

## Support Services

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### Job Loss

- **Job Referral Service**  
<https://www.gov.mb.ca/jrs/>
  - Provincial
  - "An online job matching service designed to connect qualified job seekers with job opportunities related to hydro based projects in Manitoba"
- **Manitoba Jobs and Skills Development Centre**  
<https://www.gov.mb.ca/wd/ites/contact.html>
  - Provincial
  - Counselling, job search assistance, access to computers and information on Manitoba's labour market
- **Employment and Income Assistance**  
<https://www.gov.mb.ca/fs/eia/>
  - Provincial

### Career Change

- **Career Development Tools**  
<https://www.gov.mb.ca/wd/virtualcentre/jobseekers/jobprep.html>
  - Online resource
- **Manitoba Start - Bringing You a World-Class Workforce**  
<https://manitobastart.com/>

### Change in Health

- **CancerCare Support Services**  
<https://ext-opencms.cancercare.mb.ca/Patient-Family/support-services/>
  - Contact: 204-787-2109 or 1-888-561-1026,  
[pfssinquiry@cancercare.mb.ca](mailto:pfssinquiry@cancercare.mb.ca)
- **Living With Stroke Educational Support Group**
  - Contact Heart and Stroke Foundation of Manitoba  
204-949-2000 or toll free 1-888-473-4636

- **Dementia Support Groups**
  - Winnipeg, Brandon
  - Contact [204-729-8320](tel:204-729-8320) or email [wmprog@alzheimer.mb.ca](mailto:wmprog@alzheimer.mb.ca)
- **Support groups for family/friends of people with dementia**
  - Winnipeg, Interlake, North Central, North Eastman, Parkland, South Central, South Eastman, Westman
  - Refer to **Alzheimer Society of Manitoba Support Groups For Family and Friends** <https://alzheimer.mb.ca/we-can-help/support-groups-for-family-and-friends/> for contact information based on region
- **Dementia Services**  
<https://alzheimer.mb.ca/we-can-help/resources/>
  - Helpline at [1-800-378-6699](tel:1-800-378-6699)
  - Online handbook
- **Multiple Sclerosis Support Services**  
<https://alsmb.ca/als-manitoba/services/>
- **ALS Manitoba Services**  
<https://alsmb.ca/als-manitoba/services/>
- **Society for Manitobans With Disabilities**  
<https://www.manitobapossible.ca/>
- **Living Well With HIV**  
<https://ninecircles.ca/programs-services/living-well-with-hiv/>
  - Support group, food bank, assistance fund
- **Lung Association Support Group**  
<https://mb.lung.ca/>
  - Contact at [204-774-5501](tel:204-774-5501) ext. 240 or by using the link above
- **Dystonia Support Group**  
<https://dystoniacanada.org/winnipeg>
  - Winnipeg: Dianne at [204-586-2572](tel:204-586-2572) or [info@dystoniacanada.org](mailto:info@dystoniacanada.org)
- **Brain Tumor Support Group**  
<https://www.braintumour.ca/category/support-group/>
  - For more information, contact [1-800-265-5106](tel:1-800-265-5106) or [519-642-7755](tel:519-642-7755)
- **Osteoporosis Program and Resources**  
<https://osteoporosis.ca/programs/>
  - Online
  - Or contact [1-800-463-6842](tel:1-800-463-6842) (English) or [1-800-977-1778](tel:1-800-977-1778) (French)
- **Parkinson Canada Information and Referral Helpline**  
<https://www.parkinson.ca/resources/information-and-referral-helpline/>
  - Contact at the above link or email [info@parkinson.ca](mailto:info@parkinson.ca) or call [1-800-565-3000](tel:1-800-565-3000)
- **Parkinson Canada Programs Near You**  
<https://www.parkinson.ca/resources/support-groups/>
  - Winnipeg, and various rural locations in Southern Manitoba
  - Events, local offices, support groups
- **Lyme Disease Support Group**  
<https://www.lymedoc.net/>
  - Winnipeg

- **Fibromyalgia Support Group**  
<https://www.fmswinnipeg.com/>
  - Winnipeg

## Death of a Family Member

- **Brandon and Area Suicide Bereavement Support Group**  
<http://www.spinbrandon.ca/>
  - Contact Elan at [204-573-7878](tel:204-573-7878) or [ehmjay1949@gmail.com](mailto:ehmjay1949@gmail.com)
- **Palliative Manitoba Grief Support Services**  
<https://palliativemanitoba.ca>
  - Telephone support available by contacting [info@palliativemanitoba.ca](mailto:info@palliativemanitoba.ca)
  - Grief seminars in Winnipeg
- **SPEAK (Suicide Postvention Education Awareness and Knowledge)**  
<https://clinic.mb.ca/in-person-counselling/suicide-postvention-education-awareness-and-knowledge-speak/>

## Financial Pressure

- **Employment and Income Assistance**  
<https://www.gov.mb.ca/fs/eia/>
  - Provincial
- **Manitoba Financial Assistance Programs**  
<https://livelearn.ca/article/money-finances/manitoba-financial-assistance-programs/>
- **Financial Assistance**  
<https://www.gov.mb.ca/wd/>
  - Job Seekers
  - Youth/students
  - Educators and trainers
  - Business, industry, employers
- **Manitoba Financial Literacy**  
<http://manitobafinancialliteracy.com/tools-resources/>

## Banking Services

- **National Bank**  
<https://www.nbc.ca/personal/accounts/professionals/engineers.html>
  - National Bank offers an exclusive banking package for Engineers and students, including:
    - Everyday banking and commercial banking
    - Discounted rate for unsecured line of credit and student line of credit
    - Preferential rate for home financing
    - Preferential rate for self-direct investment brokerage

Winnipeg Branch: 179 Provencher Blvd, Winnipeg MB R2H 0G4  
Local Contact: Shali Zhang, 204-233-4983 ext 35157, shali.zhang@nbc.ca

## Mediating a Dispute

- **Family Conciliation Services**
  - For more information, contact:
    - Winnipeg - 204-945-7236, Toll-Free - 800-282-8069
    - Brandon - 204-726-6336, Toll-Free - 800-230-1885
    - Dauphin - 204-622-2035, Toll-Free - 866-355-3494
    - Thompson - 204-677-6570, Toll-Free - 866-677-6713
    - The Pas - 204-627-8311, Toll-Free - 866-443-2292
    - Flin Flon - 204-687-1700, Toll-Free - 866-443-2291
    - Swan River - 204-734-3491, Toll-Free - 888-269-6498

## Mental Health

- **How to Find a Good Mental Health Counsellor**  
**MHERC Manitoba – Community Leader in Mental Health Resources**  
<https://mherc.mb.ca/>
  - Online
- **Mental Health Resource Guide – Winnipeg**  
<https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
  - Online
- **Manitoba Farm, Rural & Northern Support Services**  
<https://supportline.ca/>
  - Telephone HelpLine: 1-866-367-3276
  - Live online chat available
  - Provides telephone and online counselling to farmers, rural and northern Manitobans
- **Sexual assault Crisis Counselling**  
<https://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>
  - Online resource with province-wide crisis telephone lines and Winnipeg in-person counselling
- **First Nations and Inuit Health**  
<https://www.sac-isc.gc.ca/eng/1584644191845/1584644225993>
  - Hope for Wellness Help Line 1-855-242-3310. Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut
  - Indian Residential Schools Crisis Line 1-866-925-4419
- **Reason to Live**  
<https://reasontolive.ca/>
  - Manitoba Suicide Line 1-877-435-7170 (1-877-HELP170)

- **Mood Disorder Association of Manitoba**  
<http://www.mooddisordersmanitoba.ca/>
  - Online resources
  - Including Winnipeg-based support groups for bipolar disorder, depression/anxiety, mood disorders, postpartum depression, and LGBT mood disorders
- **Anxiety Disorder Association of Manitoba**  
<http://www.adam.mb.ca/>
- **Obsessive Compulsive Disorder Centre of Manitoba**  
<https://mbwpg.cmha.ca/programs-services/the-ocd-centre-manitoba/>
  - Online resource
  - Support groups available
- **Mental Health Education Resource Centre for Manitoba**  
<https://mherc.mb.ca/>

## Health

- **Addiction Agencies (Adults)**  
<https://www.gov.mb.ca/mh/addictions/index.html>
  - Winnipeg Men's Intake: 204-944-6209
  - Winnipeg Women's Intake: 204-944-6229
  - Services available in Winnipeg, Brandon, Ste-Rose-du-Lac, Thompson, and 26 communities throughout Manitoba
  - **Addictions Foundation Manitoba** ([afm.mb.ca](http://afm.mb.ca))
- **Eating Disorders of Manitoba (Adults)**  
<https://eatingdisordersmanitoba.wordpress.com/get-help/adult-services/>
- **Eating Disorders of Manitoba (Youth)**  
<https://eatingdisordersmanitoba.wordpress.com/get-help/teen/>
  - [https://umanitoba.ca/faculties/health\\_sciences/medicine/units/psychiatry/programs/programs\\_ca/CA\\_Eating-Disorders.html](https://umanitoba.ca/faculties/health_sciences/medicine/units/psychiatry/programs/programs_ca/CA_Eating-Disorders.html)
- **MyRightCare**  
<https://myrightcare.ca/>
  - Information on various health treatment options including QuickCare Clinics, Walk-in Clinics, Health Links - Info Santé, Manitoba Poison Centre, etc.
- **Winnipeg Regional Health Authority Indigenous Health**  
<https://wrha.mb.ca/indigenous-health/>
  - Provide patient advocacy, language interpretation, discharge planning, spiritual and cultural care, resource support
  - 1-877-940-8880
- **Alcoholics Anonymous**
  - **Winnipeg**  
<https://aamanitoba.org/>
  - **Meeting Schedule**  
<https://aamanitoba.org/meetings>

## Seniors

- **Support Services to Seniors Program**  
<https://wrha.mb.ca/support-services-to-seniors/>
  - Winnipeg

## Youth

- **Youth Crisis Service**  
<https://thelinkmb.ca/>
  - Winnipeg Youth Resource Centre and Emergency Shelter, contact [204-477-1804](tel:204-477-1804) or [1-888-477-1804](tel:1-888-477-1804) (Macdonald Youth Services)
  - 24-Hour Crisis line: [204-949-4777](tel:204-949-4777) or [1-888-383-2776](tel:1-888-383-2776)

## Children - Special Needs

- **Child Development Clinic**  
**Clinics | Rehabilitation Centre for Children (rccinc.ca)**  
<https://rccinc.ca/programs-services/clinics/>
  - [204-258-6628](tel:204-258-6628); 115 Notre Dame Ave., Winnipeg, MB
  - Care providers work in partnership with families and community services for children who are developmentally, behaviourally, or physically challenged
- **Rehabilitation Centre for Children**  
<https://rccinc.ca/>
  - Promotes excellence in children's rehabilitation and developmental pediatrics through innovative clinical service, education, research and technologies
- **Manitoba Adolescent Treatment Centre**  
<https://matc.ca/>
  - Provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders
- **Specialized Services for Children and Youth**  
<https://sscy.ca/>
  - Initiative focused on the integration and co-location of services, for Manitoba children and youth, with disabilities and special needs
- **Society for Manitobans with Disabilities - Children Programs**  
**Children's Service Coordination**  
**Disability and Deaf Supports - Manitoba Possible**  
<https://www.manitobapossible.ca/children-service-coordination>
  - Enables children with disabilities to live their lives to the fullest at home, at school, and in the community. Programming gives families the information and support they need to provide their children with every possible advantage.

- **Learning Disabilities Association of Manitoba**  
<https://www.ldamanitoba.org/>
  - Karen Velthuys (Executive Director) at 204-774-1821 ext. 1
  - 617 Erin Street, Winnipeg, MB, R3G 2W1
- **Children's DisABILITY Services**  
<https://www.gov.mb.ca/fs/cds/index.html>
- **St. Amant**  
<https://stamant.ca/>
  - Supports children and families through pre-school and school-age autism services, clinical services, residential supports, respite, and a specialized year-round school
- **Autism Learning Centre**  
<https://autismlearningcentre.ca/>
  - Uses best practice teaching for children with autism in order to prepare our students for greater success in school and in everyday situations
- **Wirth Behavioural Health**  
<https://wirthbehaviouralhealth.com/about/>
  - Dr. Wirth is a licensed psychologist and a board certified behavior analyst-doctoral, and has a PhD in Psychology – Applied Behaviour Analysis (ABA) from the University of Manitoba
- **Discoveries in Therapy – Occupational Therapist**  
<https://www.discoveriesintherapy.com/>
  - Occupational therapy clinic that provides a unique approach for children, teenagers, parents, and professionals whose lives are impacted by childhood developmental disorders such as autism, Asperger's Syndrome, learning disabilities, anxiety disorders, ADHD, etc.
- **HALO - Helping Autism through Learning and Outreach**  
<https://www.halo-soma.org/>
  - Texas, USA
  - Non-profit organization providing academic instruction leading towards communication for persons with autism
- **Anat Baniel Method – Neuromovement**  
<https://www.halo-soma.org/>
  - California, USA
  - Cutting-edge, science-based approach that transforms the lives of children and adults, helping them move beyond pain and limitation
- **Facebook Autism Groups**
  - **Autism Winnipeg PACE (Parents of Autistic Children Everywhere)**  
<https://www.facebook.com/Autism-Winnipeg-PACE-974460162687351/>
  - **Autism Manitoba – for Parents and Caregivers**  
<https://www.facebook.com/groups/244966218954875>
  - **ADAPT - Association for Developmental Autism Programs and Therapies**  
<https://www.facebook.com/ADAPTManitoba>
  - **MFEAT Parent Support Group (St. Amant Autism programs)**  
<https://www.facebook.com/StAmantMB>

- **Ask Me, I'm Autistic**  
<https://www.facebook.com/groups/askautistics>

## **Crime Victims**

- **Manitoba Organization of Victim Advocates**  
<https://www.mova.ca/>
  - Supports family survivors of homicide victims, helps increase public awareness about victim rights and work with government to enhance and expand legislation, policies and programs that serve crime victims

## **Miscellaneous**

- **Caregiver's Guide**  
<https://www.gov.mb.ca/seniors/publications/docs/caregiver.pdf>
- **eMental Health**  
<https://www.ementalhealth.ca/Winnipeg-Regional-Health-Authority/Self-help-Mutual-Aid-and-Support-Groups/>
  - Online
  - Self-help, mutual aid, and support groups

## **Other Resources**

- **211 Manitoba**  
<https://mb.211.ca/>
  - "211 Manitoba is a searchable online database of government, health, and social services that are available across the province"