



Telephone Directory of Resources in Manitoba

Crisis / Urgent Phone List

Klinik (24 hour Suicide Crisis Line)	(204)786-8686
Mobile Crisis Unit (24 hour crisis assessment)	(204)940-1781
Health Sciences Centre Emergency*	(204)787-3167
Seneca House Warm Line (non-crisis support)	(204)942-9276
Seneca House (short-term respite, counseling)	(204)231-0217
Klinik Sexual Assault Line (24 hours)	(204)786-8631
Osborne House (domestic violence, emergency shelter)	(204)942-3052
Crisis Stabilization Unit- 755 Portage Avenue	(204)940-3633
Ikwe-Widdjitiwin (emergency women's shelter)	(204)987-2780
Ikwe-Widdjitiwin (24 hour crisis line)	1-800-362-3344
Child and Family Services (24 hours)	(204)944-4050
Youth Crisis Stabilization (24 hour mobile crisis team)	(204)949-4777
Teen Touch (24 hour distress line)	(204)783-1116
Kids Help Phone (24 hour distress line)	1-800-668-6868
Alcoholics Anonymous	(204)942-0126
Gambling Help Line (24 hours)	(204)944-6382
Addictions Foundation of Manitoba (AFM) (alcohol, drugs, gambling)	(204)944-6200

*Emergency Psychiatric Services are also available at Victoria Hospital, Seven Oaks Hospital, Grace Hospital and St. Boniface Hospital. They are NOT available at Misericordia or Concordia.

Counseling Resources

- Addictions Foundation of Manitoba*** (204)944-6200
1031 Portage Avenue (<http://www.afm.mb.ca>)
- Age and Opportunity*** (204)956-6441
200-280 Smith Street (<http://www.ageopportunity.mb.ca>)
- Anchorage Addiction Program*** (204)946-9401
180 Henry Avenue (Salvation Army Chemical Dependency Program)
- Anxiety Disorders Association of Manitoba (ADAM)*** (204)925-0600
100-4 Fort Street (<http://www.adam.mb.ca>)
- Aulneau Renewal Centre*** (204)987-7090
601 Aulneau Street (<http://www.members.shaw.ca/aulneau.renewal>)
(Bilingual counseling for adults, children, families and couples)
- Aurora Family Therapy Centre*** (204)786-9251
515 Portage Avenue (<http://www.aurora.uwinnipeg.ca>)
- Black Youth Hotline*** (204)339-2769
1631 St. Mary's Road
- Centre Renaissance Centre (Counseling)*** (204)256-6750
844 Autumnwood Drive (<http://www.mts.net/~renais/>)
- Community Financial Counseling Services*** (204)989-1900
203-290 Vaughan Street (<http://www.creditcounsellingcanada.ca>)
(Individual and group financial counseling services)
- Community Mental Health Services, WRHA*** (204)940-2655
(<http://www.wrha.mb.ca/community/mentalhealth/>)
- Cornerstone Counseling Service*** (204)663-0050
302-1200 Portage Avenue or 159 Henderson Highway
(Individual, couple and family counseling)
- Elizabeth Hill Counseling Centre*** (204)956-6560
301-321 McDermot Avenue (<http://www.elizabethhill.ca>)
(Couple and family therapy, individual therapy for aboriginal and immigrant clients)

- EVOLVE (Klinik)*** (204)784-4070
 870 Portage Avenue (<http://www.klinik.mb.ca/counsel-domestic.htm>)
 (Counseling re: domestic abuse)
- Family Centre of Winnipeg*** (204)947-1401
 Unit 401-393 Portage Avenue (<http://www.familycentre.mb.ca>)
 (Individual, couple and family counseling)
- Family Conciliation Services*** (204)945-7236
 2nd Floor 379 Broadway Avenue (http://www.gov.mb.ca/fs/childfam/family_conciliation.html)
- Fort Garry Women’s Resource Centre*** (204)477-1123
 1150-A Waverley Street (<http://www.fgwrc.ca>)
 (Counseling for women)
- Health Sciences Centre*** (204)787-7424
Department of Clinical Health Psychology (204)787-5161
 PZ350-771 Bannatyne Avenue (<http://www.wrha.mb.ca/prog/psychology>)
 (Physician referral required)
- Hope Centre*** (204)589-8354
 240 Powers Street
 (Parenting, individual and family counseling)
- Indian Family Centre*** (204)586-8393
 470 Selkirk Avenue (<http://www.indianfamilycentre.com>)
 (Spiritual healing / sharing circle)
- John Howard Society of Manitoba*** (204)775-1514
 583 Ellice Avenue (<http://www.johnhoward.mb.ca>)
 (Ex-offenders, anger management, couples)
- Klinik Community Drop-In Counseling Program*** (204)784-4067
 545 Broadway Avenue, or 400A-1615 Regent Avenue West
 (<http://www.klinik.mb.ca>)
- Post Trauma Counseling (204)784-4059
 Sexual Assault Counseling (204)784-4049
 Domestic Abuse Counseling (EVOLVE) (204)784-4208
- Knowles Centre*** (204)339-1951
 2065 Henderson Highway
 (Children, adolescents and families)

- Laurel Centre** (204)783-5460
62 Sherbrook Street
(Individual counseling for women sexually abused in childhood or adolescence)
- Ma Mawi Wi Chi Itata Centre** (204)925-0300
800 Selkirk Avenue (<http://www.mamawi.com>)
(Individual, family, adolescent and child counseling)
- Manitoba Adolescent Treatment Centre** (204)958-9660
120 Tecumseh (<http://www.matc.ca>)
(Clinical services for adolescents)
- Manitoba Schizophrenia Society** (204)786-1616
100-4 Fort Street (<http://www.mss.mb.ca>)
(Consultation and Support Groups)
- Manitoba Suicide Line** 1-877-435-7170
(<http://www.reasonstolive.ca>)
- Mood Disorders Association** (204)786-0987
4 Fort Street, Suite 100 (<http://www.depression.mb.ca>)
(Self Help Support Groups)
- Mount Carmel Clinic** (204)582-2311
886 Main Street (<http://www.mountcarmel.ca>)
(Individual and family counseling)
- Native Clan Organization** (204)943-7357
203-138 Portage Avenue (<http://www.nativeclan.org>)
(Offender treatment)
- New Directions for Children, Youth & Families** (204)786-7051
777 Portage Avenue (<http://www.newdirections.mb.ca/nd/home>)
(Family therapy and other resources)
- North End Women's Centre** (204)589-7347
394 Selkirk Avenue (Individual counseling for women)
- Nor'West Co-op Community Health Centre** (204)940-2020
103-61 Tyndall Avenue (Parenting, domestic abuse counseling)
- OCD Centre Manitoba** (204)942-3331
100-4 Fort Street (<http://www.ocdmanitoba.ca>)
- Psychological Service Centre, U of Manitoba** (204)474-9222
(<http://www.umanitoba.ca/faculties/arts/psychology/psc/>)

Recovery of Hope

300-309 Hargrave (Individual, family and marriage counseling)

(204)475-2039

WRHA Crisis Stabilization Unit

Winnipeg Health Region (<http://www.wrha.mb.ca/index.php>)

(204)940-3633

<i>River Heights (WRHA) Health & Social Services</i> 6-677 Stafford Street (Community health workers)	938-5500
<i>Sara Riel Residential Program</i> 210 Kenny Street (http://www.sararielinc.com)	237-9263
<i>Seneca House</i> 283 Provencher Boulevard (http://www.senecahouse.ca) (Short-term respite, counseling)	231-0217
<i>St. Norbert Foundation</i> 3514 Pembina Highway (http://www.bhf.ca) (Addictions Treatment Centre)	269-3430
<i>Women's Health Clinic</i> 419 Graham Avenue (http://www.comenshealthclinic.org) (Primary health care and counseling for women)	947-1517
<i>Women in Second Stage Housing (W.I.S.H.)</i> (http://www.mts.net/~wishinc/) (Counseling and housing for women and children affected by domestic violence)	275-2600
<i>Winnipeg Gay/Lesbian Resource Centre</i> 1-222 Osborne Street South (Rainbow Resource Centre) (http://www.rainbowresourcecentre.org) (Information and counseling)	284-5208
<i>YM-YWCA of Winnipeg</i> B103-290 Vaughan Street (http://www.ywinnipeg.ca) (Counseling)	989-4194
<i>Youville Centre</i> 33 Marion Street (http://www.youville.ca) (Counseling for parenting, family, relationship and personal issues)	233-0262