



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 (Thompson, MB) - 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.

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)

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 (Brandon, MB) 1-204-727-1268
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.

- 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).
- 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.
- Living Word Temple** 204-586-6858 467 Manitoba St.
Emergency food available on Thursdays.
- 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 available.
- RAY Resource Assistance for Youth** 204-783-5617 125 Sherbrook
Free lunch provided (Mon-Fri at 1:00pm) for homeless youth.

RAY Resource Assistance 204-783-5617 125 Sherbrook
for Youth
 Free clothing, hygiene products, and laundry services for youth (under 29). Clothing available during drop-in, Monday-Friday from 1-4pm. Ask about clothing program at front desk.

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

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

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

Up Shoppe 204-582-3494 382 Selkirk Ave
 Low cost clothing for women and children.

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.

Villa Rosa 204-786-5741
 Pre/post-natal residence for single, pregnant or new moms.

The HOMES Program 204-774-8975
West Central Women's Resource Centre
 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 204-949-2106
Helping Neighbors Hydro Program
 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.

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..... 204-927-9935

Supporting Employment & Economic Development
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. Open 9-12 am.

Bethlehem Church 204-586-5707 294 Burrows Ave

Food and clothing.

Centre Flavie Laurent 204-233-4936 301 Archibald Ave

Free clothing, furniture, and household items. Must fill out registration form to request items.

Dress for Success 204-306-8704 800 Point Road

Gently used women's business attire available for women looking for work. Contact at either 204-306-8704 or dfswinnipeg@swfic.org to book an appointment for this service.

Elizabeth Fry Society 204-589-7335 544 Selkirk Ave

Clothing for women involved in criminal justice system.

Fort Garry Women's Resource Centre 204-477-1123 1150 -A Waverley St

Women's clothing provided upon availability.

John Howard Society of Manitoba 204-775-1514 583 Ellice Ave

Free clothing for men involved in the criminal justice system. Call on Monday to pick-up on Thursday.

Koats for Kids 204-477-5360 (United Way) or 204-586-KOAT(5628)

Provides coats for kids, ski pants, boots from September to February.

Living Word Temple 204-586-6858 467 Manitoba St.

Clothing and emergency food.

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-Widdjiitwin, Ma Mawi Wi Chi Itata Centre, Native Women's Transition Centre, Wahbung Abinoonjiag, Elizabeth Fry Society*