

FALL/WINTER 2023/24 RESOURCE — WHERE TO GO & WHO TO CALL

Mobile Outreach

ADULT

Downtown Community Safety Partnership

204-947-3277 or 211
24/7 Downtown

Main Street Project

204-232-5217
24/7 Citywide

Winter Weather MSP Van

204-431-2728 or 211
24/7 Citywide

Ma Mawi Wi Chi Itata

204-330-3300

9am - 7am Thurs-Sat
City Wide

Salvation Army

204-995-2410

Hours vary
Citywide

St. Boniface StreetLinks

204-228-2369 / 204-228-2840
24/7

East of the Red

Street Connections

204-981-0742

6-11:30p M-F; 5-11:30p Sa
Citywide

Mount Carmel Clinic Sage House

204-272-0838 12-7p M-F
City Centre - Primarily serves
woman-identifying persons

North End Women's Centre

431-374-8726

1-4p M/Th/F; 9a-12p Tu
North End/Downtown

West Central Women's Resource Centre

204-396-4260

5-9p M/W; 2-6p Tu; 11a-3p S/S
West End/Downtown/east of
Red River

YOUTH

Resource Assistance for Youth (RaY)

204-391-2209

1p-9p M-W; 1p-5p Th-Fri
Citywide

WE24

204-333-9681

11p-2a
Citywide

In an emergency,
call 911.

Adult Overnight Shelters & Safe Spaces

Main Street Project

204-982-8267

637 Main 24/7

18+ low-barrier day drop-in and overnight shelter; showers, food, clothing

N'Dinewamak

204-982-8267 / 204-560-7913

190 Disraeli Fwy 24/7

18+ low-barrier drop-in with food, clothing; signups for overnight stays, showers, separate women's area

Salvation Army Centre of Hope

180 Henry 24/7

18+ overnight shelter; food, clothing

Salvation Army SonRise Family Shelter

204-946-9471 24/7

Overnight shelter for families

Siloam Mission

204-956-4344

300 Princess 8p-7a

18+ overnight shelter; showers, clothing, laundry

1JustCity: Just a Warm Sleep

204-995-2944 ext3

107 Pulford Street

M- Th 12pm-7pm- drop-in.

Shelter reg 6pm, opens 8pm

Friday 4p-6pm drop-in

Shelter reg 6pm, opens 8pm

Sat, Sun and Holidays 8pm intake

Active December 24-March 31

18+ low-barrier and overnight shelter; showers, clothing, laundry, pet friendly and food

Ka Ni Kanichihk: Velma's House

154 Sherbrook

M-F 24hrs; Sa-Su 8a-4p

Ages 18+ women and gender diverse folks, Meals, emergency clothing, hygiene, basic needs, cultural supports, shower, laundry, harm reduction, low barrier

Youth Overnight Shelters & Safe Spaces

The Link YRC

159 Mayfair 24/7

12-20 years old overnight shelter; showers, food, clothing, laundry, counselling, first aid

Rossbrook House

658 Ross

10a-12a M-Th;

24hrs Sa-Su + holiday

6-24 years old safe space and drop-in; food, safe rides

Day Drop-Ins with Food & Washrooms

1JustCity West End Drop-in

365 McGee

12:30-3p M/Tu/Th/F

Freedom House

294 Ellen

7a-8p M-F

Lighthouse Mission

669 Main

9a-3:30p M-Th; 1-7:30p F

North End Women's Centre

394 Selkirk 8:30a-4:30p M/Tu/Th;

12-4:30p W; 8:30a-4p F

Oak Table

109 Pulford

12:30-3p M-Th

One88

188 Princess - laundry phone wifi

10a-2p M-Th; 10a-1p Fri

Siloam Mission

303 Stanley

10a-2p, 4-8p

*10a-8p in extreme weather

Sunshine House

646 Logan

1-4:30p, 6-9p M/W;

12-5p Tu/Sa; 11a-3p Su

*6-9p M/W is 2SLGBTQ+ focused

Union Gospel Mission

320 Princess

11:30a, 2-4p, 7p M-F; 2p Sa

West Central Women's Resource Centre

640 Ellice

9a-4:30p M/W/F;

12:30-6p T/Th; 9a-12p Sa

Norwest Co-op: Blake Gardens

204-940-2695

312 Blake Street 8p-7a

Drop-in support, computers,

harm reduction supplies,

resources, emergency food.

Counselors, nurse practitioner

Mon 9a-5p; Tu/Th 9a-7p;

Fri Noon-5P.

North Point Douglas Women's Centre

221 Austin Street N

204-947-0321

9a-4p M/W/F; 1p-5p Sat;

Additional men's hours 9-10a,

3-4p (rest is women only)

Bagged Meals

Agape Table

364 Furby

7-11a M-F

Andrews Street Family Centre

220 Andrews

12p M-F

Freedom House

294 Ellen

3p Su

Holy Trinity

256 Smith

11a-1p Tu/Th

Ka Ni Kanichihk

455 McDermot

12p W/F

Missionaries of Charity

167 Aikins

9:30-10:45a M/W/F/Sa

North End Women's Centre

394 Selkirk

11:45a M

NorWest Co-op Community Food Centre

103-61 Tyndall

12-1:30p M/W/F;

5:30-6:30p Th

RaY

125 Sherbrook

1-3p M-F

Thrive

555 Spence

11a-2p M/W

West Broadway Community Services

222 Furby

4:30-6p M-Th

West Central Women's Resource Centre

640 Ellice

12p M/W/F; 5p Tu/Th;

10a Sa

Public Washrooms

Amoowigamig

715 Main Street Washroom

Daily 7a - 11p

Patrols

Bear Clan - Walking Patrol

204-914-1708 Hours vary

North/West End, West Broadway,

Point Douglas,

Mama Bear Clan - Walking Patrol

204-947-0321

North End

DCSP

204-947-3277

Downtown

Emergency Response Overnight Shelters and 24/7 Safe Spaces

