



**FORT GARRY WOMEN'S
RESOURCE CENTRE**

Housing, Financial and Food Resources

Fort Garry Women's Resource Centre

1150A Waverley St | Winnipeg MB | R3T 0P4

204-477-1123 | info@fgwrc.ca

Emergency Shelters

Salvation Army Booth Centre 180 Henry Ave - 204-946-9400
Siloam Mission 300 Princess St - 204-956-4344
Main Street Project 75 Martha St - 204-982-8260

Emergency Shelters for Women and Children *(leaving domestic violent relationships)*

Manitoba Association of Women's Shelters
Provincial Crisis Line: 1-877-977-0007
(MAWS) <http://www.maws.mb.ca>

WINNIPEG:

Willow Place Shelter - 204-615-0311
Ikwe-Widdjiitiwin - 204-987-2780

MANITOBA:

Agape House (Steinbach, MB) - 1-204-326-6062
Aurora House (The Pas, MB) - 1-204-623-7427
Genesis House (Winkler, MB) - 1-204-325-9957
Nova House (Selkirk, MB) - 1-204-482-7882
Parkland Crisis Centre (Dauphin, MB) - 1-204-622-4621
Portage Family Abuse Prevention Centre - 1-204-239-5234
(Portage La Prairie, MB)
Thompson Crisis Centre - 1-204-677-9668

Second Stage and Long-Term Housing

Bravestone Centre - 204-275-2600

provides women and their children affected by domestic violence with secure and safe on-site housing, individual and group therapeutic counselling, support programs, advocacy, and connection with community resources.

Alpha House - 204-982-2011

Alpha House provides long term living for women and their children who have left abusive situations. Residents live in Alpha House for up to nine months while participating in one on one, children's counselling and support groups

L'Entre Temps - 204-925-2550

Protective housing & domestic abuse recovery program for women and children (can stay up to 1 yr.).

Native Women's Transition Centre - 204-989-8240

Long-term residence that provides care for Aboriginal victims of family violence (women & children).

North End Women's Centre - 204-589-7347

Betty Berg House: Provides safe housing and various services to women recovering from addictions.

Chris Tetlock Place: Second stage transition housing facility and home to North End Women's Centre's addictions program.

Samaritan House - 1-204-727-1268 (Brandon, MB)

Mary's House: Second-stage safe housing for women and children who have been victims of domestic violence; can stay from 6-18 months.

Age & Opportunity: Safe Suite - 204-956-6440

For men and women aged 55+ who need a safe place to stay due to abuse or neglect (up to 60 days).

Youth Shelters & Support

Beaver Medicine Bundle (Ma Mawi Wi Chi Itata)

204-925-0505 - info@mamawi.com

Program to support youth aged 18-29 who are currently homeless, living in shelter, or aging out of care to find permanent housing.

MacDonald Youth Services - 204-477-1804

Short-term emergency shelter and basic needs walk-in resource services for youth ages 12 to 17 years.

Ndinawe Safe House - 204-586-2588

Provides 24 hours shelter and basic necessities for children and youth who are living on the streets, are at risk of abuse and exploitation, or in need of a safe place to stay.

Chu Manitou Tanka Oyati Tipi – 204-582-7783

Transitional Home for Youth, offers supportive independent living opportunities for youth between the ages of 16 and 17.

RaY Resource Assistance for Youth 204-783-5617

RaY's housing department supports youth in accessing suitable and affordable housing and related resources. Apply online for housing.

Aboriginal Housing Resources

Kanata Housing - 204-338-6261

Non-profit housing. Eligible applicants must be of aboriginal decent and meet core need income thresholds.

Kekinan Centre Inc - 204-582-0439

Apartment housing for aboriginal seniors.

Kinew Housing Corporation - 204-956-5093

Affordable housing for Aboriginal families.

Rural & Native Housing - 204-945-4278

Housing and community development.

Dakota Ojibway Tribal Council Housing Authority - 204-988-5377

Affordable housing for First Nations people.

Subsidized Housing Resources

Employment and Income Assistance (EIA) - 204-948-4000

204-945-4796 (TYT) or toll free 1-877-812-0014

Provides financial help to Manitobans who have no other way to support themselves or their families. This includes benefits from the Rent Assist Program that helps with housing costs. For people who are able to work, EIA will help them go back to work by providing supports to employment.

Rent Assist

For EIA Recipients: 204-945-0183 or toll free 1-866-559-6778

Non-EIA: 204-945-2197 | 1-877-812-0014

A monthly benefit to help low income families and individuals, as well as people receiving income assistance (EIA).

Manitoba Housing - 204-945-4755 or 1-800-661-4663

Provides subsidized housing for those on assistance. Call for application and waitlist.

Murdock Management - 204-982-2000

Provides rent subsidy.

S.A.M. Management - 204-942-0991

Provides rent subsidy.

New Journey Housing - 204-942-2238

Resource Centre for Newcomer Housing.

Villa Rosa - 204-786-5741

Pre/post-natal residence for single, pregnant or new moms.

**The HOMES Program - West Central Women's Resource Centre
204-774-8975**

Offers women support and mentorship when dealing with housing/income security issues.

**Winnipeg Housing Rehabilitation Corporation - 204-949-2880
www.whrc.ca**

Provides affordable housing in Winnipeg that is safe and secure. Income restrictions apply.

Winnipeg Rental Network - 204-417-2110 www.winnipegrentnet.ca

Provides information, updated listings, and links for affordable rental accommodations.

Other Housing Resources

Residential Tenancies Branch - 204-945-2476

Provides information on matters such as rent, repairs, deposits and mediates disputes between tenants and landlords. Provides information on your rights and responsibilities, investigates problems, and holds hearings to make decisions and issue orders on certain issues.

**Salvation Army: Neighbors Helping Neighbors Hydro Program
204-949-2106**

Assists low-income individuals and families who are unable to pay their energy bill due to personal hardship. Referrals. One-time emergency funding is also available.

**Homeowner Repair Programs
204-945-5566 or 1-866-689-5566**

Homeowners with low incomes may be eligible for financial assistance for repairs/adaptations to their home.

**Bed Bug Information:
1-855-362-2847 or 1-855-3MB-BUGS**

Information for renters concerned about bed bugs.

Bug n' Scrub program is a free program for eligible vulnerable persons who need help in preparing their home for bed bug treatment.

Financial Resources

Employment and Income Assistance (EIA) - 204-948-4000

204-945-4796 (TTY) or toll free 1-877-812-0014

Provides financial help to Manitobans who have no other way to support themselves or their families. This includes benefits from the Rent Assist Program that helps with housing costs. For people who are able to work, EIA will help them go back to work by providing supports to employment.

55 PLUS Program (EIA) - 204-523-5230 or toll free 1-800-563-8793

A Manitoba Income Supplement, provides benefits to lower-income Manitobans who are 55+ yrs, and whose incomes are within certain levels (if you already receive income assistance, you are not eligible for 55 PLUS benefits).

Family Services Fair Practices Office (FPO)

204-945-1047 - fairpractices@gov.mb.ca

Provides neutral and confidential assistance to Manitobans applying for, or receiving services under EIA who feel they have been treated unfairly.

Manitoba Child Benefit - 204-523-5230 or toll free 1-800-563-8793

Provides monthly benefits to low-income Manitoban families needing assistance with the cost of raising children.

Manitoba Prenatal Benefit - 204-945-1301

Assists income eligible pregnant women with a monthly cheque to meet their extra nutritional needs. The amount you will receive is based on your income. You could get between \$10.00 to \$81.41 a month.

Aboriginal Single Window Service Canada - 204-984-1415

Provides one stop access to government funded programs for aboriginal people including applications for Employment Insurance and Social Insurance Numbers, Child Tax Benefit, OAS and CPP.

S.E.E.D -Supporting Employment & Economic Development

204-927-9935

Provides asset building programs, business development services, informational sessions, aboriginal support services, and EAL support services.

Women's Enterprise Centre 204-988-1860

Helps women find information, improve their business skills, and acquire financing so they can start, expand, or purchase an existing business.

Free and Low-Cost Clothing and Household Items

Adventist Community Services - 204-663-2278 95 Stadacona St
Free clothing and limited furniture.

Andrews Street Family Centre - 204-589-1721 220 Andrews St

Augustine Family Resource Centre - 204-944-4398 107 Pulford Ave

Bethlehem Church - 204-586-5707 294 Burrows Ave
Food and clothing.

Centre Flavie Laurent - 204-233-4936 450 Provencher Blvd
Free clothing, furniture, and household items. Must fill out registration form to request items.

Elizabeth Fry Society - 204-589-7335 773 Selkirk Ave
Clothing for women involved in criminal justice system.

Fort Garry Women's Resource Centre (Outreach) - 204-477-1123
104-3100 Pembina Hwy.
Clothing for women available by appointment only.

Hands of Hope - 204-261-8607 50 Barnes St
Free basic furniture & household goods.

John Howard Society of Manitoba - 204-775-1514 583 Ellice Ave
Free clothing for men involved in the criminal justice system.

Koats for Kids - 204-477-5360 (United Way) or 204-586-KOAT(5628)
Provides coats for kids, ski pants, boots from September to February.

Missionaries of Charity - 204-582-2773 167 Aikins St
Emergency food and clothing.

Oyate Tipi Cumini Yape - 204-589-2218
Free furniture and household items for women and children. Must be referred by one of the following agencies: *Bravestone Centre, Alpha House, Willow Place, North End Women's Centre, L'Entre Temps, Ikwe-Widdjitiwin, Ma Mawi Wi Chi Itata Centre, Native Women's Transition Centre, Wahbung Abinoonjiag, Elizabeth Fry Society*

RAY Resource Assistance for Youth - 204-783-5617 125 Sherbrook
Free clothing, hygiene products, and laundry services for youth.

Salvation Army (Weetamah) - 204-946-9490 324 Logan Ave
Emergency food and clothing by appointment only.

Siloam Mission - 204-956-4344 300 Princess St
Daytime services include meals, clothing, bedding, & toiletries

The Clothes Closet - 204-284-9311 800 Point Rd
Fort Garry United Church
Provides clothing for women in need leaving abusive situations, and those in need of clothing for employment.

Union Gospel Rescue Mission - 204-943-9904 320 Princess St
Free clothing for women/children available. Call for times.

Union Gospel Mission Family Life Centre - 204-586-7790
240 Pritchard
Free women's and children's clothing.

Up Shoppe: North End Women's Centre 394 Selkirk Ave
204-582-3494
Low cost clothing for women and children.

Winnipeg Inner City Missions - 204-946-0887 415 Logan Ave
At the Anishinaabe Fellowship Centre. Sells most clothing items at 25¢.
Free items available to those with urgent needs.

Winnipeg Inner City Missions - 204-946-0887 287 Laura St
Miracle Store. Open Monday-Thursday. They have clothes, shoes, small household items, books, toys etc.

Wolseley Family Place - 204-788-8052 691 Wolseley Ave
Community store and affordable clothing depot.

Food Resources

Winnipeg Harvest - 204-982-3663 1085 Winnipeg Ave
Food to individuals and families. Call to register for a food bank in your area.

Healthy Start for Mom & Me - 204-949-5350 Various Locations
Nutrition classes, free snacks, and coupons for moms and small children.

Christmas Cheer Board
Nov-Dec: 204-989-5680
Year Round: 204-669-5369
Provides food and gifts to low income families during the holiday season.

Daily Meals and Emergency Food

Call ahead of time for days and times and/or to register.

AGAPE Table - 204-783-6369 175 Colony Ave
Emergency meals, Low-Cost Breakfast (\$1.00) and \$2.00 Bagged Lunch
Low Cost Grocery (Tues/Wed/Thurs 12:00-2:00pm).
Food Bank/Harvest - must be registered

Andrews Street Family Centre - 204-589-1721 220 Andrew St
Provides community lunches and clothing.

Augustine Church - 204-284-2250 444 River Ave
Coffee and light snacks (Mon-Thurs from 1:30-3:30pm).

Anishinaabe Fellowship - 204-942-8682 287 Laura St
Meals on Sundays and emergency food (by appointment).

Bethlehem Aboriginal Fellowship - 204-586-5707 467 Manitoba
Supper (Every second Wednesday).
Food and clothing bank (Tuesday at 2:00pm).

Booth Centre: Soup Van Main St & Henry Ave
Tuesday-Saturday from 7:00-8:00pm.

Crossways - 204-774-2773 222 Furby St
Light lunch, coffee, tea (Mon/Wed/Thurs/Fri 1:00-4:00).

Friendship Centre - 204-586-8441 45 Robinson St
Community Soup Kitchen (Thurs 12:00 - 1:00pm).

Immaculate Conception Church - 204-942-3778 181 Austin St. N
Weekly meal each Sunday at 2:00pm.

Lighthouse Mission - 204-982-8245 669 Main St
Hot meals (Mon-Fri 2:00-4:00) and emergency food.

Main Street Project - 204-982-8245 75 Martha St
Daily soup, bread, and coffee (7:00am, 1:30, & 5:00pm)
No children allowed.

Magnus Eliason Recreation Centre (MERC) - 204-783-5000
430 Langside St. A full healthy meal is served every evening for youth.

MaMaWi - 204-925-0349 318 Anderson Ave
Soup (Mon/Tues/Wed from 12:00-1:00pm)

Missionaries of Charity - 204-582-2773 167 Aikins St
Soup kitchen operates Mon/Tues/Wed/Fri/Sat 9:30-10:45am.
Emergency food and clothing available.

RAY Resource Assistance for Youth - 204-783-5617 125 Sherbrook
Free lunch provided (Mon-Fri at 1:00pm) for homeless youth.

NorWest - 204-940-2662 1880 Alexander Ave
Weekly lunch for community members (Wed 1:30-3:30pm).
Emergency Food (call ahead)

Salvation Army - 204-946-9490 324 Logan Ave
Urban Café: Friday from 7:00-12:30am.
Emergency food and clothing (by appointment only)

Siloam Mission - 204-956-4344 300 Princess St
Free meals available 7 days a week. Breakfast (9:00-10:00am) Lunch
(12:30-1:30pm), & Dinner (7:00-10:00pm).

Trinity Church - 204-589-3516 265 Flora Ave
Free lunch once a month (Tues). Friday lunch from 1:00-4:00.

Union Gospel Rescue Mission - 204-943-9904 320 Princess St
Meals available Mon-Fri at 12:00pm, and Mon-Sun at 7:00pm.
Drop-in tea and snacks Mon/Wed/Fri from 2:00-4:00pm.

Vineyard - 204-582-2900 782 Main St
Drop-in lunch Tuesdays & Thursdays from 10:00 - 11:30am.

Walls of Freedom Outreach - 204-504-9888 294 Ellen St
Breakfast drop-in Tues/Wed from 10:00-11:30am.
Emergency food available.

Welcome Home Mission - 204-946-5352 188 Euclid Ave
Thursday suppers from 5:00-8:00pm.

West Central Women's Resource Centre - 204-946-5352 640 Ellice
Provides lunch resources. Call for more information.

Wolseley Family Place - 204-788-8052 691 Wolseley Ave
Breakfast Club (Fridays at 9:30am) and cooking class (Mondays at
1:30pm)