

# 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

556 Bannatyne  
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

922 Notre Dame Avenue  
11a-4p M-F, 6-9p M/W;  
11a-4p 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

