

Mobile Outreach



Downtown Community Safety
Partnership 204-947-3277
24/7 Downtown



Main Street Project
204-232-5217 24/7 Citywide



Ma Mawi Wi Chi Itata
204-330-3300 Overnights W-Sa
North End/Downtown



Mount Carmel Clinic Sage House
204-272-0838 Afternoons M-F
North End/Downtown



Ndinawe 204-781-2691
Hours/Locations Vary



North End Women's Centre
431-374-8726 Days M/Tu/Th/F
North End/Downtown



Resource Assistance for Youth
204-391-2209 Afternoons M-F
Citywide



Salvation Army 204-223-7387
Days Su-Th Citywide



St. Boniface Street Links
204-228-2369 Days/Evenings
East of the Red



Street Connections
204-981-0742
Evenings M-Sa Citywide



West Central Women's Resource
Centre 204-774-8975 Afternoons
West End/Downtown

Warm Spaces + Clothes

Just a Warm Sleep 109 Pulford 8p-8a
mid-November to late-March:
18+ low-barrier overnight stays, pet/cart
friendly, food. Intake 9-11p 204-995-2944

Main Street Project 637 Main 24/7:
18+ low-barrier shelter with separate areas
for men/women; daytime drop-in with
sleeping, showers, food, clothing
204-982-8267

MYS YRC 159 Mayfair 24/7:
12-21 years old overnight stays; food,
clothing, counselling, first aid
204-477-1804 or 1-888-477-1804

Salvation Army 180 Henry 24/7:
18+ overnight shelter; food, clothing

Siloam Mission 303 Stanley 10a-8p
300 Princess 8p-8a:
18+ day drop-in and overnight shelter;
showers, clothing, laundry 204-956-4344

Tina's Safe Haven 472 Selkirk 24/7:
13-24 years old safe space/resource centre
204-417-7233

Velma's House
154 Sherbrook 9a-12a M-F; varies Sa-Su
Safe space for women 204-560-3007

WE24 430 Langside 11p-7a:
13-26 years old drop-in, overnight stays,
food, clothing, safe rides 204-333-9681

SAFE WARM +WELL

Outdoor Tips for Winter

If you spend a lot of time
outside in winter, know
how to keep yourself and
others safe



STAY SAFE

DON'T light a fire. Find safer ways to cook and stay warmer

IF you make a fire, keep it AT LEAST 10FT from any building, tent, furniture, trash, aerosol or propane cans (even empty ones)

Have a way to put out a fire BEFORE you light one



DON'T light a fire when it is windy

DON'T leave a fire untended

DO use a fire pit

If a fire is getting out of control, **CALL 911/GET HELP**



Keep any tent or temporary shelter AT LEAST 10FT from any fire, building, fence, bridge, or other tent

Have an escape plan: keep exits clear so you can get away fast

Don't cook or smoke inside a tent

Take trash away

For help with supplies and info, call or flag Mobile Outreach (see back page)

If you see someone injured, threatened, or unresponsive (not sleeping), **CALL 911/GET HELP**

STAY WARM

Know where to go to warm up and get dry clothes (see back page)

Wear warm and dry layers



Keep clothes and feet dry

Use hand/foot warmers

PLAN YOUR ROUTE: Know where to warm up between A and B

If caught in a storm, seek shelter and keep your body moving

If you are shivering and tired, GET INSIDE

If skin goes white-yellow, swells up or becomes hard or waxy, SEE A DOCTOR

WINNIPEG TRANSIT EMERGENT NEED POLICY: If you are at risk due to cold or a



storm, you can ride a bus to get to a warm space, even if you can't pay the fare

If you or others were shivering but it stopped, don't feel cold anymore, or feel confused or clumsy, **CALL 911/GET HELP**



STAY WELL

GET VACCINATED AGAINST COVID-19:

- Aboriginal Health & Wellness Centre, 180 Higgins, 8:30a-3:30p M-F
- Ma Mawi, 363 McGregor, 9a-4p M/W/F; 11a-6p Tu/Th

Keep AT LEAST 6FT from others; keep number of closer contacts as low as you can



Wear a clean, dry mask or face covering: change if wet or dirty

Wash hands with soap and water and use hand sanitizer often



Cover sneezes and coughs with tissues, throw away after use

If you have a new or worse cough, fever or chills, body aches or headaches, stomach problems or loss of smell or taste, **GET A COVID-19 TEST:**

- Garrick Centre, 330 Garry 8a-4p daily
- Ma Mawi, 445 King, 9a-5p M-Sa

Overnights if symptoms are bad:

- Health Sciences Centre, 700 William
- St. Boniface Hospital, 409 Tache

For help with vaccination, testing, health and harm reduction info, call or flag Mobile Outreach (see back page)

If you or others can't breathe, have chest pains, feel sleepy or confused, **CALL 911/GET HELP**