



Telephone Directory of Resources in Manitoba

Crisis / Urgent Phone List

Klinic (24 hour Suicide Crisis Line)	786-8686
Mobile Crisis Unit (24 hour crisis assessment)	940-1781
Health Sciences Centre Emergency*	787-3167
Seneca House Warm Line (non-crisis support)	942-9276
Seneca House (short-term respite, counseling)	231-0217
Klinic Sexual Assault Line (24 hours)	786-8631
Osborne House (domestic violence, emergency shelter)	942-3052
Crisis Stabilization – 180 Henry Street	940-3633
Crisis Stabilization Unit – 110 St. Mary's Road	940-8374
Ikwe-Widdjitiwin (emergency women's shelter)	987-2780
Ikwe-Widdjitiwin (24 hour crisis line)	1-800-362-3344
Child and Family Services (24 hours)	944-4050
Youth Crisis Stabilization (24 hour mobile crisis team)	949-4777
Teen Touch (24 hour distress line)	783-1116
Kids Help Phone (24 hour distress line)	1-800-668-6868
Alcoholics Anonymous	942-0126
Gambling Help Line (24 hours)	944-6382
Addictions Foundation of Manitoba (AFM) (alcohol, drugs, gambling)	944-6200

*Emergency Psychiatric Services are also available at Victoria Hospital, Seven Oaks Hospital, Grace Hospital and St. Boniface Hospital. They are NOT available at Misericordia or Concordia.

Counseling Resources

<i>Addictions Foundation of Manitoba</i> 1031 Portage Avenue (http://www.afm.mb.ca)	944-6200
<i>Age and Opportunity</i> 200-280 Smith Street (http://www.ageopportunity.mb.ca)	956-6441
<i>Anchorage Addiction Program</i> 180 Henry Avenue (Salvation Army Chemical Dependency Program)	946-9401
Anxiety Disorders Association of Manitoba (ADAM) 100-4 Fort Street (http://www.adam.mb.ca)	925-0600
<i>Aulneau Renewal Centre</i> 601 Aulneau Street (http://www.members.shaw.ca/aulneau.renewal) (Bilingual counseling for adults, children, families and couples)	987-7090
<i>Aurora Family Therapy Centre</i> 515 Portage Avenue (http://www.aurora.uwinnipeg.ca)	786-9251
<i>Black Youth Hotline</i> 1631 St. Mary's Road	339-2769
<i>Centre Renaissance Centre (Counseling)</i> 844 Autumnwood Drive (http://www.mts.net/~renais/)	256-6750
<i>Community Financial Counseling Services</i> 203-290 Vaughan Street (http://www.creditcounsellingcanada.ca) (Individual and group financial counseling services)	989-1900
<i>Community Mental Health Services, WRHA</i> (http://www.wrha.mb.ca/community/mentalhealth/)	940-2655
<i>Cornerstone Counseling Service</i> 302-1200 Portage Avenue or 159 Henderson Highway (Individual, couple and family counseling)	663-0050
<i>Elizabeth Hill Counseling Centre</i> 301-321 McDermot Avenue (http://www.elizabethhill.ca) (Couple and family therapy, individual therapy for aboriginal and immigrant clients)	956-6560

<i>EVOLVE (Klinik)</i>	784-4070
870 Portage Avenue (http://www.klinik.mb.ca/counsel-domestic.htm) (Counseling re: domestic abuse)	
<i>Family Centre of Winnipeg</i>	947-1401
Unit 401-393 Portage Avenue (http://www.familycentre.mb.ca) (Individual, couple and family counseling)	
<i>Family Conciliation Services</i>	945-7236
2 nd Floor 379 Broadway Avenue (http://www.gov.mb.ca/fs/childfam/family_conciliation.html)	
<i>Fort Garry Women's Resource Centre</i>	477-1123
1150-A Waverley Street (http://www.fgwrc.ca) (Counseling for women)	
<i>Health Sciences Centre</i>	787-7424
<i>Department of Clinical Health Psychology</i>	787-5161
PZ350-771 Bannatyne Avenue (http://www.wrha.mb.ca/prog/psychology) (Physician referral required)	
<i>Hope Centre</i>	589-8354
240 Powers Street (Parenting, individual and family counseling)	
<i>Indian Family Centre</i>	586-8393
470 Selkirk Avenue (http://www.indianfamilycentre.com) (Spiritual healing / sharing circle)	
<i>John Howard Society of Manitoba</i>	775-1514
583 Ellice Avenue (http://www.johnhoward.mb.ca) (Ex-offenders, anger management, couples)	
<i>Klinik Community Drop-In Counseling Program</i>	784-4067
545 Broadway Avenue, or 400A-1615 Regent Avenue West (http://www.klinik.mb.ca)	
Post Trauma Counseling	784-4059
Sexual Assault Counseling	784-4049
Domestic Abuse Counseling (EVOLVE)	784-4208
<i>Knowles Centre</i>	339-1951
2065 Henderson Highway (Children, adolescents and families)	

<i>Laurel Centre</i>	783-5460
62 Sherbrook Street (Individual counseling for women sexually abused in childhood or adolescence)	
<i>Ma Mawi Wi Chi Itata Centre</i>	925-0300
800 Selkirk Avenue (http://www.mamawi.com) (Individual, family, adolescent and child counseling)	
<i>Manitoba Adolescent Treatment Centre</i>	958-9660
120 Tecumseh (http://www.matc.ca) (Clinical services for adolescents)	
<i>Manitoba Schizophrenia Society</i>	786-1616
100-4 Fort Street (http://www.mss.mb.ca) (Consultation and Support Groups)	
<i>Mood Disorders Association</i>	786-0987
4 Fort Street, Suite 100 (http://www.depression.mb.ca) (Self Help Support Groups)	
<i>Mount Carmel Clinic</i>	582-2311
886 Main Street (http://www.mountcarmel.ca) (Individual and family counseling)	
<i>Native Clan Organization</i>	943-7357
203-138 Portage Avenue (http://www.nativeclan.org) (Offender treatment)	
<i>New Directions for Children, Youth & Families</i>	786-7051
777 Portage Avenue (http://www.newdirections.mb.ca/nd/home) (Family therapy and other resources)	
<i>North End Women's Centre</i>	589-7347
394 Selkirk Avenue (Individual counseling for women)	
<i>Nor'West Co-op Community Health Centre</i>	940-2020
103-61 Tyndall Avenue (Parenting, domestic abuse counseling)	
<i>OCD Centre Manitoba</i>	942-3331
100-4 Fort Street (http://www.ocdmanitoba.ca)	
<i>Psychological Service Centre, U of Manitoba</i>	474-9222
(http://www.umanitoba.ca/faculties/arts/psychology/psc/)	
<i>Recovery of Hope</i>	475-2039
300-309 Hargrave (Individual, family and marriage counseling)	

<i>River Heights (WRHA) Health & Social Services</i> 6-677 Stafford Street (Community health workers)	938-5500
<i>Sara Riel Residential Program</i> 210 Kenny Street (http://www.sararielinc.com)	237-9263
<i>Seneca House</i> 283 Provencher Boulevard (http://www.senecahouse.ca) (Short-term respite, counseling)	231-0217
<i>St. Norbert Foundation</i> 3514 Pembina Highway (http://www.bhf.ca) (Addictions Treatment Centre)	269-3430
<i>Women's Health Clinic</i> 419 Graham Avenue (http://www.comenshealthclinic.org) (Primary health care and counseling for women)	947-1517
<i>Women in Second Stage Housing (W.I.S.H.)</i> (http://www.mts.net/~wishinc/) (Counseling and housing for women and children affected by domestic violence)	275-2600
<i>Winnipeg Gay/Lesbian Resource Centre</i> 1-222 Osborne Street South (Rainbow Resource Centre) (http://www.rainbowresourcecentre.org) (Information and counseling)	284-5208
<i>YM-YWCA of Winnipeg</i> B103-290 Vaughan Street (http://www.ywinnipeg.ca) (Counseling)	989-4194
<i>Youville Centre</i> 33 Marion Street (http://www.youville.ca) (Counseling for parenting, family, relationship and personal issues)	233-0262