

Mobile Outreach



Downtown Community Safety Partnership 204-947-3277 or 211
24/7 Downtown



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



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



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
hours vary 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

Cool Spaces + Dry Clothes

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

N'Dinawemak 190 Disraeli 24/7:
18+ low-barrier drop-in; overnight stays, food, clothing 204-943-1803

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

Velma's House
154 Sherbrook 9a-12a M-F; 9a-9p Sa-Su
Safe space for women, showers, food, clothing, laundry 204-560-3007

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

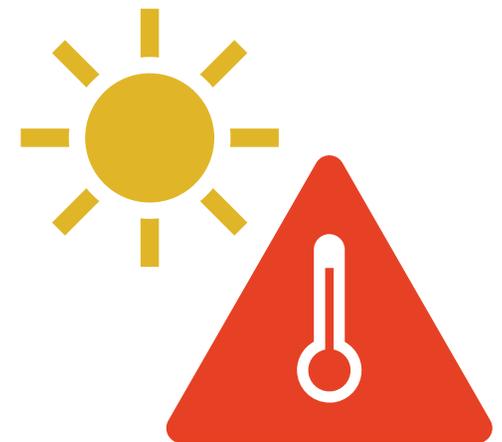
Tina's Safe Haven 472 Selkirk 24/7:
13-24 years old safe space/resource centre
204-417-7233

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

SAFE COOL + WELL

Outdoor Tips for Summer

If you spend lots of time outside in summer, know how to keep yourself and others safe



KEEP SAFE

DON'T light a fire. Open fires are dangerous, not legal, and will be put out by firefighters if found. Use safer ways to cook and have light

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: keep water/sand nearby



DON'T light a fire when it is windy

DON'T leave a fire untended

DO use a fireproof container and clean, dry wood

DON'T burn trash

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



Keep any tent or temporary shelter on public property and **AT LEAST 10FT** from any bridge, building, fence, other tent, or fire

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

DON'T cook or smoke inside a tent

DO take trash away daily

KEEP COOL

Know where to go to cool off and get clothes and water (see back page)



Wear loose, light clothes and light colours

Use a hat, umbrella or parasol for shade

Put sunscreen on bare skin

DRINK LOTS OF WATER

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



PLAN YOUR ROUTE: Know where to cool off and access water between A and B. Pick a shaded route with trees and water, rather than a route that is all hot pavement

WINNIPEG TRANSIT EMERGENT NEED

POLICY: If you are at risk due to heat or a summer storm, you can ride a bus to get to a cool dry space, even if you can't pay the fare



If you have been in the sun or heat and feel dizzy, confused, about to faint, or have a headache, nausea, or rapid pulse, **CALL 911/GET HELP**

KEEP WELL

GET VACCINATED AGAINST COVID-19: Talk to your local clinic about your vaccine and booster options

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



Wear a clean, dry mask or face covering when indoors with others: 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, **TAKE A COVID-19 TEST.** Get a free rapid test at the library or talk to your local clinic about a PCR test.

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**

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