



*inspired by*  
**WONDER**

A COMMUNITY LEARNING & GROWING TOGETHER

# FAMILY RESOURCE MANUAL

1155 Notre Dame Avenue  
SSCY Centre Location  
Winnipeg, MB R3E 3G1

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Robertson School Location  
Winnipeg, MB R2X 2C4

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## I-PARENTING HELP RESOURCES

### Family Dynamics:

401-393 Portage Ave (Portage Place)

Winnipeg, Mb R3B 3H6

T: 204-947-1401

Web: [www.familydynamics.ca](http://www.familydynamics.ca)

### Healthy Child Manitoba (Pregnant or a New Parent?)

T: 204-945-1301

Toll free: 1-888-848-0140

Web: [www.manitoba.ca/healthybaby](http://www.manitoba.ca/healthybaby)

### New Directions

500-717 Portage Ave

Winnipeg, MB R3G 0M8

T: 204-786-7051

Web: [www.newdirections.mb.ca](http://www.newdirections.mb.ca)

### Healthy Child Manitoba (Families First)

3<sup>rd</sup> floor – 332 Bannerman Ave.

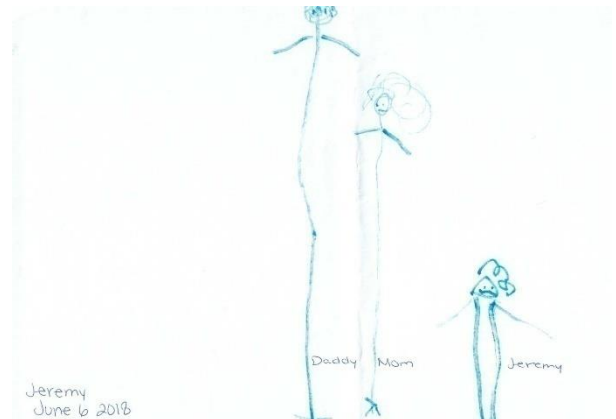
Winnipeg, MB R3A 0E2

Toll free: 1-888-848-0140

### Healthy Start for Mom and Me

9 locations in Winnipeg

Web: [www.hsम्म.ca/wp](http://www.hsम्म.ca/wp)



## Adolescent Parent Centre

136 Cecil Street

Winnipeg, Mb R3E 2Y9

T: 204-775-5440

Web: [www.winnipegssd.ca/schools/adolescentparentcentre](http://www.winnipegssd.ca/schools/adolescentparentcentre)

## Attachment Network of Manitoba(10 things your baby wants you to know/Your toddler wants you to know/your school age child wants you to know/your teenager wants you to know):

Web: [www.attachmentnetwork.ca](http://www.attachmentnetwork.ca)

Web: [www.circleofsecurity.net](http://www.circleofsecurity.net)

Email: [attachmentnetwork@shaw.ca](mailto:attachmentnetwork@shaw.ca)

## Substance Use Services for Youth (A guide for parents and youth)

Teen talk: 204-784-4010

Resource Assistance for youth: 204-783-5617

Behavioural Health Foundation Youth Services: 204-269-3430

## Klinik

870 Portage Ave

Winnipeg, Mb R3G 0P1

T: 204-784-4090

Web: [www.Klinik.mb.ca](http://www.Klinik.mb.ca)

Email: [klinik@klinik.mb.ca](mailto:klinik@klinik.mb.ca)

## II –NON PARENTING/ ADULT RESOURCES

### Domestic Violence Destroys families:

Local Winnipeg Crisis Line: 204-942-3052

Toll-free (Province Wide) Crisis Line: 1-877-977-0007

**Hurt Can Start At Home.**

Local Crisis Line: 204-346-0028

Toll-Free Crisis line: 1-877-977-0007

Business Line (non-emergency): 204-326-6062

Web: [www.agapehouse.ca](http://www.agapehouse.ca)**You Promised to Change Support Numbers:**

Toll free Crisis line: 1-877-977-0007

**REES Employment Services:**

305-1200 Portage Ave.

Winnipeg, MB R3G 0T5

T: 204-832-7337

Web: [www.re-es.org](http://www.re-es.org)Email: [info@re-es.org](mailto:info@re-es.org)**Connect Employment Services:**

188 Goulet ST.

Winnipeg, Mb R2H 0R8

T: 204-474-1959

Web: [www.connectemployment.ca](http://www.connectemployment.ca)**Addictions Foundation Adult and Youth**

1031 Portage Avenue

T: 204-944-6200

**Ma Mawi Wi Chi Itala Centre**

445 King Street

T 204-925-0300

Web: [www.mamawi.com](http://www.mamawi.com)

## Addictions Foundation of Manitoba

170 Doncaster Street.  
 Winnipeg, Mb R3N 1X9  
 T: 204-928-7158/7167  
 Email: [starfish@afm.mb.ca](mailto:starfish@afm.mb.ca)

## III– SAFETY RESOURCES

### Canadian Centre for Child Protection: Digital world

Web: [cybertip.ca/alerts](http://cybertip.ca/alerts)  
 Toll free: 1-866-658-9022

### Klinic: Sexual Assault Crisis Program

870 Portage Ave  
 Winnipeg, MB R3G 0P1  
 T: 204-784-4090  
 Web: [www.klinic.mb.ca](http://www.klinic.mb.ca)  
 Email: [klinic@klinic.mb.ca](mailto:klinic@klinic.mb.ca)

### Klinic: Crisis Counseling Program

870 Portage Ave  
 Winnipeg, MB R3G 0P1  
 T: 204-784-4090  
 Web: [www.klinic.mb.ca](http://www.klinic.mb.ca)  
 Email: [klinic@klinic.mb.ca](mailto:klinic@klinic.mb.ca)

### Child and Family Services- All Nations Coordinated Response

Reporting for Child Abuse (ANCR)  
 Tel: 204-944-4200

### Canadian Centre for Child Protection: Guide for Parents:

Web: [www.protectchildren.ca](http://www.protectchildren.ca)



## Manitoba Public Insurance: I Cycle Safely:

Web: [www.mpi.mb.ca](http://www.mpi.mb.ca)

## Manitoba Public Insurance: Child Car Seats:

Web: [www.mpi.mb.ca](http://www.mpi.mb.ca)

## IV – FOOD RESOURCES

### Meals on Wheels of Winnipeg

500-283 Portage Ave

Winnipeg, MB R2B 2B5

T: 204-956-7711

Web: [www.mealsonwheelwpg.ca](http://www.mealsonwheelwpg.ca)

### Dial-a-Dietitian

T: 204-788-8248

Toll free: 1-877-830-2892

### North End Food Security Network:

509 Selkirk Ave

Winnipeg, MB R2W 2M6

T: 204-927-2342

### Winnipeg Harvest

1085 Winnipeg Ave.

Winnipeg, MB R3E 0S2

T: 204-982-3663

Email: [info@winnipegharvest.org](mailto:info@winnipegharvest.org)



"Rainbow Pasta" By Abby Oct 29, 2018



Jeremy

"Chicken Noodle Soup"  
By Jeremy Oct 29, 20

## V – NEWCOMER RESOURCES

### Global Welcome Centre for Immigrants and Refugees

511, 509 Ellice Ave  
Winnipeg, MB R3B1Y8  
T: 204-258-2946

### Immigrant Settlement Services – Government of Manitoba

100 Adelaide Street  
Winnipeg, MB R3A 0W2  
T: 204-943-9158  
Web: [icmanitoba.com](http://icmanitoba.com)

### Hospitality House Refugee Ministry Inc

513 Pacific Ave  
Winnipeg, MB R3A 0M6  
Web: <http://hhrmwpg.org>

### Immigrant Women’s Association of Winnipeg

960 Portage Ave  
Winnipeg, MB, R3G0R4  
T: 204-415-0807

### Immigrant and Refugee Community Organization of Manitoba Inc.

IRCOM  
95 Ellen Street  
Winnipeg, MB R3A 1S8  
T: 204-943-8765  
Email: [info@irom.ca](mailto:info@irom.ca)  
Web: [irom.ca](http://irom.ca)

### Manitoba Interfaith Immigration Council

521 Bannatyne Ave  
Winnipeg, MB R3A 0E4  
Web: [Miic.ca](http://Miic.ca)

**L.E.E.P**

Life Employability Enhancement Program  
 51 Morrow Ave  
 Winnipeg, MB  
 T: 204-415-2232

**Newcomer Employment and Educational Development Services Inc.**

( NEEDS Inc.)  
 251 a Notre Dame Ave  
 Winnipeg, MB R3B 1N8  
 T: 204-940-1261  
 Web: [Needsinc.ca](http://Needsinc.ca)

**Mount Carmel Clinic**

806 Main Street  
 Winnipeg, MB R2W 5L4  
 T: 204-582-2311  
 Web: [www.mountcarmel.ca](http://www.mountcarmel.ca)

**North End Resource Centre**

394 Selkirk Avenue  
 T: 204-589-7347  
 Web: [www.newcentre.org](http://www.newcentre.org)

**VI –COMMUNITY AND RECREATION RESOURCES****Family Information Library**

Children's Hospital  
 840 Sherbrook Street  
 Winnipeg, MB R3A 1S1  
 T: 204-787-1012  
 Email: [familylibrary@hsc.mb.ca](mailto:familylibrary@hsc.mb.ca)

## Indigenous Languages of Manitoba

119 Sutherland Ave

Winnipeg, Mb R2W 3C9

T: 204-989-6392

Toll free: 1-866-429-0606

Email: [ilm@indigenoulanguagesofmb.com](mailto:ilm@indigenoulanguagesofmb.com)

Web: [www.indigenoulanguagesofmb.com](http://www.indigenoulanguagesofmb.com)

## Kids in Motion

2<sup>nd</sup> floor – 300 Carlton Street

Winnipeg, MB R3B 3M9

T: 204-945-3648

Toll free: 1-866-788-3648

Email: [inmotion@gov.mb.ca](mailto:inmotion@gov.mb.ca)

## Parent child coalitions:

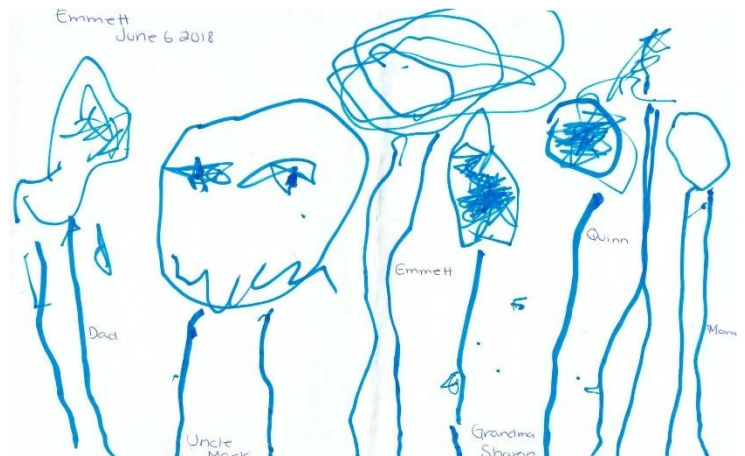
Web: [www.mbparentchild.com](http://www.mbparentchild.com)

## Manitoba Metis Federation

150 Henry Avenue

Winnipeg, MB R3B 0J7

Web: [www.mmf.mb.ca](http://www.mmf.mb.ca)



## VII – HEALTH RESOURCES

### Panam clinic – Minor Injury Clinic

75 Poseidon Bay

Winnipeg, Mb R3M 3E4

T: 204-927-2654

### MATC- Manitoba Adolescent Treatment Centre

Emergency support, Crisis response Centre

T; 204-940-1781

Web: [www.matc.ca](http://www.matc.ca)

## CNIB-Vision health

T: 1-800-563-2642

Web: [www.cnib.ca](http://www.cnib.ca)

## Manitoba Institute for Patient Safety

102-175 Carlton Street

Winnipeg, MB R3C 3H9

T: 204-927-6477

Toll free: 1-866-927-6477

Web: [mips.ca](http://mips.ca)

Email: [admin@mips.ca](mailto:admin@mips.ca)

## Family Doctor Finder

T: 204-786-7111

Toll free: 1-866-690-8260

Web: [www.manitoba.ca/familydoctorfinder](http://www.manitoba.ca/familydoctorfinder)

## Aboriginal Health Programs

T: 204-940-8880

Web: [www.wrha.mb.ca/aboriginalhealth](http://www.wrha.mb.ca/aboriginalhealth)

## HTS Home Therapy Services

30 Robindale Rd

Winnipeg, MB R3R 1G7

T: 204-261-8735

Email: [hometherapy@mts.net](mailto:hometherapy@mts.net)

## Nine circles – Community health centre

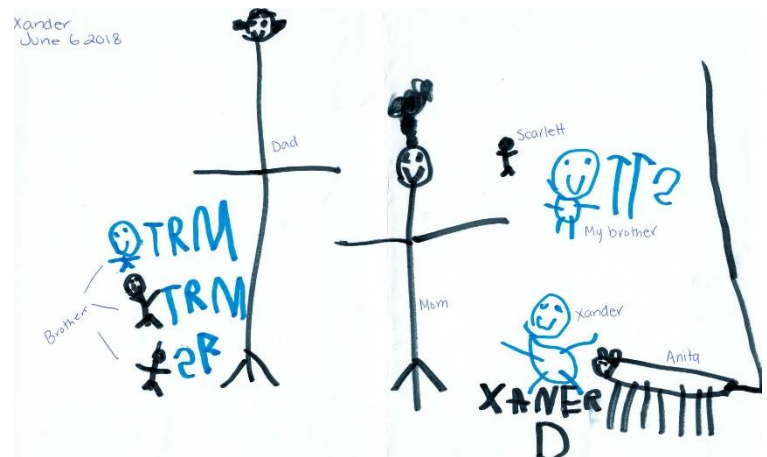
705 Broadway Ave

Winnipeg, MB R3G 0X2

T: 204-940-6003

Toll free: 1-888-305-8647

Web: [www.ninecircles.ca](http://www.ninecircles.ca)



## Family Navigator Program

175 Mayfair Ave  
 Winnipeg, MB R3L 0A1  
 T: 204-452-0551  
 Email: [FamilyNavigator@mys.mb.ca](mailto:FamilyNavigator@mys.mb.ca)

## Mental Health Education Resource Centre of Manitoba

4 Fort Street suite 100  
 Winnipeg, Mb R3C 1C4  
 T: 204-942-6568  
 Toll free: 1-855-942-6568  
 Email: [info@mherc.mb.ca](mailto:info@mherc.mb.ca)  
 Web: [www.mherc.mb.ca](http://www.mherc.mb.ca)

## Health links Manitoba

Web: [www.wrha.mb.ca](http://www.wrha.mb.ca)  
 Tel: 1-888-315-9257

## VIII –INCLUSION SUPPORT RESOURCES

### SSCY ( Specialized services for children and youth)

1155 Notre Dame Ave  
 Winnipeg, MB R3E 3G1  
 Tel: 204-452-4311  
 Web: [www.sscy.ca](http://www.sscy.ca)

### Rehabilitation Centre for Children

1155 Notre Dame Ave  
 Winnipeg, MB R3E 3G1  
 Tel: 204-452-4311  
 Web: [www.rccinc.ca](http://www.rccinc.ca)

### Spina Bifida Hydrocephalus Association

Web: [www.sbham.ca](http://www.sbham.ca)

## Community Living Manitoba

6-120 Maryland Street  
 Winnipeg, MB R3G 1L1  
 T: 204-786-1607  
 Email: [aclmb@aclmb.ca](mailto:aclmb@aclmb.ca)

## Children's disability Services (family support services)

1155 Notre Dame Ave  
 Winnipeg, MB R3G 3G1  
 T: 204-945-0327/204-945-8311  
 Web: [www.gov.mb.ca/fs/cds](http://www.gov.mb.ca/fs/cds)

## Special Needs Advocate Unit

### (Assembly of Manitoban Chiefs Secretariat Inc)

2<sup>nd</sup> Floor, 275 Portage Avenue  
 Winnipeg MB R3B 2B3  
 T: 204-954-3050

## Cerebral Palsy Association of Manitoba

903-213 Notre Dame Ave.  
 Winnipeg, Mb R3B 1N3  
 T: 204-982-4842  
 T: 1800-416-6166  
 Web: [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)

## Dystonia Medical Research Foundation Canada

T: 416-488-6974  
 Toll Free: 800-361-8061  
 Email: [info@dystoniacanada.org](mailto:info@dystoniacanada.org)  
 Web: [www.dystoniacanada.org](http://www.dystoniacanada.org)

## Learning Disabilities Association of Manitoba

617 Erin Street.

Winnipeg, MB R3G 2W1

T: 204-774-1821

Web: [www.damanitoba.org](http://www.damanitoba.org)

Email: [lmamanitoba7@mymts.net](mailto:lmamanitoba7@mymts.net)

## Building Social Skill Group

### (For Children and Youth with Asperger Syndrome)

Department of Psychology

206 Chancellor's Hall, 177 Dysart Road

University of Manitoba

Winnipeg, MB R3T 2N2

T: 204-474-8039

Web: [aspergers@cc.umanitoba.ca](mailto:aspergers@cc.umanitoba.ca)

## Independent Living Resource Centre

### (Self/Family Managed Care Program)

311A-393 Portage Ave

Winnipeg, MB R3B 3H6

T: 204-947-0194

Email: [thecentre@ilrc.mb.ca](mailto:thecentre@ilrc.mb.ca)

Web: [www.ilrc.mb.ca](http://www.ilrc.mb.ca)

## SMD – The Communication Centre for Children

1857 Notre Dame Ave

Winnipeg, Mb R3E 3E7

T: 204-975-3273

## Manitoba FASD Family Network

SSCY Centre

1155 Notre Dame Ave

Winnipeg, MB R3E 3G1

T: 204-258-6601

Web: [www.fasdmanitoba.com](http://www.fasdmanitoba.com)



## Ability Online Shine on

[www.abilityonline.org](http://www.abilityonline.org)

T: 416-650-6207

T: 1-886-650-6207

## DASCH

117 Victor Lewis Dr.

Winnipeg, MB R3P 1J6

T: 204-987-1550

Web: [www.dasch.mb.ca](http://www.dasch.mb.ca)



## Children's Special Services

119-114 Garry Street

Winnipeg, MB R3C 1G1

T: 204-945-0808

Web: [www.gov.mb.ca/fs/pwd/css.html](http://www.gov.mb.ca/fs/pwd/css.html)

## Canadian Down Syndrome Society

Suite 103-2003 14 Street NW

Calgary Alberta Canada T2M 3N4

T: 1800-883-5608

Web: [www.cdss.ca](http://www.cdss.ca)

## CHARGE Syndrome Foundation

318 Half Day Rd #305

Buffalo Grove, IL 60089

T: 800-442-4604

Email: [EWRAP@chargesyndrome.org](mailto:EWRAP@chargesyndrome.org)

## Speech-Language & Audiology Canada

1000-1 Nicholas St.

Ottawa ON K1N 7B7

Phone: 613.567.9968

Toll-Free: 800.259.8519

Email: [info@sac-oac.ca](mailto:info@sac-oac.ca)

## Open Access Resource Centre

316 Tache Ave.

Winnipeg MB, R2H 2A4

T: 204-949-2430

Email: [oarc@oarc.ca](mailto:oarc@oarc.ca)

## Central Speech and Hearing Clinic:

Unit 2-1325 Markham Road

Winnipeg, Mb R3T 4J6

T:204-275-7436

Web: [www.centralspeech.ca](http://www.centralspeech.ca)

## IX- LGBTQ+ ( Lesbian, Gay, Bisexual, Queer, Transgender and Two Spirited, +) Resources

### Rainbow Room Centre

170 Scott Street

Winnipeg, MB R3L0L3

Tel: 204-474-0212

Web: [www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

### Kids Help Phone

Tel: 1 800 668-6868

Web: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## X – Resources on Grief

### Palliative Manitoba

Web: [www.palliativemanitoba.ca](http://www.palliativemanitoba.ca)

[www.palliativeinfo.net](http://www.palliativeinfo.net)



## Canadian Mental Health Association , Manitoba and Winnipeg

930 Portage Ave

Winnipeg, MB R3G 0P8

T: 204-982-6100

Web: [Mbwpg.cmha.ca](http://Mbwpg.cmha.ca)

## Kids Grief

Web: [www.kidsgrief.ca](http://www.kidsgrief.ca)

## Children's Books about Grief

Till we meet again

Author: Julie Muller

I'll always love you

Author: Harris Wilhelm

Saying goodbye to Lulu

Author: Corinne Demos

Lifetimes

Author: Bryan Mellonie

The Goodbye book

Author: Todd Parr

I miss you

Author: Pat Thomas

The memory tree

Author: Britta Teckentrup

The heart and the bottle

Author: Oliver Jeffers