

HEALTH SERVICES AND RESOURCES



<p>Manitoba Health 300 Carlton Street ☎ 204-786-7101 🌐 www.gov.mb.ca/health</p>	<ul style="list-style-type: none"> • Information about health care in Manitoba • Visit or call the office to update the address on your health card
<p>Winnipeg Regional Health Authority 🌐 www.wrha.mb.ca</p>	<ul style="list-style-type: none"> • News and information about health care in Winnipeg • 🌐 www.myrightcare.ca – up-to-date information about health services in Manitoba • Manitoba Poison Centre: ☎ 1-855-776-4766 (24 hours a day). Call for information and advice about exposure to poison
<p>Mount Carmel Clinic – Multicultural Wellness Program 886 Main Street ☎ 204-589-9447 or ☎ 204-589-9426 ✉ info@mountcarmel.ca 🌐 www.mountcarmel.ca</p>	<ul style="list-style-type: none"> • Counselling for newcomers • City-wide services available in several languages • Support during cultural adaptation • Bus tickets, child care and snacks provided for Mount Carmel programs • Low-cost dental program
<p>Aurora Family Therapy Centre 5th floor, 491 Portage Avenue (Rice Building) ☎ 204-786-9251 ✉ aurora@uwinnipeg.ca 🌐 www.aurorafamilytherapy.com</p>	<ul style="list-style-type: none"> • Support for people transitioning to new life in Canada • Group sessions for parents, women, men, cultural groups and youth • Therapy Program for Immigrants and Refugees is free
<p>Sexuality Education Resource Centre (SERC) 200-226 Osborne Street North ☎ 204-982-7800 ✉ info@serc.mb.ca 🌐 www.serc.mb.ca</p>	<ul style="list-style-type: none"> • Free workshops for parents, families and community groups • Information and resources on family planning, sexual health and family communication • Referral to other services
<p>Nine Circles Community Health Centre 705 Broadway ☎ 204-940-6000 ✉ ninecircles@ninecircles.ca 🌐 www.ninecircles.ca</p>	<ul style="list-style-type: none"> • Free, confidential tests for sexually transmitted infections (STIs) • Support for people living with HIV/AIDS • Sexual Health Information Line: ☎ 204-954-2437
<p>Immigrant Women’s Counselling Service 200-323 Portage Avenue ☎ 204-940-6624 ✉ iwcs@mts.net</p>	<ul style="list-style-type: none"> • Counselling for women who face violence or trauma • Group counselling on healthy relationships, anger management, parenting and self-esteem • Services available in several languages
<p>Healthy Start for Mom and Me 2nd floor, 400 Edmonton Street ☎ 204-949-5350 ✉ info@hsmm.ca 🌐 www.hsmm.ca</p>	<ul style="list-style-type: none"> • Free prenatal/postnatal classes • Learn about having a baby in Canada • Interpreters available • Babysitting for children under age 5 • Nurse and dietician available • There are 8 other Healthy Start programs in Winnipeg (☎ 204-949-5350)
<p>Language Access Interpreter Services Winnipeg Regional Health Authority <i>*Access available ONLY through your doctor</i></p>	<ul style="list-style-type: none"> • Free interpreter services (in-person and over-the-phone) available in many languages • Ask your doctor or the receptionist to phone ☎ 204-788-8585 to access this service

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<p>Society for Manitobans with Disabilities (SMD) 825 Sherbrook Street www.smd.mb.ca</p>	<ul style="list-style-type: none"> The Ethnocultural Program helps newcomers with disabilities access services in the community. Services available in a variety of languages (☎ 204-975-3010) The Deaf and Hard of Hearing Program offers language and math programs for deaf and hard-of-hearing adult newcomers (☎ 204-975-3083)
<p>Nor-West Co-op / Community Health 785 Keewatin Street ☎ 204-938-5900 www.norwestcoop.ca</p>	<ul style="list-style-type: none"> Medical care and counselling available Community Food Centre has cooking groups, gardening opportunities, low cost food market and nutrition information Programs for families, youth, parenting, and newcomers
<p>Health Links ☎ 204-788-8200</p>	<ul style="list-style-type: none"> Free health information and advice in your language Available any time, day or night Speak to a registered nurse
<p>Jewish Child and Family Service 123 Doncaster Street ☎ 204-477-7430 jcfs@jcfswinnipeg.org www.jcfswinnipeg.org</p>	<ul style="list-style-type: none"> Counselling and mental health support for individuals, couples and families Available in several languages Fees are on sliding scale starting at \$10/session
<p>Family Doctor Finder ☎ 204-786-7111 www.gov.mb.ca/health/familydoctorfinder</p>	<ul style="list-style-type: none"> Call or register online to be connected with a health care professional near your home (family doctor, pediatrician, or nurse practitioner)
<p>Rainbow Resource Centre 170 Scott Street ☎ 204-474-0212 ext. 201 www.rainbowresourcecentre.org</p>	<ul style="list-style-type: none"> Serving Manitoba's gay and lesbian community Resource library Free drop-in counselling Support group meetings (men, women, youth, parents)
<p>Klinic Community Health Centre 870 Portage Avenue ☎ 204-784-4090 www.klinic.mb.ca</p>	<ul style="list-style-type: none"> Free community health, education and counselling services Drop-in counselling available at 545 Broadway and 845 Regent Avenue West 24-hour crisis telephone help: ☎ 204-786-8686
<p>MFL Occupational Health Centre 102-275 Broadway ☎ 204-949-0811 mflohc@mflohc.mb.ca mflohc.mb.ca</p>	<ul style="list-style-type: none"> Community health clinic with information and resources about workplace health and safety Community workshops on workplace health and safety in newcomers' first language (☎ 204-926-7908) Medical care and counselling for injured workers
<p>Cancer Care Manitoba www.cancercare.mb.ca</p>	<ul style="list-style-type: none"> Information on cancer screening and prevention
<p>Health Canada www.canada.ca/en/health-canada</p>	<ul style="list-style-type: none"> Information on improving and maintaining your health Advice on food, nutrition and healthy living
<p>Workers Compensation Board of Manitoba 333 Broadway ☎ 204-954-4321 www.wcb.mb.ca</p>	<ul style="list-style-type: none"> A workplace injury and disability insurance agency Insures and supports safe and healthy work and workplaces.
<p>"Alone in Canada" – an online book about cultural adaptation (available in 20 languages) https://goo.gl/6qb4n7</p>	
<p>** For Family Support Services & Information, please refer to the LAW SERVICES AND RESOURCES SHEET</p>	