

# HEALTH SERVICES AND RESOURCES

<p><b>Manitoba Health</b> 300 Carlton Street ☎ 204-786-7101 🌐 <a href="http://www.gov.mb.ca/health">www.gov.mb.ca/health</a></p>	<ul style="list-style-type: none"> <li>• Information about health care in Manitoba</li> <li>• Visit or call the office to update the address on your health card</li> </ul>
<p><b>Winnipeg Regional Health Authority</b> 🌐 <a href="http://www.wrha.mb.ca">www.wrha.mb.ca</a></p>	<ul style="list-style-type: none"> <li>• News and information about health care in Winnipeg</li> <li>• 🌐 <a href="http://www.healingourhealthsystem.ca">www.healingourhealthsystem.ca</a> – up-to-date information about health services in Manitoba</li> <li>• Manitoba Poison Centre: ☎ 1-855-776-4766 (24 hours a day). Call for information and advice about exposure to poison</li> </ul>
<p><b>Mount Carmel Clinic – Multicultural Wellness Program</b> 886 Main Street ☎ 204-589-9447 or ☎ 204-589-9426 ✉ <a href="mailto:info@mountcarmel.ca">info@mountcarmel.ca</a> 🌐 <a href="http://www.mountcarmel.ca">www.mountcarmel.ca</a></p>	<ul style="list-style-type: none"> <li>• Counselling for newcomers</li> <li>• City-wide services available in several languages</li> <li>• Support during cultural adaptation</li> <li>• Bus tickets, child care and snacks provided for Mount Carmel programs</li> <li>• Low-cost dental program</li> </ul>
<p><b>Aurora Family Therapy Centre</b> 5<sup>th</sup> floor, 491 Portage Avenue (Rice Building) ☎ 204-786-9251 ✉ <a href="mailto:aurora@uwinnipeg.ca">aurora@uwinnipeg.ca</a> 🌐 <a href="http://www.aurorafamilytherapy.com">www.aurorafamilytherapy.com</a></p>	<ul style="list-style-type: none"> <li>• Free services for government-assisted refugees, low cost services for all other newcomers</li> <li>• Support for people transitioning to new life in Canada</li> <li>• Group sessions for parents, women, men, cultural groups and youth</li> </ul>
<p><b>Sexuality Education Resource Centre (SERC)</b> 200-226 Osborne Street North ☎ 204-982-7800 ✉ <a href="mailto:info@serc.mb.ca">info@serc.mb.ca</a> 🌐 <a href="http://www.serc.mb.ca">www.serc.mb.ca</a></p>	<ul style="list-style-type: none"> <li>• Free workshops for parents, families and community groups</li> <li>• Information and resources on family planning, sexual health and family communication</li> <li>• Referral to other services</li> </ul>
<p><b>Nine Circles Community Health Centre</b> 705 Broadway ☎ 204-940-6000 ✉ <a href="mailto:ninecircles@ninecircles.ca">ninecircles@ninecircles.ca</a> 🌐 <a href="http://www.ninecircles.ca">www.ninecircles.ca</a></p>	<ul style="list-style-type: none"> <li>• Free, confidential tests for sexually transmitted infections (STIs)</li> <li>• Support for people living with HIV/AIDS</li> <li>• Sexual Health Information Line: ☎ 204-954-2437</li> </ul>
<p><b>Immigrant Women’s Counselling Service</b> 200-323 Portage Avenue ☎ 204-940-6624 ✉ <a href="mailto:iwcs@mts.net">iwcs@mts.net</a></p>	<ul style="list-style-type: none"> <li>• Counselling for women who face violence or trauma</li> <li>• Group counselling on healthy relationships, anger management, parenting and self-esteem</li> <li>• Services available in several languages</li> </ul>
<p><b>Healthy Start for Mom and Me</b> 406 Edmonton Street ☎ 204-949-5350 ✉ <a href="mailto:info@hsmm.ca">info@hsmm.ca</a> 🌐 <a href="http://www.hsmm.ca">www.hsmm.ca</a></p>	<ul style="list-style-type: none"> <li>• Free prenatal/postnatal classes – drop-in Wed. 1:30 pm</li> <li>• Learn about having a baby in Canada</li> <li>• Interpreters available</li> <li>• Babysitting for children under age 5</li> <li>• Nurse and dietician available</li> <li>• There are 8 other Healthy Start programs in Winnipeg (☎ 204-949-5350)</li> </ul>
<p><b>Language Access Interpreter Services</b> Winnipeg Regional Health Authority <i>*Access available ONLY through your doctor</i></p>	<ul style="list-style-type: none"> <li>• Free interpreter services (in-person and over-the-phone) available in many languages</li> <li>• Ask your doctor or the receptionist to phone ☎ 204-788-8585 to access this service</li> </ul>

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<p><b>Society for Manitobans with Disabilities (SMD)</b> 825 Sherbrook Street 🌐 <a href="http://www.smd.mb.ca">www.smd.mb.ca</a></p>	<ul style="list-style-type: none"> <li>• The <b>Ethnocultural Program</b> helps newcomers with disabilities access services in the community. Services available in a variety of languages (☎ 204-975-3010)</li> <li>• The <b>Deaf and Hard of Hearing Program</b> offers language and math programs for deaf and hard-of-hearing adult newcomers (☎ 204-975-3083)</li> </ul>
<p><b>Nor-West Co-op / Community Health</b> 785 Keewatin Street ☎ 204-938-5900 🌐 <a href="http://www.norwestcoop.ca">www.norwestcoop.ca</a></p>	<ul style="list-style-type: none"> <li>• Medical care and counselling available</li> <li>• Community Food Centre has cooking groups, gardening opportunities, low cost food market and nutrition information</li> <li>• Programs for families, youth, parenting, and newcomers</li> </ul>
<p><b>Health Links</b> ☎ 204-788-8200</p>	<ul style="list-style-type: none"> <li>• Free health information and advice in your language</li> <li>• Available any time, day or night</li> <li>• Speak to a registered nurse</li> </ul>
<p><b>Jewish Child and Family Service</b> 123 Doncaster Street ☎ 204-477-7430 ✉ <a href="mailto:jcfs@jcfswinnipeg.org">jcfs@jcfswinnipeg.org</a> 🌐 <a href="http://www.jcfswinnipeg.org">www.jcfswinnipeg.org</a></p>	<ul style="list-style-type: none"> <li>• Counselling and mental health support for individuals, couples and families</li> <li>• Available in several languages</li> <li>• Fees are on sliding scale starting at \$10/session</li> </ul>
<p><b>Family Doctor Finder</b> ☎ 204-786-7111 🌐 <a href="http://www.gov.mb.ca/health/familydoctorfinder">www.gov.mb.ca/health/familydoctorfinder</a></p>	<ul style="list-style-type: none"> <li>• Call or register online to be connected with a health care professional near your home (family doctor, pediatrician, or nurse practitioner)</li> </ul>
<p><b>Rainbow Resource Centre</b> 170 Scott Street ☎ 204-474-0212 ext. 201 ✉ <a href="mailto:newcomers@rainbowresourcecentre.org">newcomers@rainbowresourcecentre.org</a> 🌐 <a href="http://www.rainbowresourcecentre.org">www.rainbowresourcecentre.org</a></p>	<ul style="list-style-type: none"> <li>• Serving Manitoba's gay, lesbian and trans community</li> <li>• Resource library</li> <li>• Settlement worker to help newcomers</li> <li>• Free drop-in counselling</li> <li>• Support group meetings (men, women, youth, parents)</li> </ul>
<p><b>Klinic Community Health Centre</b> 870 Portage Avenue ☎ 204-784-4090 🌐 <a href="http://www.klinic.mb.ca">www.klinic.mb.ca</a></p>	<ul style="list-style-type: none"> <li>• Free community health, education and counselling services</li> <li>• Drop-in counselling available at 545 Broadway and 845 Regent Avenue West</li> <li>• 24-hour crisis telephone help: ☎ 204-786-8686</li> </ul>
<p><b>MFL Occupational Health Centre</b> 102-275 Broadway ☎ 204-949-0811 ✉ <a href="mailto:mflohc@mflohc.mb.ca">mflohc@mflohc.mb.ca</a> 🌐 <a href="http://mflohc.mb.ca">mflohc.mb.ca</a></p>	<ul style="list-style-type: none"> <li>• Community health clinic with information and resources about workplace health and safety</li> <li>• Community workshops on workplace health and safety in newcomers' first language (☎ 204-926-7908)</li> <li>• Medical care and counselling for injured workers</li> </ul>
<p><b>Cancer Care Manitoba</b> 🌐 <a href="http://www.cancercare.mb.ca">www.cancercare.mb.ca</a></p>	<ul style="list-style-type: none"> <li>• Information on cancer screening and prevention</li> </ul>
<p><b>Health Canada</b> 🌐 <a href="http://www.canada.ca/en/health-canada">www.canada.ca/en/health-canada</a></p>	<ul style="list-style-type: none"> <li>• Information on improving and maintaining your health</li> <li>• Advice on food, nutrition and healthy living</li> </ul>
<p><b>Workers Compensation Board of Manitoba</b> 333 Broadway ☎ 204-954-4321 🌐 <a href="http://www.wcb.mb.ca">www.wcb.mb.ca</a></p>	<ul style="list-style-type: none"> <li>• A workplace injury and disability insurance agency</li> <li>• Insures and supports safe and healthy work and workplaces.</li> </ul>
<p><b>"Alone in Canada"</b> – an online book about cultural adaptation (available in 20 languages) 🌐 <a href="https://goo.gl/6qb4n7">https://goo.gl/6qb4n7</a></p>	
<p><b>** For Family Support Services &amp; Information, please refer to the LAW SERVICES AND RESOURCES SHEET</b></p>	