

WHO DO I CALL?

For Parents and Caregivers

General

Ceridian Basic Needs Grant	1-866-313-2827
Employment and Income Assistance (EIA)	204-948-4000
EIA After Hours - Emergencies.....	204-945-0183 or 1-866-559-6778
.....	TTY 1-800-855-0511
Family Support Centre of Winnipeg	204-772-1923
Family Dynamics Inc (Newcomer family support)	204-794-0648
Healthy Start for Mom & Me	204-949-5350
Manitoba 211	mb.211.ca or call 211
MB Parent Help Line	204-945-4777
NEEDS (<i>Newcomers Employment & Educational Development Services</i>)	
.....	204-940-1260
Thrive Community Support Circle	204-772-9091
Villa Rosa (for single, pregnant women).....	204-786-5741

Child Abuse/Exploitation

ANCR (All Nations Coordinated Response)	204-944-4200
Canadian Centre for Child Protection	204-560-2083
.....	1-800-532-9135
Canadian Human Trafficking Hotline	1-833-900-1010
Child Victim Supports Services.....	204-945-0662
Winnipeg Police Service Sex Crimes Unit.....	204-986-6245

Domestic Violence

Alpha House (Non-crisis).....	204-982-2011
Domestic Violence Hotline (Prov. of MB)	1-877-977-0007
.....	TTY 1-888-987-2829
Ikwe-Widdjiitiwin Inc (24 hrs)	1-800-362-3344
Men's Resource Centre	204-415-6797 ext 207
TEXT Crisis Line	204-792-5302
Willow Place (24 hrs)	204-615-0311

Gang Involvement

MB Justice Project Gang Proof Resource Line.....	1-800-691-4264
OPK (OGIJIITA PIMATISWIN KINAMATAWIN)	204-795-1741
Winnipeg Police Service Gang Hotline	204-986-4264

Mental Health/Addictions

Centralized Intake Youth Addictions Service	204-958-9660
Learning Disabilities Association of MB.....	204-774-1821
Manitoba Adolescent Treatment Centre	204-958-9660
Manitoba Suicide Line (24hrs)	TEXT: 988 or 1-877-435-7170
MDAM Postpartum Warm Line	204-391-5983
Mood Disorder Assoc of Manitoba	204-786-0987
Resource Assistance for Youth (for youth age 29 and under) ..	204-783-5617
Seneca Mental Health Warm Line (7-11pm)	204-942-9276
Winnipeg Youth Mobile Crisis Team (24 hrs)	204-949-4777

Physical Health

Aboriginal Health and Wellness Centre of Winnipeg (AHWC)	204-925-3700
Dial-a-Dietician.....	1-877-830-2892
Family Doctor Finder	1-866-690-8260 or 204-786-7111
Health Links - Info Santé (24 hrs)	204-788-8200
MB Poison Control.....	1-855-776-4766
Recreation & Leisure Services - Fee Subsidy Program.....	311
email: cmsfeesub@winnipeg.ca	

Sexuality

Rainbow Resource Center (2SLGBTQ+)	204-474-0212
Sexuality Education Resource Centre (SERC)	204-982-7800

211 Manitoba211
free, confidential 24/7 (non-crisis) community/social resource info line.
mb.211.ca

If you are in immediate danger, please call 9-1-1.
Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

 @WpgSafety

winnipegsafety.ca



**Winnipeg
Committee For
Safety**

*Disclaimer: These resources are provided for information purposes only.
The WCFS does not necessarily endorse the resources listed.*