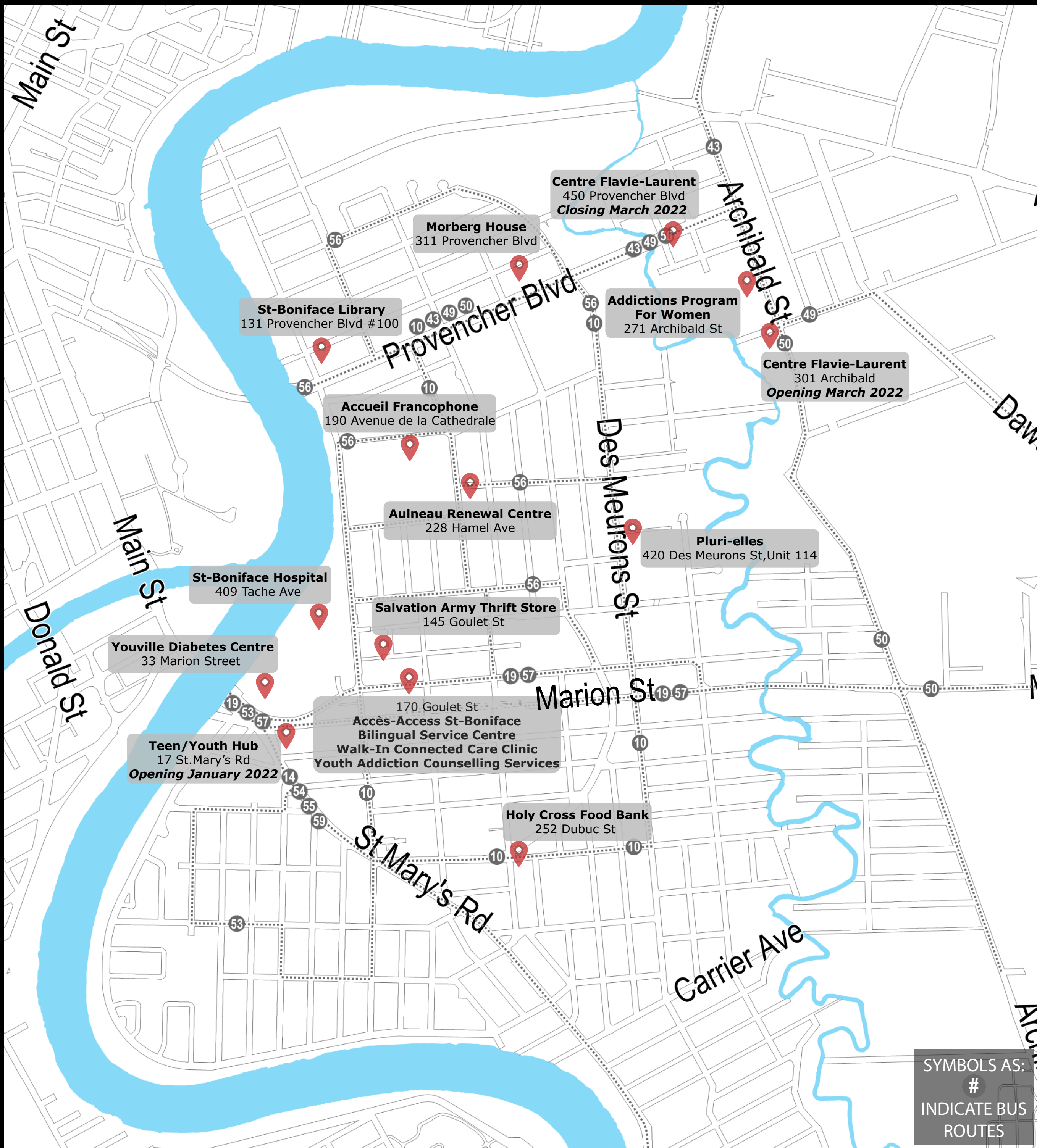


RESOURCES IN ST. BONIFACE - WHERE TO GO & WHO TO CALL



Personal Wellness

Accueil Francophone | 190 Avenue de la Cathedrale | 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. Naloxone 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.

Help Lines

Klinik 24-hour Crisis Line 1-888-322-3019	Manitoba Addictions Helpline 1-855-662-6605	Seneca Warm Line (Distress, Overwhelmed, Anxious, Depressed or just need to talk) 204-942-9276
Mental Health Crisis Response Centre (CRC) 1-204-940-1781	Health Links Info santé 204-788-8200	Visit/call 211 to find programs and services

Created by Nelson Mac Youth United Chapter
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