

Main Street Project 204-982-8245

75 Martha St

Light meals provided at breakfast, lunch and supper. Limited clothing and emergency food available. No children allowed. ❤️❤️

Magnus Eliason Recreation Centre (MERC)

(Offered by Spence Neighbourhood Association)

224-783-5000 430 Langside St.

A full healthy meal is served every evening and a safe ride home or bus tickets are provided at the end of every night. 6-9pm. ❤️

Ma Mawi Chi Itata Centre 204-925-0349

575 Larson Ave

Hot meals serviced Monday - Friday at 12. (While quantities last.) Clothing offered when available. ❤️❤️

Missionaries of Charity 204-582-2773

167 Aikins St

Soup kitchen operates Mon/Tues/Wed/Fri/Sat 9:30-10:45am. Emergency food available. ❤️

NorWest 204-940-2662

1880 Alexander Ave

Weekly lunch for community members (Wed 1:30 - 3:30 pm). Emergency food - call ahead. ❤️

One Just City 204-995-2944 x5

222 Furby St

Dinners served Mon/Tues/Wed/Thurs 4:-5:30. ❤️

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

RAY Resource Assistance 204-783-5617

For Youth 125 Sherbrook

Free lunch provided (Mon-Fri at 1:00pm) for homeless 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 Centre)

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. Chapel and lunch Mon-Fri 11am, chapel and evening meal daily at 7pm ❤️❤️

Up Shoppe 204-582-3494

382 Selkirk Ave

Low cost clothing for women and children. ❤️

Walls of Freedom Outreach 204-997-0043

294 Ellen St

Breakfast drop-in Tues-Thurs form 10-11:30 am. Emergency food available. ❤️

West Central Women's 204-774-8975

Resource Centre

Lunch provided Mon, Wed, Fri at 12. Dinner provided Tues, Thurs at 5pm. Breakfast provided at 9:30 Saturdays.



FGWRC

FORT GARRY WOMEN'S RESOURCE CENTRE



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Financial and Food Resources



Fort Garry Women's Resource Centre

1150 A Waverley St

Winnipeg MB | R3T 0P4

204-477-1123 | info@fgwrc.ca

www.fgwrc.ca



Financial Resources

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.

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

Provides financial help to Manitobans who have no other way to support themselves or their families. 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

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 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.

S.E.E.D. 204-927-9935

Supporting Employment & Economic Development. Provides free tax filing and help securing birth certificates, helping open bank accounts or Canada learning bonds. Filling out forms.

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.

Organizations providing Low-Cost Clothing and Household Items ♥ Daily Meals and Emergency Food ♥

AGAPE Table 204-783-6369

364 Furby St

Bagged Lunch offered from 7am - 11am, Monday - Friday. Food bank offered through MB Harvest - must be registered in advance. Walk-in groceries offered on Tues and Thurs - limited supplies. ♥

Andrews Street Family Centre 204-589-1721

220 Andrew St

Facilitates soup nights and provides clothing. Call for details. ♥♥

Augustine Church 204-284-2250

444 River Ave

Lunches provided Mon-Thurs 12-2pm. Breakfast provided Friday mornings. Clothing and hygiene items available; dignity shower available; sleeping program Nov-March. ♥♥

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. (Bring MB Health Card for reg'n.) ♥

Christmas Cheer Board Nov-Dec: 204-989-5680

Provides food and gifts to low income families during the holiday season. ♥

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. ♥

Harvest Manitoba 204-982-3663

1085 Winnipeg Ave

Food to individuals and families. Call to register for a food bank in your area. ♥

Immaculate Conception Church 204-942-3778 181 Austin St. N

Bag lunch, pick-up only, Sundays 1-2 pm. ♥

John Howard Society 204-775-1514 x 110

583 Ellice Ave

Free clothing for men, women and gender diverse persons involved in the criminal justice system. Call on Monday for Thursday pick-up. ♥

Koats for Kids 204-586-KOAT (5628)

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

Lighthouse Mission 204-943-9669

669 Main St

Monday-Thursday: Hot breakfast 9-11:15 and Hot lunch 1-3:15. Friday: Sandwich lunch 1-4pm, Chili Supper 6-7:30. Emergency food and clothing when available (call for appointment). ♥♥

Living Word Temple 204-586-6858

467 Manitoba St.

Clothing and emergency food. ♥♥