.

Lower Fort Garry National Historic Site

5925 Highway 9, Saint Andrews, MB

204-785-6050

1-888-773-8888 (toll-free)

Website: www.pc.gc.ca/en/lhn-nhs/mb/fortgarry

Email: pc.infolhnlowerfortgarry-lowerfortgarrynhsinfo.pc@canada.ca

Royal Aviation Museum of Western Canada

Coming soon, there is a new museum opening up in 2020 that's made by the Royal Aviation Museum of Western Canada. For more information visit the website.

Royal Aviation Museum of Western Canada

204-786-5503

Website: www.royalaviationmuseum.com

Email: info@RoyalAviationMuseum.com

FortWhyte Alive

200 acres of forest, lakes, walking trails, wildlife, and marshland. A 100,000-square-foot interpretive centre features the "Touch Museum" and the "Aquarium of the Prairies." Open year round, it offers snowshoe rentals in the winter, as well as ice fishing facilities and toboggan slides.

Call for admission costs.

FortWhyte Alive

1961 McCreary Road

204-989-8355

Website: www.fortwhyte.org

Oak Hammock Marsh Interpretive Centre

One of North America's finest bird viewing areas in a 36-acre marsh and tall grass prairie setting. Open year round, it offers an observation deck, exhibits, canoe rides, hiking trails, theatre, guided programs and more. Call for seasonal hours of operation and costs.

Oak Hammock Marsh Interpretive Centre

1 Snow Goosebay, Stonewall, MB

204-467-3300

Website: www.oakhammockmarsh.ca

Email: ohmic@ducks.ca

Fun Mountain Waterslide Park

Lots of fun with 10 waterslides, bumper boats, miniature golf, play structure, picnic area, gas barbecues, paddle boat rentals, and concession stands. Call for seasonal rates and hours.

Fun Mountain Waterslide Park
804 Murdock Road
204-255-3910
Website: www.funmountain.ca
Email: funmountain@mymts.net

Tinkertown

A great way to spend the day! Has a miniature train, over 20 rides and attractions including an arcade, mini-golf, bumper cars, food concessions, picnic area (no barbecues allowed) and Western Canada's only "antique Tin Lizze" car ride. Look for their coupon in the front of the Yellow Pages. Call for seasonal hours and prices.

Tinkertown
621 Murdock Road
204-257-8095
Website: www.tinkertown.mb.ca

Exchange District Walking Tours

For exchange district walking tours at reasonable prices call:

The Exchange District Biz
492 Main Street
204-942-6716
Website: www.exchangedistrict.org
Email: info@exchangedistrict.org

Grand Prix Amusements

Super-exciting fun! Three tracks of go-carts, kiddie carts, formula, and sprint carts. Also have mini-golf, batting cages, bumper cars and boats, a haunted house, concessions, and lots more. Open daily (in season) from 10 am to 10 pm.

Grand Prix Amusements

Highway #1 (Fermor)

204-254-3644

Website: www.grandprixamusements.com

Community Centres

Community centres are a good place to go for recreational and leisure activities. They are also a good place to meet people. The Leisure Guide is delivered to every home in Winnipeg three times a year so check out the courses offered. There are small fees for some of these courses but you can make a formal request for reduced fees. Maybe you want to consider teaching a course in your local community centre. Or, just walk into your nearest community centre and see what is happening. Visit the City of Winnipeg website at www.winnipeg.ca or call 204-986-5563 for further information on activities, locations, schedules, fees, etc.

Community Services Departments

204-475-5008 or call 311

Leisure Guide publication

Call 311

www.winnipeg.ca/cms/leisure/leisureguide.stm

Graffiti Art Programming (GAP) Inc.

A very exciting place where you will feel welcome and be able to express your artistic talents. GAP Inc offers FREE visual arts instruction. GAP Inc is a great way to get connected to the Indigenous art and cultural community in Winnipeg.

GAP

109 Higgins Avenue

204-667-9960

Website: www.graffitigallery.ca

Email: info@graffitigallery.ca

Winnipeg Public Library

The library is more than just books! Every branch has children's programs. You can get free internet access, videos, and much more. If you're looking for work ask the folks at the reference desk for the section on job-finding. The Native Studies Collection is housed at St. John's Library at 500 Salter Street.

Phone 311 with enquires about branch locations or visit www.winnipeg.ca/library.



Other Resources

Vital Statistics

Birth, death, marriage certificates and licenses, and name changes.

The Vital Statistics Agency
254 Portage Avenue
204-945-3701
1-866-949-9296 (toll-free)
Website: www.vitalstats.gov.mb.ca
Email: vitalstats@gov.mb.ca

S.I.N. (Social Insurance Number) Card

Service Canada Centres:

Portage Place Service Canada Centre

Portage Place Mall
Unit 122 – 393 Portage Avenue

St-Vital Service Canada Centre

1001 St. Mary's Road

Rivergrove Service Canada Centre

Rivergrove Shopping Centre
2599 Main Street

Crestview Service Canada Centre

3393 Portage Avenue, Suite 140

Service Canada Website and Phone Number

Website: www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada
1-800-622-6232 (toll-free)

Manitoba Métis Federation

Provides a range of services to Manitoba Métis. To obtain your Métis citizenship card, you must obtain a genealogy research report from the St. Boniface Historical Society (204-233-4888). Go to MMF Winnipeg local at Unit 10-150 Henry Avenue (204-589-4327) with your genealogy to obtain your card.

Manitoba Métis Federation Inc.

300 – 150 Henry Avenue

204-586-8474

Website: www.mmf.mb.ca

Email: info@mmf.mb.ca

Manitoba Public Insurance

Manitoba Public Insurance

204-985-7000

1-800-665-2410 (toll-free)

Website: www.mpi.mb.ca

Manitoba Health

Manitoba Health Client Services

300 Carlton Street

204-786-7101

1-800-392-1207 (toll-free)

Websites: www.manitoba.ca

www.gov.mb.ca/health/mhsip

Email: insuredben@gov.mb.ca

E.A.G.L.E. Urban Transition Centre

Provides leadership and resources to First Nation Indigenous people who have relocated or are residents of the City of Winnipeg. Through the Assembly of Manitoba Chiefs, the transition centre is for people in need of support and service.

Eagle Urban Transition Centre
2nd floor – 275 Portage Avenue
204-954-3050
1-866-345-1883 (toll-free)
Website: www.eagleutc.com

Indigenous Court Worker Program

Services for Indigenous peoples involved in the criminal court process requiring guidance on the best course of action. Workers act as liaisons with police, advise and assist in obtaining legal counsel, and a variety of other assistance as may be required.

Indigenous Court Worker Program
3rd floor – 408 York Avenue
204-945-0024

Aboriginal Single Window

Functions as a “one stop shop” for organizations and individuals needing access to information regarding government programs and services for Indigenous people. Also provides free telephone and internet access.

Service Canada
100 – 181 Higgins Avenue
204-984-1415

First Nations Disability Office

Provides peer-support and referral services to First Nation persons living with visible and invisible disabilities.

Eagle Urban Transition Centre
6th floor – 275 Portage Avenue
204-954-3050
1-866-345-1883 (toll-free)
Website: www.eagleutc.com

Manitoba Indigenous Cultural Education Centre

The Manitoba Indigenous Cultural Education Centre Inc. (MICEC) is a provincial not-for-profit charitable organization that has been promoting awareness and understanding of Indigenous history and culture to all interested people since 1975. They are located in Point Douglas in a historical building which offers a beautiful space to offer their programs and services.

- The **People's Library** is a unique resource library and information centre with over 10,000 books, DVDs and journals. Library services include borrowing privileges for members, free Wi-Fi, photocopying, research assistance and public access computers.
- The **Community Connection Program** promotes cultural awareness through activities, lectures, presentations, tours and displays.
- The **Heritage Collection** consists of a variety of objects displayed throughout the building. Major features of the collection include artwork (paintings, drawings, sculptures, carvings), craftwork (baskets, drums, dream catchers, beadwork), artifacts

(tools, arrowheads, scraping tools, fishhooks, axes, mallets, snowshoes), clothing and regalia (jingle dresses, headdresses).

- The **Indigenous Minor Hockey Tournament** is the longest running tournament of its kind in Manitoba and attracts over 75 teams from all across the province to Winnipeg every year.
- MICEC also publishes and sells their own Indigenous language resources in Ojibwe and Cree.

Manitoba Indigenous Cultural Education Centre Inc.

119 Sutherland Avenue

204-942-0228

Website: www.micec.com

Email: info@micec.com



Great Websites for more Information



www.youth.gc.ca

Government of Canada youth information.

www.manitoba.ca

Government of Manitoba.

www.canada.ca

Government of Canada.

www.canada.ca/en/services/benefits/disability

Information for persons with disabilities.

www.jobbank.gc.ca/home

Information on employment prospects.

www.manitoba.ca/careerdevelopment

A single window on strategies and program to assist you in participating fully in Manitoba's economy: employment, training, business start-up, etc.

www.winnipeg.ca/cms/recreation/leisure

Winnipeg Leisure Guide.

www.winnipeg.ca

City of Winnipeg Services for Indigenous newcomers – click on “Municipal Aboriginal Pathways”.



**Manitoba Economic
Development and Training
Youth Partnerships**

230 – 800 Portage Avenue
Winnipeg, MB R3G 0N4

204-945-3556
(in Winnipeg)

1-800-282-8069
(toll free outside Winnipeg)



www.manitoba.ca/cyo/partnersforcareers