



Manitoba Brain Injury  
ASSOCIATION



## RESOURCE DIRECTORY: FINDING HELP WITH HOUSING, FINANCES, AND FOOD

### Comprehensive Resource Guide for Housing and Support Services in Manitoba

This guide offers detailed information on a wide range of services in Manitoba, including emergency shelters, specialized support for women and children escaping domestic violence, long-term housing options, youth support, Indigenous housing resources, financial aid, and more.

It's designed to assist individuals, including those with acquired brain injuries and their caregivers, providing support through various crises and needs.

If you are aware of resources that we have not listed please reach out to us!



IMPACT

CONTACT US:



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204-975-3280





## Winnipeg Emergency Shelters

- Salvation Army Booth Centre: Located at 180 Henry Ave, contactable at 204-946-9400.
- Siloam Mission: Found at 300 Princess St, with the number 204-956-4344 for inquiries.
- Main Street Project: Situated at 75 Martha St, reachable at 204-982-8260 for assistance.

## Specialized Shelters for those Female Identified and Children fleeing situations of domestic violence

- Manitoba Association of Women's Shelters: Provincial Crisis Line at 1-877-977-0007. More information is available on their website <http://www.maws.mb.ca>

### **In Winnipeg:**

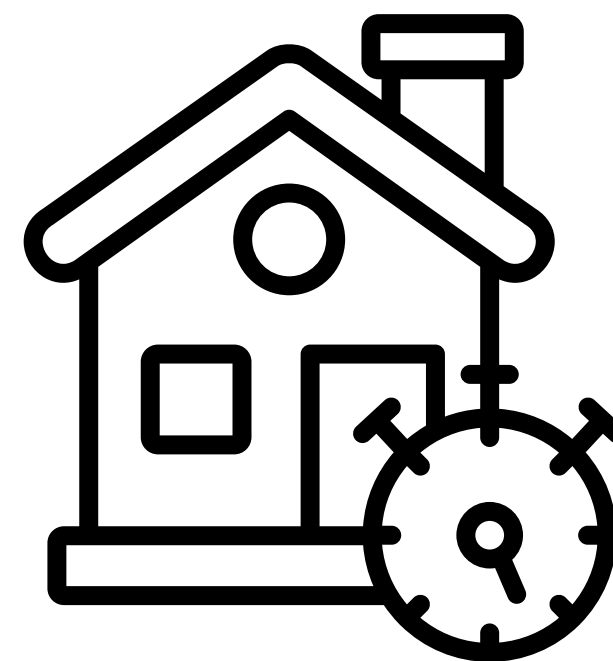
- Willow Place Shelter: Can be contacted at 204-615-0311.
- Ikwe-Widdjiitiwin: Assistance is available at 204-987-2780.

### **Across Manitoba:**

- Agape House in Steinbach, MB: 1-204-326-6062
- Aurora House in The Pas, MB: 1-204-623-7427
- Genesis House in Winkler, MB: 1-204-325-9957
- Nova House in Selkirk, MB: 1-204-482-7882
- Parkland Crisis Centre in Dauphin, MB: 1-204-622-4621
- Portage Family Abuse Prevention Centre in Portage La Prairie, MB: 1-204-239-5234
- Thompson Crisis Centre: 1-204-677-9668

## Longer-Term Housing Solutions

- Bravestone Centre: Offering secure housing and comprehensive support for women and children escaping domestic violence. Contact at 204-275-2600.
- Alpha House: Provides a sanctuary for women and their children leaving unsafe environments, with programs including counseling and support groups. Reach out at 204-982-2011.
- L'Entre Temps: A safe haven offering housing and recovery programs for women and children, available for up to a year. Call 204-925-2550 for more details.
- Native Women's Transition Centre: A long-term residence focusing on the needs of Aboriginal women and children affected by family violence. Contact at 204-989-8240.
- North End Women's Centre: Features the Betty Berg House for women recovering from addictions and the Chris Tetlock Place for second-stage housing. For inquiries, dial 204-589-7347.
- Samaritan House in Brandon, MB: Mary's House provides a secure environment for women and children post-domestic violence, with stays ranging from 6-18 months. Contact at 1-204-727-1268.
- Age & Opportunity: Safe Suite: Offers a refuge for individuals over 55 facing abuse or neglect, with temporary stays up to 60 days. Call 204-956-6440 for support.





## Youth Shelters & Support

- Beaver Medicine Bundle (Ma Mawi Wi Chi Itata) 204-925-0505 - info@mamawi.com
- Program to support youth aged 18-29 who are currently homeless, living in shelter, or aging out of care to find permanent housing.
- MacDonald Youth Services - 204-477-1804
- Short-term emergency shelter and basic needs walk-in resource services for youth ages 12 to 17 years.
- Ndinawe Safe House - 204-586-2588
- Provides 24 hours shelter and basic necessities for children and youth who are living on the streets, are at risk of abuse and exploitation, or in need of a safe place to stay.
- Chu Manitou Tanka Oyati Tipi – 204-582-7783
- Transitional Home for Youth, offers supportive independent living opportunities for youth between the ages of 16 and 17.
- RaY or Resource Assistance for Youth: RaY's housing department supports youth in accessing suitable and affordable housing and related resources. Apply online for housing. 204-783-5617

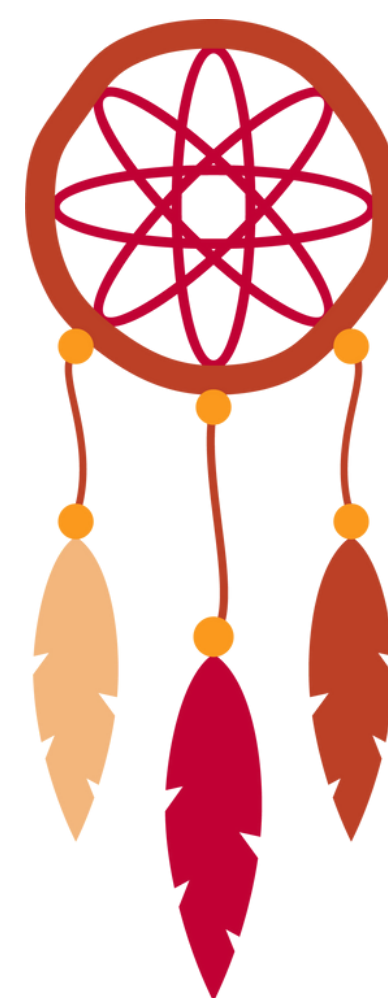


## Indigenous Housing Resources

- Kanata Housing: Non-profit housing for individuals of Indigenous descent, meeting core need income thresholds 204-338-6261.
- Kekinan Centre Inc: Apartment housing designed for Indigenous seniors 204-582-0439.
- Kinew Housing Corporation: Offers affordable housing solutions for Indigenous families 204-956-5093.
- Rural & Native Housing: Focused on housing and community development for Indigenous communities 204-945-4278.
- Dakota Ojibway Tribal Council Housing Authority: Provides affordable housing options for First Nations individuals and families 204-988-5377.

## Subsidized Housing Resources

- Employment and Income Assistance (EIA) offers financial aid to Manitobans in need, covering living and housing costs through the Rent Assist Program. For those who can work, EIA provides employment support. Contact at 204-948-4000, TTY 204-945-4796, or toll-free 1-877-812-0014.
- Rent Assist offers monthly financial support for low-income families, individuals, and those on EIA. For EIA recipients, call 204-945-0183 or toll-free 1-866-559-6778. Non-EIA individuals can contact 204-945-2197 or toll-free 1-877-812-0014.



## More Subsidized Housing Resources

- Manitoba Housing- Provides subsidized housing for those on assistance. Call for application and waitlist. 204-945-4755 or 1-800-661-4663
- Murdock Management - Provides rent subsidy 204-982-2000
- S.A.M. Management - Provides rent subsidy. 204-942-0991
- New Journey Housing- Resource Centre for Newcomer Housing 204-942-2238.
- Villa Rosa - Pre/post-natal residence for single, pregnant people and parent 204-786-5741.
- The HOMES Program - West Central Women's Resource Centre Offers women support and mentorship when dealing with housing/income security issues.204-774-8975
- Winnipeg Housing Rehabilitation Corporation - Provides affordable housing in Winnipeg that is safe and secure. Income restrictions apply 204-949-2880 [www.whrc.ca](http://www.whrc.ca).
- Winnipeg Rental Network - Provides information, updated listings, and links for affordable rental accommodations 204-417-2110 [www.winnipegrentnet.ca](http://www.winnipegrentnet.ca).





## Other Housing Resources

- Residential Tenancies Branch: Offers guidance and dispute resolution for rent, repairs, and deposits. Call 204-945-2476.
- Salvation Army Hydro Program: Helps low-income households with energy bills. Call 204-949-2106 for emergency funding and referrals.
- Homeowner Repair Programs: Financial aid for low-income homeowners needing repairs. Contact 204-945-5566 or 1-866-689-5566.
- Bed Bug Information: Advice and support for bed bug concerns, including the free Bug n' Scrub program for eligible individuals. Call 1-855-362-2847 or 1-855-3MB-BUGS.
- Oyate Tipi Cumini Yape: FREE Household goods and furniture 204 589 2218, open Mon - Fri: 9-4. 429 Dufferin Ave, Winnipeg, MB

## Financial Resources

- Employment and Income Assistance (EIA): Offers financial support and employment aids for Manitobans in need, including housing cost assistance through the Rent Assist Program. Call 204-948-4000, TTY 204-945-4796, or toll-free 1-877-812-0014.
- 55 PLUS Program (EIA): Provides income supplements to Manitobans over 55 with low income. Not available to current income assistance recipients. Contact 204-523-5230 or toll-free 1-800-563-8793.
- Family Services Fair Practices Office: Offers confidential help for Manitobans facing unfair treatment under EIA. Email [fairpractices@gov.mb.ca](mailto:fairpractices@gov.mb.ca) or call 204-945-1047.

## More Financial Resources

- Manitoba Child Benefit: Monthly support for low-income families to assist with child-rearing costs. Call 204-523-5230 or toll-free 1-800-563-8793.
- Manitoba Prenatal Benefit: Financial assistance for pregnant women in need, based on income. Receive \$10.00 to \$81.41 monthly. Dial 204-945-1301.
- Aboriginal Single Window Service Canada: Central access to government programs for Indigenous people, including employment and child benefits. Reach out at 204-984-1415.
- S.E.E.D - Supporting Employment & Economic Development: Offers asset-building, business development, and various support services. Contact 204-927-9935.
- Women's Enterprise Centre: Aids women in business through information, skills training, and financing. Call 204-988-1860.

## Resources for Clothing and Household Items

- Adventist Community Services: Offers free clothing and limited furniture at 95 Stadacona St. Call 204-663-2278.
- Andrews Street Family Centre: Located at 220 Andrews St, providing community support. Contact 204-589-1721.
- Augustine Family Resource Centre: Offers resources at 107 Pulford Ave. Dial 204-944-4398 for more information.
- Bethlehem Church: Provides food and clothing at 294 Burrows Ave. Reach out at 204-586-5707.



## Free and Low-Cost Clothing and Household Items

- Elizabeth Fry Society: Assists women in the criminal justice system with clothing. 773 Selkirk Ave. Call 204-589-7335.
- Centre Flavie Laurent: Offers free clothing, furniture, and household items upon registration. 450 Provencher Blvd. Contact 204-233-4936.
- Fort Garry Women's Resource Centre (Outreach): Clothing for women by appointment. 104-3100 Pembina Hwy. Dial 204-477-1123.
- Hands of Hope: Provides basic furniture and household goods for free. 50 Barnes St. Reach them at 204-261-8607.
- John Howard Society of Manitoba: Free clothing for men in the criminal justice system. 583 Ellice Ave. Call 204-775-1514.
- Koats for Kids: Offers coats, ski pants, and boots for kids from September to February. Contact United Way at 204-477-5360 or 204-586-KOAT(5628).
- Missionaries of Charity: Provides emergency food and clothing. 167 Aikins St. Call 204-582-2773.
- Oyate Tipi Cumini Yape: Provides free furniture and household items, available through referral from agencies. Call 204-589-2218 for more information.



## Free and Low-Cost Clothing and Household Items

- Youth and Community Support Services:
- RAY Resource Assistance for Youth: Offers free clothing, hygiene products, and laundry services for youth at 125 Sherbrook. Call 204-783-5617.
- Salvation Army (Weetamah): Provides emergency food and clothing by appointment at 324 Logan Ave. Dial 204-946-9490.
- Siloam Mission: Daytime services include meals, clothing, bedding, and toiletries at 300 Princess St. Contact 204-956-4344.
- The Clothes Closet - Fort Garry United Church: Assists women leaving abusive situations and those in need of employment clothing at 800 Point Rd. Call 204-284-9311.
- Union Gospel Rescue Mission: Free clothing for women and children at 320 Princess St. Inquire about times at 204-943-9904.
- Union Gospel Mission Family Life Centre: Offers free clothing for women and children at 240 Pritchard. Phone 204-586-7790.
- Up Shoppe - North End Women's Centre: Sells low-cost clothing for women and children at 394 Selkirk Ave. Contact 204-582-3494.
- Winnipeg Inner City Missions: Provides affordable clothing at 415 Logan Ave and 287 Laura St, with items mostly at 25¢. Call 204-946-0887 for both locations.
- Wolseley Family Place: A community store offering affordable clothing at 691 Wolseley Ave. Reach out at 204-788-8052.



## Food Assistance Programs

- Winnipeg Harvest: Distributes food to individuals and families in need. Registration required for food bank services. 1085 Winnipeg Ave. Call 204-982-3663.
- Healthy Start for Mom & Me: Offers nutrition classes, free snacks, and coupons for mothers and young children at various locations. Contact 204-949-5350.
- Christmas Cheer Board: Provides food and gifts to low-income families during the holiday season. For assistance in November and December, dial 204-989-5680. For year-round inquiries, call 204-669-5369.

## Daily Meals and Emergency Food Services

- AGAPE Table: Offers emergency meals and low-cost breakfast/lunch options. 175 Colony Ave. Call 204-783-6369 for schedule.
- Andrews Street Family Centre: Community lunches and clothing available. 220 Andrew St. Contact 204-589-1721.
- Augustine Church: Serves coffee and light snacks. 444 River Ave. Dial 204-284-2250 (Mon-Thurs, 1:30-3:30pm).
- Anishinaabe Fellowship: Sunday meals and emergency food by appointment. 287 Laura St. Call 204-942-8682.
- Bethlehem Aboriginal Fellowship: Bi-weekly supper and a food/clothing bank. 467 Manitoba. Contact 204-586-5707.
- Booth Centre Soup Van: Mobile service providing soup. Main St & Henry Ave. Available Tuesday-Saturday, 7:00-8:00pm.



## Daily Meals and Emergency Food Services

- Crossways: Light lunch and beverages. 222 Furby St. Call 204-774-2773 (Mon/Wed/Thurs/Fri, 1:00-4:00).
- Friendship Centre: Community Soup Kitchen. 45 Robinson St. Thursday 12:00 - 1:00pm. Dial 204-586-8441.
- Immaculate Conception Church: Weekly meal every Sunday. 181 Austin St. N. Call 204-942-3778.
- Lighthouse Mission: Hot meals provided. 669 Main St. Contact 204-982-8245 for times (Mon-Fri).
- Main Street Project: Daily meals and a safe space. 75 Martha St. No children. Call 204-982-8245.
- Magnus Eliason Recreation Centre (MERC): Evening meals for youth. 430 Langside St. Dial 204-783-5000.
- MaMaWi: Soup service three days a week. 318 Anderson Ave. Call 204-925-0349.
- Missionaries of Charity: Soup kitchen and emergency services. 167 Aikins St. Contact 204-582-2773.
- RAY Resource Assistance for Youth: Free lunch for homeless youth. 125 Sherbrook. Dial 204-783-5617.
- NorWest: Community lunch on Wednesdays. 1880 Alexander Ave. Call 204-940-2662.
- Salvation Army: Urban Café and emergency services. 324 Logan Ave. Friday 7:00-12:30am. Call 204-946-9490.



## Daily Meals and Emergency Food Services

- Siloam Mission: Offers daily meals. 300 Princess St. Breakfast, lunch, and dinner available. Dial 204-956-4344.
- Trinity Church: Monthly and weekly lunches. 265 Flora Ave. Contact 204-589-3516.
- Union Gospel Rescue Mission: Daily meals and snacks. 320 Princess St. Call 204-943-9904 for times.
- Vineyard: Lunch on Tuesdays and Thursdays. 782 Main St. Dial 204-582-2900.
- Walls of Freedom Outreach: Breakfast drop-ins. 294 Ellen St. Call 204-504-9888.
- Welcome Home Mission: Thursday suppers. 188 Euclid Ave. Dial 204-946-5352.
- West Central Women's Resource Centre: Provides lunch resources. 640 Ellice. Call 204-946-5352.
- Wolseley Family Place: Breakfast club and cooking classes. 691 Wolseley Ave. Contact 204-788-8052.





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