

HEALTH SERVICES AND RESOURCES

Manitoba Health 300 Carlton Street ☎ 204-786-7101 🌐 www.gov.mb.ca/health	<ul style="list-style-type: none"> • Information about health care in Manitoba • Visit or call the office to update the address on your health card
Winnipeg Regional Health Authority 🌐 www.wrha.mb.ca 🌐 www.myrightcare.ca – up-to-date information about health services in Manitoba	<ul style="list-style-type: none"> • News and information about health care in Winnipeg • Manitoba Poison Centre: ☎ 1-855-776-4766 (24 hours a day). Call for information and advice about exposure to poison
Mount Carmel Clinic – Multicultural Wellness Program 886 Main Street ☎ 204-589-9426 ✉ info@mountcarmel.ca 🌐 www.mountcarmel.ca	<ul style="list-style-type: none"> • Counselling for newcomers • City-wide services available in several languages • Support during cultural adaptation • Bus tickets, child care and snacks provided for Mount Carmel programs • Low-cost dental program
Aurora Family Therapy Centre 5 th floor, 491 Portage Avenue (Rice Building) ☎ 204-786-9251 ✉ aurora@uwinnipeg.ca 🌐 www.aurorafamilytherapy.com	<ul style="list-style-type: none"> • Free services for government-assisted refugees, low cost services for all other newcomers • Support for people transitioning to new life in Canada • Group sessions for parents, women, men, cultural groups and youth
Mental Health Crisis Response Centre 817 Bannatyne Avenue ☎ 204-940-1781 - Adult Mobile Crisis Service (can come to your home)	<ul style="list-style-type: none"> • Walk-in assessment and treatment for a mental health crisis • Referrals to other mental health services • Open 24 hours a day, 7 days a week
Sexuality Education Resource Centre (SERC) 200-226 Osborne Street North ☎ 204-982-7800 ✉ info@serc.mb.ca 🌐 www.serc.mb.ca	<ul style="list-style-type: none"> • Free workshops for parents, families and community groups • Information and resources on family planning, sexual health and family communication • Referral to other services
Nine Circles Community Health Centre 705 Broadway ☎ 204-940-6000 ✉ ninecircles@ninecircles.ca 🌐 www.ninecircles.ca	<ul style="list-style-type: none"> • Medical care, social support, and community education • Free, confidential testing for sexually transmitted infections (STIs) • Treatment and support for people living with HIV • Ask a question about STIs 🌐 sexfriendlymb.ninecircles.ca
Immigrant Women’s Counselling Service 200-323 Portage Avenue ☎ 204-940-6624 ✉ iwcs@mts.net	<ul style="list-style-type: none"> • Counselling for women who face violence or trauma • Group counselling on healthy relationships, anger management, parenting and self-esteem • Services available in several languages
Healthy Start for Mom and Me 406 Edmonton Street ☎ 204-949-5350 ✉ info@hsmm.ca 🌐 www.hsmm.ca	<ul style="list-style-type: none"> • Free prenatal/postnatal classes – drop-in Wed. 1:30 pm • Learn about having a baby in Canada • Interpreters available • Babysitting for children under age 5 • Nurse and dietician available • There are 8 other Healthy Start programs in Winnipeg (☎ 204-949-5350)

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Language Access Interpreter Services Winnipeg Regional Health Authority <i>*Access available ONLY through your doctor</i>	<ul style="list-style-type: none"> • Free interpreter services (in-person and over-the-phone) available in many languages • Ask your doctor or the receptionist to phone ☎ 204-788-8585 to access this service
Society for Manitobans with Disabilities (SMD) 825 Sherbrook Street www.smd.mb.ca	<ul style="list-style-type: none"> • The Ethnocultural Program helps newcomers with disabilities access services in the community. Services available in a variety of languages (☎ 204-975-3010) • The Deaf and Hard of Hearing Program offers language and math programs for deaf and hard-of-hearing adult newcomers (☎ 204-975-3083)
Nor-West Co-op / Community Health 785 Keewatin Street ☎ 204-938-5900 www.norwestcoop.ca	<ul style="list-style-type: none"> • Medical care and counselling available • Community Food Centre has cooking groups, gardening opportunities, low cost food market and nutrition information • Programs for families, youth, parenting, and newcomers
Health Links ☎ 204-788-8200	<ul style="list-style-type: none"> • Free health information and advice in your language • Available any time, day or night • Speak to a registered nurse
Jewish Child and Family Service 123 Doncaster Street ☎ 204-477-7430 ✉ jcfs@jcfswinnipeg.org www.jcfswinnipeg.org	<ul style="list-style-type: none"> • Counselling and mental health support for individuals, couples and families • Available in several languages • Fees are on sliding scale starting at \$10/session
Family Doctor Finder ☎ 204-786-7111 www.gov.mb.ca/health/familydoctorfinder	<ul style="list-style-type: none"> • Call or register online to be connected with a health care professional near your home (family doctor, pediatrician, or nurse practitioner)
Rainbow Resource Centre 170 Scott Street ☎ 204-474-0212 ext. 201 ✉ newcomers@rainbowresourcecentre.org www.rainbowresourcecentre.org	<ul style="list-style-type: none"> • Serving Manitoba's gay, lesbian and trans community • Resource library • Settlement worker to help newcomers • Free drop-in counselling • Support group meetings (men, women, youth, parents)
Klinik Community Health Centre 870 Portage Avenue ☎ 204-784-4090 www.klinik.mb.ca	<ul style="list-style-type: none"> • Free community health, education and counselling services • Drop-in counselling available at 545 Broadway and 845 Regent Avenue West • 24-hour crisis telephone help: ☎ 204-786-8686
MFL Occupational Health Centre 102-275 Broadway ☎ 204-949-0811 ✉ mflohc@mflohc.mb.ca mflohc.mb.ca	<ul style="list-style-type: none"> • Community health clinic with information and resources about workplace health and safety • Community workshops on workplace health and safety in newcomers' first language (☎ 204-926-7908) • Medical care and counselling for injured workers
Cancer Care Manitoba www.cancercare.mb.ca	<ul style="list-style-type: none"> • Information on cancer screening and prevention
Health Canada www.canada.ca/en/health-canada	<ul style="list-style-type: none"> • Information on improving and maintaining your health • Advice on food, nutrition and healthy living
"Alone in Canada" – an online book about cultural adaptation (available in 20 languages) https://goo.gl/6qb4n7	
** For Family Support Services & Information, please refer to the LAW SERVICES AND RESOURCES SHEET	