

## Inventory for Caregivers in Manitoba

### Caregiver Organizations:

There are a number of health and condition specific organizations that offer information, support groups, educational workshops, counseling, respite, advocacy services and/or other services for caregivers. Caregivers are encouraged to connect with these organizations on an ongoing basis to receive up-to-date information on available programs and supports.

For assistance in finding these organizations, please contact the most appropriate referral service:

- **Contact Community Information** - Community information referral service, which refers Manitobans to social services and programs available through health, educational, cultural and recreational resources in the province of Manitoba. For more information, contact by phone at 204-287-8827, toll-free at 1-866-266-4636 or online at [www.contactmb.org/index.html](http://www.contactmb.org/index.html).
- **Seniors Information Line** – Information and referral line for seniors, family members and caregivers and professionals working with seniors. Callers can access information on seniors' programs and services across Manitoba. For more information, contact by phone at 204-945-6565, toll-free at 1-800-665-6565 or by email [seniors@gov.mb.ca](mailto:seniors@gov.mb.ca).
- **Healthy Child Manitoba** - Programs to help caregivers with children and youth reach their potential, Healthy Child Manitoba works with families to support their children within strong communities. For more information on the programs offered by Healthy Child Manitoba Office, please contact by phone at 204-945-2266, toll-free 1-888-848-0140, email [healthychild@gov.mb.ca](mailto:healthychild@gov.mb.ca) or online at <http://www.gov.mb.ca/healthychild/index.html>.

### **Healthy Aging Resource Teams**

Teams provide health promotion, chronic disease management, injury and illness prevention, programs to enhance the quality of life, encouraging self care, independent living and choices for one's own best health, building resources for a healthy, welcoming community for older adults. The River East Healthy Aging Resource Team also has a monthly luncheon and discussion for caregivers. For more information, contact:

Phone: Downtown 204-940-2269; River East 204-940-2114; St. James/ Assiniboia 204-940-3261

Website: <http://www.wrha.mb.ca/community/seniors/resourceteams.php>

### **Manitoba Caregiver Coalition**

The Manitoba Caregiver Coalition is a group of individuals and organizations that join with caregivers, service providers, policy makers and other stakeholders to identify and respond to the needs of caregivers in Manitoba. For more information, contact:

Phone: 953-3720

Email: [mb.caregivercoalition@yahoo.ca](mailto:mb.caregivercoalition@yahoo.ca)

Website: [www.ccc-ccan.ca](http://www.ccc-ccan.ca)

### **Friendship Centres**

There are several aboriginal organizations such as Friendship Centres across Manitoba that offer programs and support services for Aboriginal Caregivers. For more information, contact the Friendship Centre in your community.

### **Rehabilitation Centre for Children**

The Rehabilitation Centre for Children (RCC) provides services to children with physical and developmental challenges. Children from birth to 18 years of age (21 if still in school) are eligible for the services of the Centre. The Centre also has a Family Resource Centre and newsletter. For more information, contact:

633 Wellington Crescent

**Winnipeg**, MB R3M 0A8

Phone: 204-452-4311

### **Rupert's Land Caregiver Services**

Rupert's Land Caregiver Services offers a range of support services for family caregivers of persons 55+ such as:

- City-wide 'time-out' or short-term respite care;
- Transportation assistance in southwest Winnipeg (area codes R3L, R3M, R3N, R3P and part of R3T);
- Support groups;
- Information and help in problem-solving;
- Referral to other community services;
- Telephone support;
- Conference for Caregivers, community educational presentations and workshops on caregiving and aging; and
- Publishes the newsletter *The Caregivers Page*.

For more information, contact:

168 Wilton Street

**Winnipeg**, MB R3M 3C3

Phone: 204-452-9491

Email: [rlcs@mts.net](mailto:rlcs@mts.net)

Website: <http://www.rlcaregivers.org>

### **Continuity Care Inc.**

Assists and supports families to ensure a safer and more secure future for their family member with a disability. For more information, contact:

2 - 120 Maryland St

Winnipeg, MB

R3G 1L1

Phone: 204-779-1679

Email: [info@continuitycare.ca](mailto:info@continuitycare.ca)

Website: [www.continuitycare.ca](http://www.continuitycare.ca)

### **Respite Programs:**

#### **Respite Programs for Caregivers of Seniors**

Respite provides a short break for caregivers, and can be provided in the home or in an outside facility. Respite can be provided on an individual basis or in a group setting, such as Adult Day programs, to help provide balance for caregivers. Formal respite services are available to those who qualify. In Manitoba there are various organizations providing respite, including the Home Care program.

### **Respite Services for Caregivers of Youth**

Respite provides a short break for caregivers, while children experience positive and meaningful activities. Respite can be provided inside or outside of the home and helps provide balance for caregivers. Formal respite services are available to those who qualify. In Manitoba there are various organizations providing respite, contact the following for more information the following:

- **Children's disABILITY Services** - If your child receives services from Children's disABILITY Services you may be eligible for respite. Visit [www.gov.mb.ca/fs/pwd/css.html](http://www.gov.mb.ca/fs/pwd/css.html) for more information.
- **Home Care** - Respite may be available for parents caring for a child with a disability through the Manitoba Home Care Program. For more information visit: [www.gov.mb.ca/health/homecare/guide.pdf](http://www.gov.mb.ca/health/homecare/guide.pdf) or contact your Regional Health Authority.

### **Community Respite Service Inc.**

Respite services available for caregivers of persons with physical or intellectual disabilities. A respite apartment is available for short term stays in Winnipeg. For more information, contact:

825 Sherbrook St.

Winnipeg, MB R3A1M5

Phone: 204-953-2400

Email: [comresp@mts.net](mailto:comresp@mts.net)

Website: [www.communityrespiteservice.ca](http://www.communityrespiteservice.ca)

710-3<sup>rd</sup> Street

**Brandon**, MB R7A3C8

Phone: **204-727-4910**

Email: [crsbdn@mts.net](mailto:crsbdn@mts.net)

### **High Steppers Club**

Respite available for caregivers of seniors in the form of a social club. Meets Wednesdays and Thursdays from 9:30am to 3:30pm. Applications available online, for more information, contact:

930 Winakwa Road

C/o Prince of Peace Lutheran Church

Winnipeg, MB R2J1E7

Phone: 204-256-8712

Email: [manager@highstepperswpg.com](mailto:manager@highstepperswpg.com)

Website: [www.highstepperswpg.com](http://www.highstepperswpg.com)

### **Rupert's Land Caregiver Services**

Provides volunteer-based, companionship respite in clients home in order to allow caregivers of seniors extra respite time in addition to what can be accessed through Home Care. For more information, contact:

168 Wilton Street

Winnipeg, MB R3M3C3

Phone: 204- 452-9491

Email: [rlcs@mts.net](mailto:rlcs@mts.net)

Website: <http://www.rlcaregivers.org/>

**Seneca House Inc.**

Provides short term respite for people with mental health issues. For more information contact:  
283 Provencher Blvd.  
Winnipeg, MB R2H0G6  
Intake Phone: 204-231-0217  
Help Line Phone: 204-942-9276  
Email: [recovery@mts.net](mailto:recovery@mts.net)  
Website: [www.senecahouse.ca](http://www.senecahouse.ca)

**Pregnancy & Family Support Services Inc.****Family Community Centre (FCC)**

Provides drop- in respite care for children of parents enrolled in the program. For more information, contact:  
100-475 Sargent Ave.  
**Winnipeg**, MB R3B2R9  
Phone: 204-775-9934

**Winnipeg Military Family Resource Centre****Respite Childcare Program**

Provides up to 72 hours of childcare respite for military families who are experiencing financial need. For more information, contact:  
P.O. Box 17000  
102 Comet Street  
**Winnipeg**, MB R3J3Y5  
Phone: 204-833-2500, Ext. 4500  
Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)  
Website: [www.mfrc.mb.ca](http://www.mfrc.mb.ca)

**Awasis Agency of Northern Manitoba**

Provides child respite services for aboriginal families in the north. For more information, contact:  
100-701 Thompson Drive  
**Thompson**, MB R8N2A2  
Phone: 204-677-1500; Afterhours: 204-778-6341  
Toll free: 1-800-667-4734

**Home Care Program**

Each Regional Health Authority operates a Home Care Program which provides home health care services and support to assist individuals to remain independently and at home for as long as safely possible. Services provided may include:

- Personal care;
- Respite programs;
- Home support;
- Nursing, respite/caregiver relief;
- Occupational and physical therapy assessments;
- Household maintenance;
- Referrals to other agencies;
- Referrals to adult day programs; and
- Service coordination and assessments for long-term care and specialty services.

Services can be requested by the individual, the family or by the doctor. Once Home Care receives a request for service, a Home Care Case Coordinator will meet with the individual and any other caregivers at home to discuss care needs. Based on the information gathered, the Coordinator will develop a care plan to help the individual manage at home.

If other services are needed such as long-term care or alternative housing options, they can be accessed any time by requesting this information from your Home Care Case Coordinator.

For more information, please call the Regional Health Authority office nearest you. To view a copy of the Home Care Guidebook visit: [www.gov.mb.ca/health/homecare/guide](http://www.gov.mb.ca/health/homecare/guide)

**Winnipeg Regional Health Authority  
Home Care Central Intake**

Phone: 204-788-8330

*If you have concerns about your home care service, contact the Manitoba Health Appeal Board.*

**Self and Family Managed Home Care Program**

Manitobans may be eligible to pay for personal attendant services or to be paid for home care services they provide to family members through the Self and Family Managed Home Care Program.

- Eligibility of a family member for payment must be determined by the regional health authority before the family member can receive payments for non professional services that Home Care would otherwise provide.
- Self and family managed programs are options for individuals who have been receiving provincial home care services for at least one year. For more information on the program and the eligibility requirements, visit [www.gov.mb.ca/health/homecare/nonprof.html](http://www.gov.mb.ca/health/homecare/nonprof.html) or contact your local regional health authority home care office (refer to the contact list above).

**Independent Living Resource Centre (ILRC)**

The Independent Living Resource Centre is contracted through the Province of Manitoba to provide support to consumers/families who are interested in pursuing the program, respond to inquiries about the program; offer written materials and manuals, and “Self/Family Manager” training. They also have a support group for Self or Family Managers. In addition, the ILRC assists people with disabilities to identify their needs and work towards solutions. The ILRC offers the following programs and services:

- Information and referral services;
- Self and Family Managed care;
- Brokerage;
- PACE- Personal Attendant Community Education – Training Program for able-bodied persons to become Independent Living Attendants; and
- Advocacy.

For more information, contact:

**Independent Living Resource Centre**

311A - 393 Portage Avenue

**Winnipeg, MB R3B 3H6**

Phone: 204-947-0194 (TTY/TDD)

Toll-free: 1-800-663-3043

Email: [thecentre@ilrc.mb.ca](mailto:thecentre@ilrc.mb.ca)

Website: [www.ilrc.mb.ca](http://www.ilrc.mb.ca)

### **Indian And Northern Affairs(Government of Canada) Adult Care Program (Assisted Living Program)**

provides in home care services for on-reserve First Nations people with functional limitations because of age, health or disability.

There are three components to the Assisted Living program:

- in-home care, which provides homemaker services;
- foster care, which provides supervision and care in a family setting; and
- institutional care, which provides services in Type I and II institutions\*

\*Type I is residential care for individuals requiring only limited supervision and assistance with daily living activities for short periods of time each day, and Type II is extended care for individuals requiring some personal care on a 24 hour basis, under medical and nursing supervision. Individuals requiring more intensive levels of medical care (i.e. Types III, IV and V) are considered the responsibility of health authorities. For more information, contact:

Phone: 1-800-567-9604

Website: <http://www.ainc-inac.gc.ca/hb/sp/alp-eng.asp>

### **Veterans Affairs Canada(VAC)**

Offers a wide range of services and benefits to Veterans and their families. Caregiver related programs include the **Veterans Independence Program** (services may include yard work, housekeeping, personal care, health and support services, transportation costs) and Disability Benefits. Primary caregivers for veterans may qualify for VIP housekeeping and/or yard care. Some of the programs and services include:

- Health care benefits;
- Mental health services;
- Group health insurance;
- Financial benefits;
- Funeral assistance;
- Disability pension;
- Veterans Independence Program; and
- War Veterans Allowance.

For more information, contact:

#### **Veterans Affairs Canada**

P.O. Box 6050

610 - 234 Donald Street

**Winnipeg, MB R3C 4G5**

1039 Princess Avenue

**Brandon, MB R7A 4J5**

Toll-free: 1-866-522-2122 (English)

1-866-522-2022 (French)

Website: [www.veterans.gc.ca](http://www.veterans.gc.ca)

## **Hospice & Palliative Care Supports:**

### **Canadian Virtual Hospice**

The Canadian Virtual Hospice provides support and personalized information about palliative and end of-life care to patients, family members, health care providers, researchers and educators such as:

- Access to palliative care specialists through forwarding questions to a clinical team specialized in palliative care;
- Articles about managing symptoms, accessing financial benefits, and other topics to help navigate the health care system and communicate with local health care providers;
- Tools for professionals to better care for and communicate with patients and families; and
- Latest research findings.

For more information, contact:

### **Canadian Virtual Hospice**

Room PE469, One Morley Avenue

Winnipeg, MB R3L 2P4

Email: [info@virtualhospice.ca](mailto:info@virtualhospice.ca)

Website: [www.virtualhospice.ca](http://www.virtualhospice.ca)

### **Hospice & Palliative Care Manitoba (HPCM)**

HPCM provides confidential community-based support, education and companion services at no charge to adults of all ages with life limiting illnesses, their caregivers and those who are bereaved. Programs and services include:

- Volunteer Companion Program- support and assistance with practical matters (shopping, banking, excursions, etc) through one-to-one matches with volunteers;
- Sunflower Day Support Club- group activities, support, and information in a community-based setting for adults with life limiting illnesses and their caregivers;
- Bereavement support services- one-to-one telephone bereavement support, grief seminars, and support groups; and
- Information and education on a wide range of topics related to life limiting illness, palliative care and bereavement including the Compassionate Care Course.

For more information, contact:

### **Hospice & Palliative Care Manitoba**

2109 Portage Avenue

Winnipeg, MB R3J 0L3

Phone: 204-889-8525

Email: [info@manitobahospice.mb.ca](mailto:info@manitobahospice.mb.ca)

Website: [www.manitobahospice.ca](http://www.manitobahospice.ca)

### **Palliative Care Program**

End of life care or palliative care is health care for individuals (of any age) and their families who are living with a life-limiting illness, usually at an advanced stage. The goal of palliative care programs is to manage physical symptoms as well as provide social, emotional, and spiritual support for individuals and their families throughout the course of the illness, including bereavement support. Each Regional Health Authority in Manitoba offers palliative care. For more information, contact your Regional Health Authority.

### **Counseling & Mental Health Support for Caregivers**

#### **A&O: Support Services for Older Adults (Age & Opportunity) - Counseling Services**

A&O: Support Services for Older Adults offers counseling services that identify, inform and assist older adults and their families. Assistance is available to help seniors cope with the many transitions associated with aging, which include caregiving, grief, retirement, housing, financial, depression, isolation, loneliness, and family relationships. For more information, contact:

200 - 280 Smith Street

Winnipeg, MB R3C 1K2

Phone: 204-956-6440

Toll-free: 1-888-333-3121

Email: [info@ageopportunity.mb.ca](mailto:info@ageopportunity.mb.ca)

Website: [www.ageopportunity.mb.ca](http://www.ageopportunity.mb.ca)

#### **The Geriatric Mental Health Team and the Mental Health Services for the Elderly**

The Geriatric Mental Health Team in Winnipeg and the Mental Health Services for the Elderly in rural Manitoba provide assessment and short term intervention to persons over the age of 65 years who are experiencing mental health problems. The Team may provide consultation, supportive counseling for the person and/or family and monitor the impact of recommended interventions. Referrals can be made by anyone. For more information, contact:

#### **Geriatric Mental Health Team**

Winnipeg, MB

Intake Line: 204-982-0140

#### **Mental Health Services for the Elderly**

(Contact your Regional Health Authority Community Office)

#### **Jewish Child & Family Services**

The JCFS provides a variety of supportive services to children, families and older adults such as counseling services and support groups. Services are available in English, Yiddish, Russian, Hebrew, and Spanish. For more information contact:

C200 - 123 Doncaster Street

Winnipeg, MB R3N 2B2

Phone: 204-477-7430

Email: [jcfs@aspercampus.mb.ca](mailto:jcfs@aspercampus.mb.ca)

Website: [www.jcfswinnipeg.org](http://www.jcfswinnipeg.org)



**Klinik Community Health Centre**

Klinik Community Health Centre provides a full range of health related services from medical care to counseling (drop in available) to education. For more information, contact:

870 Portage Avenue

Winnipeg, Manitoba R3G 0P1

Phone: 204-784-4090

Crisis Line: 204-786-8686 or 1-888-322-3019

Email: [klinik@klinik.mb.ca](mailto:klinik@klinik.mb.ca)

Website: [www.klinik.mb.ca](http://www.klinik.mb.ca)

**Manitoba Farm and Rural Support Services**

The Manitoba Farm and Rural Stress Line provides support, counseling, information and referrals over the phone to farm families and other rural Manitobans. For more information contact:

Toll-free: 1-866-367-3276

Email: [help@ruralsupport.ca](mailto:help@ruralsupport.ca)

Website: [www.ruralsupport.ca](http://www.ruralsupport.ca)

**Manitoba Suicide Line**

The Manitoba Suicide Line provides confidential crisis counseling, support, information and referrals for people who are feeling suicidal; concerned friends and family; and survivors of a suicide loss 24 hours a day. If you or someone you know is thinking about suicide or dealing with a suicide loss, contact:

Toll-free: 1-877-435-7170

**Men's Resource Centre**

The Men's Resource Centre provides counselling services and a range of support services to men who have experienced trauma and stressors in their lives and want to resolve related issues. For more information, contact:

200-321 McDermot Avenue

Winnipeg, Manitoba R3A 0A3

Phone: 204-415-6797

Toll-free: 1-855-MRC-MRCS

Email: [mrc@mens-resource-centre.ca](mailto:mrc@mens-resource-centre.ca)

Website: <http://www.mens-resource-centre.ca>

**Operational Stress Injury Social Support (OSISS)**

OSISS offers community resource information and referral, education, and peer support to military members, veterans and their families who have been impacted by an operational stress injury (OSI) as a result of operational duties. For more information, contact:

In Winnipeg:

Family members: 204-831-3444

Veterans Affairs Canada - OSI Clinic

Deer Lodge Hospital

2109 Portage Avenue

Winnipeg, MB R3J 0L3

Website: [www.osiss.ca](http://www.osiss.ca)

In Shilo:

Family members: 204-765-3000 ext 4031

Canadian Forces Base Shilo

Building L 102, Room 252

PO Box 5000 Stn Main

Shilo, MB R0K 2A0

## **Tax Credits & Financial Benefits:**

### **Canada Pension Plan Disability (CPPD)**

A monthly taxable benefit for contributors between 21- 65 years of age and who are disabled and to their dependent children.

Phone: 1-800-277-9914

Website: <http://www.servicecanada.gc.ca/eng/isp/cpp/disaben.shtml>

### **Canada Disability Savings Bond**

Through the Canada Disability savings bond, the government deposits money into a Registered Disability Savings Plan (RDSP) of low –income and modest-income Canadians. If you qualify for the bond, you could receive up to \$1,000 a year from the government, with a limit of \$20,000 over your lifetime.

Contributions do not need to be made to the RDSP in order to receive the bond. For more information visit: [http://www.hrsdc.gc.ca/eng/disability\\_issues/disability\\_savings/rdsp\\_you.shtml](http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/rdsp_you.shtml)

### **Canada Disability Savings Grant**

Through the Canada Disability Savings Grant, the government deposits money into your Registered Disability Savings Plan to help you save. The government provides matching grants of up to 300%, depending on the amount contributed and the beneficiary's family income. The maximum is \$3,500 each year, with a limit of \$70,000 over your lifetime. For more information visit:

[http://www.hrsdc.gc.ca/eng/disability\\_issues/disability\\_savings/rdsp\\_you.shtml](http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/rdsp_you.shtml)

### **Caregiver Amount tax credit (Federal, Line 315; Provincial Line 5840)**

If you live with a dependent born in 1947 or earlier, you may be able to claim a maximum amount of \$4,402 (2012) for each dependant. The dependent must be one of the following individuals: you or your spouse's or common-law partner's child or grandchild; or your or your spouse's or common-law partner's brother, sister, niece, nephew, aunt, uncle, parent, or grandparent who resided in Canada.

(The Provincial Amount is \$3,605)

Phone: 1-800-782-0771

Website: <http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/315/menu-eng.html>

### **Compassionate Care Benefits (Federal)**

If you are eligible for Employment Insurance and you wish to care or support to a family member who is gravely ill and who has significant risk of death, you may be eligible for Compassionate Care Benefits.

This program provides temporary financial compensation and job security for a certain period of time.

Phone: 1-800-206-7218

Website: [http://www.servicecanada.gc.ca/eng/ei/types/compassionate\\_care.shtml](http://www.servicecanada.gc.ca/eng/ei/types/compassionate_care.shtml)

### **Disability Amount Tax Credit (Federal, Line 316; Provincial, Line 5844)**

The Disability Amount tax credit of \$7,546 is available to individuals who have an impairment in physical or mental functions that is severe and prolonged. A health care provider must complete a Disability Tax Credit Certificate which must then be approved by the Canada Revenue Agency. (The Provincial Amount is \$6,180.) For more information, visit: <http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/316/>

### **Family Caregiver Amount**

Starting in 2012, if you have a dependent with an impairment in physical or mental functions, you may be eligible to claim an additional amount of \$2,000 for one or more of the following tax credits: spouse or common-law partner amount, amount for an eligible dependant, amount for children born in 1995 or later and caregiver amount. For more information contact the Canada Revenue Agency toll-free at 1-800-959-8281 or visit <http://www.cra-arc.gc.ca/familycaregiver/>.

### **Primary Caregiver Tax Credit**

This tax credit recognizes the vital support caregivers provide to those needing care. For this tax credit of \$1,275, people requiring care must be assessed at Level 2 or higher under the Manitoba Home Care Program guidelines. Assessments are based on the amount and type of care required for tasks like bathing, dressing, eating meals, mobility and receiving medical care.

For information, contact:

Manitoba Tax Assistance Office

Phone: 204-948-2115

Toll Free: 1-800-782-0771

Website: [www.gov.mb.ca/finance/tao/caregiver](http://www.gov.mb.ca/finance/tao/caregiver)

*Note: If you are caring for someone who is in the Supported Living or Children's Special Services programs, contact Manitoba Family Services and Consumer Affairs (FSCA) at: 204-523-5230; toll free at 1-800-563-8793; TTY at 204-948-3698 or 1-800-855-0511 (Manitoba Relay Service), or via email at [jncsup@gov.mb.ca](mailto:jncsup@gov.mb.ca).*

### **Registered Disability Savings Plan (RDSP)**

The Registered Disability Savings Plan helps Canadians with disabilities and their families save for the future. If you are a Canadian resident under the age of 60 and are eligible for the disability tax credit, you are eligible for an RDSP. Parents or guardians may open an RDSP for a minor. Once you apply for an RDSP, you may apply for the Canada Disability Savings Grant and the Canada Disability Savings Bond. To learn more about how the RDSP works visit:

[http://www.hrsdc.gc.ca/eng/disability\\_issues/disability\\_savings/rdsp\\_you.shtml](http://www.hrsdc.gc.ca/eng/disability_issues/disability_savings/rdsp_you.shtml)

### **Canada Revenue Agency's Tax Information Phone Service (T.I.P.S.)**

For information and questions about tax credits contact:

Toll-free: 1-800-267-6999

Website: [www.cra-arc.gc.ca/tips](http://www.cra-arc.gc.ca/tips)

## **Legal Information & Supports:**

### **Law Phone-in and Lawyer Referral Program**

The Law Phone-in Line provides legal information over the phone on many types of legal problems and can refer you to a lawyer if necessary.

- A lawyer on the referral panel will not charge for the first half-hour of consultation.

- “Shut-in” lawyers are prepared to visit ill, disabled or older adults in hospital or at home.
- You will be asked to leave your name and number on the answering machine and one of the two lawyers on staff will return your call at a time convenient for you. Calls are returned between 9 am to 4 pm Monday to Friday.

For more information, contact:

**Law Phone-in and Lawyer Referral Program**

Phone: 204-943-2305

Toll-free: 1-800-262-8800

**Legal Aid Manitoba**

Legal Aid Manitoba provides legal help to people with low incomes (bilingual services available). They can assist with the following types of cases:

- Family cases;
- Criminal cases;
- Poverty law cases involving welfare;
- Workers compensation or disability benefits;
- Public interest law cases for groups and individuals with test cases in the areas of consumer, poverty, environmental, Aboriginal and *Charter of Rights* challenges.

They are not able to assist with real estate transactions; wills and estates; adoptions; corporate and commercial matters; or civil litigation matters. To apply for Legal Aid, visit their **Application Centre, 294 Portage Avenue, Winnipeg** from 1:30 pm-6:00 pm on Tuesdays, Wednesday or Thursdays. Applications are also accepted at their rural offices. For more information, contact the office nearest you:

**Administration Office**

4<sup>th</sup> Floor 287 Broadway Avenue

**Winnipeg, MB R3C 0R9**

Phone: 204-985-8500

Toll-free: 1-800-261-2960

TTY 204-943-1131

Website: [www.legalaid.mb.ca](http://www.legalaid.mb.ca)

**Westman Community Law Centre**

236 - 11th Street

**Brandon, MB R7A 4J6**

Phone: 204-729-3484

Toll-free: 1-800-876-7326

**Amisk Community Law Centre**

202 Main Street South

**Dauphin, MB R7N 1K6**

Phone: 204- 622-4660

Toll-free: 1-877-622-4660

**Parklands Community Law Centre**

31 - 3rd Avenue N.E.

**Dauphin, MB R7N 0Y5**

Phone: 204-622-7000  
Toll-free: 1-800-810-6977

**Northlands Community Law Centre**

Box 2429, 236 Edwards Avenue  
**The Pas**, MB R9A 1M2  
Phone: 204-627-4820  
Toll-free: 1-800-268-9790

**Kelsey Office**

Box 1770, 130 - 3rd Street W.  
**The Pas**, MB R9A 1L5  
Phone: 204-627-4833  
Toll-free: 1-800-839-7946

**Thompson Community Law Centre**

3 Station Road  
**Thompson**, MB R8N 0N3  
Phone: 204-677-1211  
Toll-free: 1-800-665-0656

**Legal Clinics for Older Adults**

In cooperation with Legal Aid Manitoba, professional lawyers provide services on such matters such as wills, powers-of-attorney and other concerns requiring a legal consultation. Services cost \$50.00 each and are available to Winnipeggers 55+ regardless of income. For more information or to make an appointment, contact:

**A&O: Support Services for Older Adults**

200 - 280 Smith Street  
**Winnipeg**, MB  
Phone: 204-956-6440

**Manitoba Human Rights Commission**

The Manitoba Human Rights Commission is an independent agency of the Government of Manitoba that administers The Manitoba Human Rights Code. The principles of equality of opportunity, and freedom from unreasonable discrimination in the areas of employment, housing and services extend to all ages under The Code.

- The Commission conciliates, mediates and investigates complaints which allege discrimination, or failure to accommodate special needs, based on the following grounds: ancestry, ethnic or national origin, religion or creed, age, sex (including pregnancy); gender-determined characteristics, sexual orientation, marital/family status, source of income, political belief, and physical or mental disability.
- Complaints which are not resolved may be referred to an independent human rights adjudicator, who is appointed by the Attorney General of Manitoba, for a hearing.
- Public education programs and workshops on human rights topics are available.
- Publish the Manitoba Human Rights Connections Bulletin monthly.

For more information, contact the office nearest you:

7th Floor-175 Hargrave Street  
**Winnipeg**, MB R3C 3R8

Phone: 204-945-3007  
Toll-free: 1-888-884-8681  
TTY: 1-888-897-2811  
Email: [hrc@gov.mb.ca](mailto:hrc@gov.mb.ca)  
Website: [www.gov.mb.ca/hrc](http://www.gov.mb.ca/hrc)

340 - 9th Street  
**Brandon**, MB R7A 6C2  
Phone: 204-726-6261

2nd Floor – Otineka Mall  
Box 2550  
**The Pas**, MB R9A 1M4  
Phone: 204-627-8270

### **Support Group Information**

*Note: Please check with individual organizations to confirm dates, times and locations of support group meetings.*

**A & O: Support Services for Older Adults:** Offers Bereavement Support groups, The Grief Mentorship Program & the “Because We Care” Caregivers Support Group. Contact **1-888-333-3121** for more information.

- A&O with River East Seniors Health Resource Team hosts a “Because We Care” luncheon for those caring for others from 12:00pm to 1:30pm on the last Thursday of every month at Parkside Plaza 1630 on Henderson Highway. Register with River East Seniors Health Resource Team at **204-940-2114**.

**Alzheimer Society of Manitoba:** Has support groups for those with dementia, for family and caregivers of those with dementia, and caregiver support groups via teleconference. For information call **204-943-6622** or **1-800-378-6699**.

- **Winnipeg - Downtown:** Meets on the fourth Wednesday of each month from 10:00am to 11:30 am at the Alzheimer Society office at 10-120 Donald Street.
- **Winnipeg - Kildonan:** Meets the 3rd Wednesday of each month from 3:00pm to 4:30 pm at Donwood Personal Care Home at 171 Donwood Drive.
- **Winnipeg – North:** Meets the first Wednesday of each month from 7:00pm to 9:00 pm at St. Joseph’s Residence at 1149 Leila Avenue.
- **Winnipeg - St. Vital:** Meets on the last Wednesday of each month at Golden Links Lodge at 2280 St. Mary’s Road from 7:00pm to 8:30 pm.
- **Winnipeg - Tuxedo:** Meets at Tuxedo Villa at 2060 Corydon Avenue on the third Tuesday of each month from 7:00pm to 9:00 pm.
- **Winnipeg - Westwood:** Meets at Saint Basil’s Ukrainian Catholic Church at 202 Harcourt Street on the fourth Wednesday of each month from 1:00pm to 3:00 pm.
- **Winnipeg - Transcona:** Meets at Transcona Memorial United Church at 209 Yale Avenue West on the first Wednesday of each month from 10:00am to 11:30 am.

- **North Central Region - Portage:** Meets on the third Thursday of the month from 9:30am to 11:00 am at Douglas Campbell Lodge.
- **North Central Region - Holland:** Meets on the first Thursday of the month, from 7:00pm to 8:30 pm, at the Friendship Centre.
- **North Central Region - Gladstone:** Meets on the second Thursday of the month, from 1:30pm to 3:00 pm at 3rd Crossing Manor.
- **North Eastman Region - Pinawa:** Meets the first Wednesday of the month at the Alliance Church at 1:00 pm.
- **North Eastman Region - Lac Du Bonnet:** Meets the first Wednesday of the month in at the LDB Library at 10:00am.
- **North Eastman Region - Victoria Beach:** Meets the second Wednesday of the month in Victoria Beach at the Seniors Center at 1:00pm.
- **North Eastman Region - Oakbank:** Meets on the third Wednesday of the Month in Kin Place Health Complex – Multipurpose room at 1:00pm.
- **North Eastman Region - Beausejour:** Meets on the fourth Wednesday of the Month at Lions Manor at 10:00am.
- **Parkland Region –** For more information on support groups for the Roblin, Dauphin and Swan River areas, please call the office.
- **South Central Region - Altona:** Meets on the last Tuesday of the month at 11:30 am at Altona Personal Care Home. Lunch is available.
- **South Central Region - Winkler/Morden:** Meets on the first Wednesday of the month at 2:00 pm at Boundary Trails Health Centre.
- **South Central Region - Carman:** Meets on the last Thursday of the month (September to May) at 12:30 pm at the Active Living Centre at 47 Ed Belfour Drive.
- **Westman Region - Brandon support group:**
  - Meets the second Wednesday of the month: 2:00pm to 3:30pm. At CGP fourth floor Assiniboine Centre.
  - Also meets the second Thursday of the month 7:00pm to 8:30pm at the Alzheimer Society office; unit 4B- 457 9<sup>th</sup> street.
- **Westman Region - Deloraine support group:** meets the first Wednesday 2:00pm to 3:30pm at the R.M. of Winchester Office.
- **Westman Region - Killarney support group:** Meets the second Monday of the month from 2:00pm to 3:30pm at the Tri-Lake Health Centre.
- **Westman Region - Virden support group:** Meets the fourth Thursday of the month from 1:30pm to 3:00pm at Virden Health Unit in the Meeting Room.
- **Westman Region - Neepawa support group:** Meets the first Tuesday of the month from 2:00pm to 3:30pm in Country Meadows Personal Care Home at 500 Veterans Way.
- **Teleconference Caregiver Support Groups:** For more information, call 1-800-378-6699.

**Rupert's Land Caregiver Services:** Provides a support group for caregivers of older adults. This group meets every second Saturday of the month at 10:00 am at 168 Wilton Street. For information, call 204-452-9491 or email: [rlcs@mts.net](mailto:rlcs@mts.net).

**S.P.E.A.K. (Suicide Prevention Education Awareness Knowledge):** Offers a family based monthly drop-in education and support group for individuals grieving from the death of a loved one on the last Monday of each month from 7:00 pm to 8:30 pm at Clinic Community Health Centre, 870 Portage Avenue. For more information, call 204-784-4064.

**ALS Society of Manitoba:** Provides a support group for persons living with ALS and their family, friends and/or caregivers that meets on the fourth Wednesday of every month (except December) at 2:00 pm. For more information, call **204-837-1291** or email: [drasmussen@alsmb.ca](mailto:drasmussen@alsmb.ca) .

**Manitoba Brain Injury Association:** Provides support groups and peer support activities for those with Brain Injury and their caregivers. For information call 204-975-3280, toll-free 1-866-327-1998 or email [mbia@mymts.net](mailto:mbia@mymts.net).

- **Winnipeg - Discussion Group:** Topics related to brain injuries (limited to 12 participants), six consecutive Tuesdays 2:00 p.m. to 4:00 p.m., 825 Sherbrook Street (SMD building).
- **Winnipeg - Empowerment Series:** Lecture series with guest speakers (open), 3rd Thursday each month, 7:00 p.m. to 9:00 p.m. , 825 Sherbrook Street (SMD building).
- **Brandon & Area, Steinbach & Area and Dauphin/Parkland Region & Area:** For information about groups in these areas, please call 1-866-327-1998.

**The Multiple Sclerosis (MS) Society:** Offers several support groups for caregivers. For information call 204-943-9595 or toll-free 1-800-268-7582.

- **Winnipeg - Male Caregivers Self-Help Group:** Meets on the first Wednesday of the month from 7:00pm to 9:00 pm in the MS Society Program Room at 1465 Buffalo Place.
- **Winnipeg - Female Caregivers Group:** Meets on the first Thursday of the month from 6:30 pm to 8:30 pm in various locations.
- **Carman – Caregiver Self-Help Group:** For more information, contact MS Society.

**Cancer Care Manitoba:** Support groups for patients and family. Contact the office in your area for more information. Website: [www.cancercare.mb.ca/home](http://www.cancercare.mb.ca/home)

**Canadian Cancer Society:** CancerConnection is a Canada- wide telephone support program that matches clients with volunteers that have given care to/ or experienced the same type of cancer. Contact **1-800-263-6750** for information.

**Arthritis Society of Manitoba:** Has a variety of support groups for those caregiving for individuals with arthritis. For more information, contact 204-942-4892 or 1-800-321-1433.

**Osteoporosis Canada–Manitoba Chapter:** Offers support groups for caregivers throughout Manitoba. For more information, contact: 204- 772-3498 or email: [manitoba@osteoporosis.ca](mailto:manitoba@osteoporosis.ca).

**Parkinson Society of Manitoba:** Offers a support group for Caregivers meeting on the third Thursday of each month at 1:30 PM - 3:30 PM in St. George’s Anglican Church at 168 Wilton Street. For more information, contact 204-786-2637.

**Stroke Recovery Association of Manitoba:** Offers family and caregiver support groups. For more information, contact 204-942-2880 or email: [info@strokerecovery.ca](mailto:info@strokerecovery.ca).

**Manitoba Schizophrenia Society (MSS) Family Support Group:** Offers an open group, for families and friends of those experiencing schizophrenia, schizo-affective disorder, and psychosis. Meets on the fourth Tuesday of every month from 7:00p.m. to 9:00p.m. at 4 Fort Street, Winnipeg. For more information, call 204-786-1616.



**Manitoba Schizophrenia Society - Strengthening Families Together:** This 8-session national education program for family members and friends of individuals living with and recovering from serious mental illnesses aims to increase accessibility to Canadian-based information on the topics associated with living daily with a mental illness. The program is about more than education; it is about strengthening family members and friends of individuals with a serious mental illness by providing support, awareness, and tools. For more information, contact 204-786-1616.

**Manitoba Schizophrenia Society - Eight Stages of Healing:** The Eight Stages of Healing workshops are offered for those who wish to improve their coping skills and their family's system of care. Rather than becoming an "illness focused family, the emphasis is not on the consumer or mental illness, but on successful ways of dealing and coping with the losses and burden associated with mental illness." The workshop is based upon Julie Tallard Johnson's book, "Hidden Victims, Hidden Healers". Workshop is either 9 or 10 sessions long. For more information, contact 204-786-1616.

**Canadian Mental Health Association – Winnipeg region - Mental Health Education for Families:** Mental Health Education for Families informs families about important issues concerning mental illness and recovery. The six week course fosters awareness about sensitive issues in order to respond effectively. Workshops are offered in spring and fall in Winnipeg. For more information, contact 204-982-6100.

**Mental Health Self-Help Organizations:** Provincially-funded mental health Self-Help organizations provide support and information for families in various programs across the province. For more information, contact:

**Canadian Mental Health Association, Manitoba Division**

2633 Portage Avenue  
Winnipeg, Manitoba R3J 0P7  
204- 953-2350  
<http://manitoba.cmha.ca>

**Canadian Mental Health Association – Winnipeg region**

930 Portage Avenue  
Winnipeg MB R3G 0P8  
204-982-6100  
<http://www.cmhawpg.mb.ca>

**Mood Disorders Association of Manitoba**

100 - 4 Fort Street  
Winnipeg, MB R3C 1C4  
204-786-0987  
Toll Free 1-800-263-1460  
<http://www.mooddordersmanitoba.ca>

**Manitoba Schizophrenia Society**

100 - 4 Fort Street  
Winnipeg, MB R3C 1C4  
204-786-1616  
Toll Free 1 800 263 5545  
<http://www.mss.mb.ca>

**Anxiety Disorders Association of Manitoba**

4 Fort St Winnipeg, MB R3C 1C4  
204- 925-0600  
<http://www.adam.mb.ca>

**Reading Materials & Online Resources:****Caregiver Guide – Information and Resources for Caregivers of Older Adults**

Published by the Seniors & Healthy Aging Secretariat. This guide contains a variety of information on self-care, resources and building supports.

[www.gov.mb.ca/shas](http://www.gov.mb.ca/shas).

**FASD Resource List**

Healthy Child Manitoba has a FASD Services in Manitoba resource list for caregivers.

[http://www.gov.mb.ca/healthychild/fasd/fasdresources\\_en.pdf](http://www.gov.mb.ca/healthychild/fasd/fasdresources_en.pdf).

**Canadian Caregiver Coalition**

The Canadian Caregiver Coalition is the national voice for the needs and interests of family caregivers. They are a bilingual, not-for-profit organization made up of caregivers, caregiver support groups, national stakeholder organizations and researchers.

<http://www.ccc-ccan.ca>

**Canadian Centre for Elder Law**

The CCEL is dedicated to improving the lives of older adults in their relationship to the law. Our national not-for-profit centre is unique in Canada. We conduct research, outreach and public legal education on elder law issues.

<http://www.bcli.org/ccel>

**Canadian Movement Disorder Group**

This site provides contact information about Canadian specialists in the field of Movement Disorders and the centers in Canada dedicated to the care of patients and families affected by these disorders.

<http://cmdg.org/>

**Caregiver-Connect VON**

A website created by VON in partnership with several organizations to create a portal of information for caregivers across Canada.

<http://www.caregiver-connect.ca/en-us/Pages/Home.aspx>

**Family Caregiver News Magazine**

Provides support and information about caregiving for family members across Canada.

<http://www.thefamilycaregiver.com/>

**“Responding to Stressful Events”: Self-Care for Caregivers**

This booklet was created by the Public Health Agency of Canada to educate caregivers that stressful feelings are normal when our lives are touched by stress-causing events, and that there are steps we can take to feel better.

[www.phac-aspc.gc.ca/publicat/oes-bsu-02/caregvr-eng.php](http://www.phac-aspc.gc.ca/publicat/oes-bsu-02/caregvr-eng.php)

**Veteran’s Affairs- “Care for the Caregiver”**

Created a manual titled “Care for the Caregiver” that is intended to provide a complete guide for implementing workshops offering education and support to family/friend caregivers. The manual is designed to contain all the necessary information to implement six “Care for the Caregiver” workshops, including objectives, agendas, course content, overhead prints, suggested video and readings, and references.

[www.veterans.gc.ca/providers/sub.cfm?source=caregivrmanual](http://www.veterans.gc.ca/providers/sub.cfm?source=caregivrmanual)