

STAYING ACTIVE

Active Aging in MB	204-632-3947
City of Winnipeg Leisure Guide	311
Creative Retirement Manitoba.....	204-481-5030
(online learning)	
Volunteer Manitoba	204-477-5180

TRANSPORTATION

Canadian Cancer Society - Transportation Service	1-888-939-3333
Winnipeg Transit (TeleBus)	204-287-RIDE (7433)
Winnipeg Transit Plus.....	204-986-5722
(formerly Handi-Transit)	

WRHA HEALTHY AGING RESOURCE TEAMS

Downtown/Point Douglas Healthy Aging...	204-940-8140
River East/Transcona Healthy Aging	204-940-2114
St. James/Assiniboia South Healthy Aging ..	204-940-3261

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



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

WHO DO I CALL?

For Seniors

GENERAL

211 Manitoba	211
(comprehensive resource list)	
Indigenous Senior Resources Centre.....	204-586-4595
Age and Opportunity: Support Services for Older Adults	204-956-6440
Caregiving with Confidence	204-452-9491
(supports for caregivers)	
Long Term & Continuing Care Assoc of MB	1-855-477-9888
MB Association of Senior Centres.....	204-792-5838
(listing of community resources for seniors)	
MB Pharmacare Program	204-786-7141
Winnipeg Crime Stoppers	204-786-8477 (TIPS)
WRHA Home Care Intake Line	204-788-8330
MB Seniors & Healthy Aging Secretariat (Seniors info line)	1-800-665-6565

DENTAL HEALTH

University of MB Home Dental Care Program	204-831-3455
University of MB Deer Lodge Centre Dental Care Program	204-831-2157

FRAUD AWARENESS

Canadian Anti-Fraud Centre	1-888-495-8501
<i>(to report telephone, internet or letter fraud if you did not suffer financial loss)</i>	
Fraud Awareness MB Hydro	204-480-5900
Manitoba Securities Commission	204-945-2548
Manitoba Ombudsman	204-982-9130
<i>(to receive "ID shields" for credit/debit cards)</i>	
Winnipeg Police Service (non-emergency)	204-986-6222
<i>(to report financial losses over \$5000 due to fraud)</i>	

HOUSING

Good Neighbours Active Living Centre	
Home Maintenance	204-806-1303
Manitoba Housing - Subsidized Housing	204-945-4663
Options for Seniors.....	204-477-9888
<i>(Independent, Retirement and Assisted Living)</i>	
MB Rental Assistance.....	204-948-7368
Safe Suite Initiative (Age and Opportunity)	204-956-6440
<i>(55+ temporary safe housing for victims of abuse for up to 60 days).....</i>	
	1-888-333-3121

INCOME ASSISTANCE

MB 55+ Income Supplement.....	204-945-2197
Public Guardian & Trustee of MB	204-945-2700
Service Canada (Old Age Security/Canada Pension Plan)	1-800-277-9914
..... TTY:	1-800-255-4786

MENTAL HEALTH

Alzheimer Society of Manitoba	204-943-6622
Aulneau Renewal Center (Counselling)	204-987-7090
WRHA Geriatric Mental Health Team (intake)	204-982-0140
Klinic Crisis Line (24/7)	204-786-8686
Manitoba Suicide Prevention Hotline (24/7)	1-877-435-7170

ELDER ABUSE

Protection for Persons in Care	1-866-440-6366
<i>(to report abuse/neglect of people in designated care facilities)</i>	
Seniors Abuse Support Line (24hrs)...	1-888-896-7183
MB Gov Elder Abuse Hotline	1-877-977-0007

PHYSICAL HEALTH

Dial-a-Dietician	1-877-830-2892
Family Doctor Finder.....	1-866-690-8260
204-786-7111	
Health Links - Info Santé (24hrs).....	204-788-8200
Injury Prevention Program (IMPACT).....	204-940-8300
MB Poison Control	1-855-776-4766
Meals on Wheels	204-956-7711