



Help Lines

Klinik 24-hour Crisis Line

1-888-322-3019

Mental Health Crisis Response Centre (CRC)

1-204-940-1781

Help Lines

Manitoba Addictions Helpline

1-855-662-6605

Health Links Info santé

204-788-8200

Seneca Warm Line (Distress, Overwhelmed, Anxious, Depressed or just need to talk)

204-942-9276

Visit/call 211 to find programs and services

RESOURCES IN ST. BONIFACE - WHERE TO GO & WHO TO CALL

Personal Wellness

Accueil Francophone | 190 Avenue de la Cathédrale | 204-975-4250

Mon.- Fri. 8:30am - 5pm

Immigrant and refugee welcoming and settlement services.

Teen/Youth Hub | 17 St. Mary's Rd (Opening Jan 2022) | 204-938-5900

Mental health, substance use, primary health care, peer support and social services (housing, employment, education, income assistance, etc.)

Pluri-elles | 420 Des Meurons St,Unit 114 | 204-233-1735

Mon.- Fri. 9am - 5pm

Support and counselling for women, families and community including domestic abuse, employment and literacy.

St-Boniface Library | 131 Provencher Blvd #100 | 204-986-4331

Mon.,Wed.,Fri.,Sat. 10am - 5pm | Tue.,Thu. 10am - 8pm

Free access to library material (books, magazines, music, movies, etc.). Public access computers with Internet and printer, WI-FI Internet, Faxing, photocopy and document scanning. Free community programs (all ages), Community Crisis workers, water bottle filling station.

St-Boniface Hospital | 409 Tache Ave | 204-233-8563 | 24 Hours

Emergency department, Buhler Gallery, Cafeteria.

Aulneau Renewal Centre | 228 Hamel Ave | 204-987-7090

Mon.-Fri. 9am - 5pm

Works with individuals, couples, and families to develop therapeutic plans that meet their specific needs through therapy, education, support, and guidance. Sliding scale rates available. Mental health resources and supports available.

Addictions Program for Women | 271 Archibald St | 204-415-3934

Provides programs that offer spiritual development (Bible based), recovery counselling, life skills classes, education opportunities.

Offers a 30-day program, after which women are encouraged to move to our 1-year Heart Recovery Program

Youville Diabetes Centre

Dominion Shopping Centre, 33 Marion St | 204-233-0262

Mon.,Wed.,Fri. 9am - 5pm | Tue.,Thu. 9am - 9pm

Self referrals for diabetes & harm reduction supplies distribution for general public.

Drop In Services 170 Goulet

Accès-Access St-Boniface | 170 Goulet St

204-940-1692 | Mon.- Fri. 8:30am - 4:30pm

A one stop location for health and social services.

Bilingual Service Centre | 170 Goulet St, Main Floor

204-945-6220 | Mon.- Fri. 8:30am - 4:30pm

Public access computers with Internet and printer, WI-FI Internet, Public phone, Faxing and document scanning, Various government services (City of Winnipeg, Province of Manitoba and Service Canada)

Walk-In Connected Care Clinic | 170 Goulet St

204-940-3838

Mon.- Fri. noon - 7:30pm (closed from 4pm to 5pm)

Sat.,Sun.,Holidays 9am - 4:30pm

(closed noon to 1pm)

Available to the general public on a walk-in basis to meet unexpected health care needs during times when it is difficult to see your regular care provider. Nalaxone kits also available.

Youth Addiction Counselling Services

170 Goulet St

A safe, supportive space for youth (ages 12-29) to talk about drugs and alcohol use.

Questions/Appointments: 204-250-4196

Food

Holy Cross Food Bank

252 Dubuc St

204-233-7367

- **Weekly Wednesday Food Bank** - Wed. 9am (please register with Harvest 204-982-3663) Drop-in welcome

Society of St. Vincent de Paul
204-237-6468

Phone in service for emergency food vouchers & hampers and basic necessities.

Clothes & Household

Centre Flavie-Laurent
450 Provencher Blvd
204-231-9513

Moving to 301 Archibald in March 2022

Free clothing, furniture and appliances to people.

Salvation Army Thrift Store

145 Goulet St

204-233-7897

Low-cost household item and clothes.

Outreach

St-Boniface Street Links, Outreach

204-228-2369

Connecting with all those who are experiencing homelessness in St. Boniface.

Main Street Project, Outreach
204-232-5217

Provides warm clothing, blankets, water, coffee, food and harm reduction supplies. Referrals for Housing and other services such as Income Assistance, Job Referrals, Addiction Treatment Centres, Legal Aide, Counselling, Secure Personal Identification Documents etc.

Morberg House | 311 Provencher Blvd | 204-615-5557

Safe space for men experiencing addiction, homelessness and mental health challenges.

Resource Assistance for Youth | 204-391-2209

St-Boniface C.O.P.P.

saintbonifacecopp@gmail.com

Patrol regularly to promote community safety through presence and education.

Created by Nelson Mac Youth United Chapter
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