

**MOBILE OUTREACH
SERVICES**

**Downtown Community
Safety Partnership**
204-947-3277 or 211 Downtown

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

**Mount Carmel Clinic Sage
House**
204-272-0838 | Mon-Fri: 12-7pm
North End/ Downtown
*Primarily for women-identifying
persons*

Salvation Army
204-995-2410 | Citywide
Hours vary

St. Boniface StreetLinks
204-228-2369 | East of the Red
Open 24/7

Street Connections
204-981-0742 | Citywide
Mon-Fri: 5-11:30pm

WCWRC
204-774-8975 | Citywide
On the road | Mon, Wed, Fri
5-9pm
Case work | Tue, Thur: 9am-5pm
On the road | Sat, Sun: 11am-
3pm

1JustCity
Oak Table, Fri: 12-3pm
Pimicikamak, Fri: 10am-1:30pm
W Broadway, Thu: 10am-1pm

Sunshine House
Mobile Overdose Prevention Site
204-914-8221
1Wed-Sat: 12-9:30p
Sunday: 12-4:30pm

YOUTH
RaY
204-391-2209 | Citywide
Mon, Tue, Wed: 1-9pm
Thu, Fri: 1-5pm

WE24
204-333-9681 | Safe Rides
Mon-Sun: 12-7am., 11pm-12am

**OVERNIGHT SHELTERS
& SAFE SPACES**

(Adult 18+)
**Main Street Project - 637
Main**
204-982-8267 | Open 24/7
*Low-barrier drop-in and overnight
shelter, food, showers, clothing)*

N'Dinewamak - 190 Disraeli
204-943-1803 | Open 24/7
*Low-barrier drop-in with food,
clothing; signups for overnight
stays 6-8p, doors closed 10p-7a)*

Siloam Mission - 300 Princess
204-956-4344 | 8pm-7:15am
*Low-barrier, overnight shelter;
showers, clothing, laundry*

**SonRise Family Shelter - 180
Henry Ave**
204-956-4344 | 24/7
*To access shelter space, call
Centre of Hope at 204-946-9471*

**The Salvation Army - 180
Henry**
204-946-9402 | 24/7
Shelter, Food, Clothing

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YOUTH
**Ndinawe Tina's Safe Haven -
472 Selkirk**
204-417-7233 ^{Ext 2} | 24/7

Rossbrook House - 658 Ross
204-949-4090 | 24/7 | 6-24yr old
drop-in; food, safe rides

The Link YRC - 159 Mayfair
204-477-1804 | 24/7 | 12-20 yr old
*Overnight shelter; food, showers,
clothing, laundry, first aid*

WE24 - 430 Langside
204-333-9681 | 24/7 | 13-26yr old
*Safe space and drop-in; overnight
stays, food, clothing*



**DAY DROP-INS WITH FOOD &
WASHROOMS**

Freedom House - 294 Ellen
Tue: 9-12:30 | Thu: 9-12 |
Fri: 9-5 | Sun: 12-5

**Lighthouse Mission - 669
Main St**
Mon-Thu 9-3:30 | Fri 1-8
422 Dufferin
Mon-Fri: 12-7
*Primarily for women-identifying
persons*

**The Link Youth Hub - 175
Mayfair**
Mon, Wed, Fri: 8:30am-6pm
Tue, Thu: 8:30am-7pm
Sat: 10am-3pm
Ages: 16-29 years

**1JustCity - Pimicikamak
Wellness Center - 621
Balmoral St**
Mon-Thu: 12pm-3pm.
Lunch served until 2pm

**1JustCity Housing and
Resource Hub - 222 Furby St**
9am - 5pm during extreme
weather events

One88 - 188 Princess
Mon-Thu 10am-2pm | Fri: 10a-1pm

**Thrive Resource Centre - 406
Edmonton**
Mon-Thu: 10am-2pm
| Fri: 10am-1pm

Velma's House - 92 Higgins
Mon-Sun: 24hr
*Primarily for women-identifying
persons*

WCWRC - 640 Ellice
Mon, Wed, Fri: 9:30am-4pm | Tue,
Thu: 12:30pm-6pm

**Holy Trinity Lunchroom - 256
Smith Street**
Tue, Thu: 11am-1pm

Sunshine House - 646 Logan
Mon Wed, Sat: 11am-4pm | Tue:
11am-4pm
**homelessness & poly-drug users;
*2SLGBTQ+ focused**
Mon and Wed: 6-9pm

NEWC - 394 Selkirk
Mon, Tue, Thu, Fri: 9:30-3:30 |
Wed 12-3:30

RaY - 125 Sherbrook
Mon-Fri: 1-4
Ages: 1-29 years

**1Just City Oak Table - 107
Pulford St**
Mon-Thu: 12-3pm
Lunch served until 2pm

**Siloam Mission - 303
Stanley St**
Mon-Sun: 7am-8pm
(Closed between: 1:30-4pm)
7am-8pm in extreme weather
Ages: 18+

**Andrews Street Family
Centre - 220 Andrews**
*No bagged meals. Offers 15 food
packages daily. First come first
serve.*

NPDWC - 221 Austin
Washroom hours include: Mon,
Tue, Wed, Fri: 9am-12pm | Sat 1-
5pm

Agape Table - 364 Furby
Mon-Fri: 7am-11am

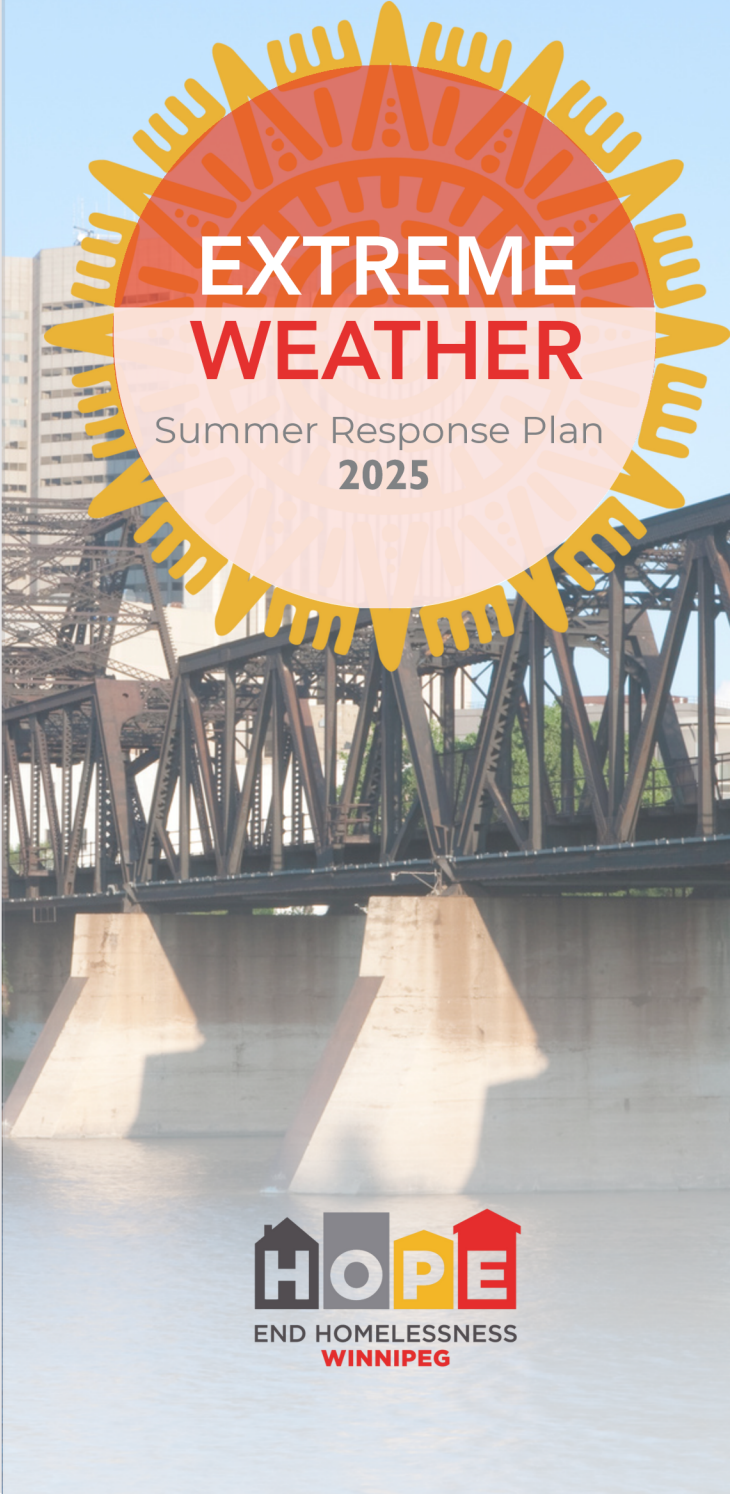
**Union Gospel Mission - 320
Princess**
Mon-Fri: 11:30am-7pm | Sat, Sun:
11:30am-7:30pm

**NorWest Co-op CFC - 103-
62 Tyndall**
Mon, Wed, Fri: 12-1:30pm | Thur:
5:30-6:30pm

NEWC - 394 Selkirk
Mon, Tue, Thur, Fri: 9:30am-
3:30pm | Wed: 12-3:30pm

**Missionaries of Charity - 167
Aikins Street**
Mon, Wed, Fri, Sat: 9:30-10:45am

**Union Gospel Mission - 240
Pritchard Avenue**
Wed: 12:00 PM
*Primarily for women-identifying
persons*



WHAT QUALIFIES AS EXTREME HOT WEATHER?

Environment and Climate Change Canada (ECCC) issues extreme heat warnings when daytime temperatures reach **32°C or higher** and nighttime temperatures remain above 16°C for two consecutive days, or when the humidex is 38 or more for two days. The province issues extended heat advisories for the same conditions **lasting three or more days**. Even without official warnings, extreme heat can pose serious health risks. High humidity increases these risks by reducing the body's ability to cool itself through sweating.

TYPES OF HEAT ILLNESS

Heat illnesses occur because of too much exposure to heat, lack of hydration and lack of food.

Heat illnesses can take many forms including:

- | | |
|-------------------------|--------------------------------------|
| Heat Exhaustion | Heat Edema (swelling of extremities) |
| Heat Cramps | Heat rash |
| Heat Syncope (fainting) | Heat stroke |

PREVENTING HEAT ILLNESS

To prevent heat-related illness, it's important to stay cool and stay hydrated. Here's how:

- Drink water often — don't wait until you're thirsty
- Find shade or cool indoor spaces to rest
- Avoid outdoor activity during peak heat (12–2 PM)
- Wear light, loose, and breathable clothing
- Use sunscreen to protect your skin
- Stay indoors as much as possible on very hot days

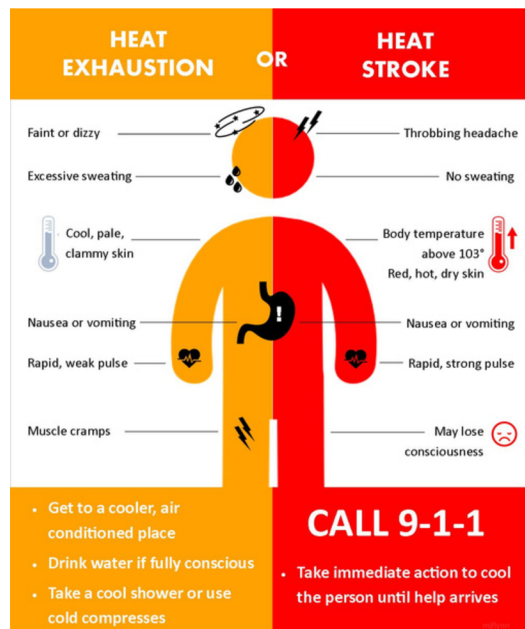
SIGNS OF HEAT ILLNESS

Signs of heat illnesses can include:

- | | |
|------------------------|--|
| • Extreme thirst | • Fatigue |
| • Headaches | • Nausea |
| • Muscle cramps | • Vomiting |
| • Pale and clammy skin | • Rapid breathing and heartbeat |
| • Fainting | • Decreased urination with dark yellow colour. |
| • Dizziness | |
| • Weakness | |

If individuals show **early signs** of heat related illness, or heat exhaustion symptoms above, they are at risk for more severe symptoms. The individual should be brought to a cooler space, out of the sun, given water to drink and/or sponged with cold water on the skin, and allowed to rest.

If an individual is displaying signs of **heat stroke** they are experiencing a medical emergency and **must seek immediate healthcare**. **Heat stroke without the proper intervention can cause permanent health damage or even death.**



STAY COOL THIS SUMMER

CITY OF WINNIPEG HEAT RESPONSE RESOURCES

The City of Winnipeg is providing hydration stations, cooling spaces, and accessible city facilities to help residents stay safe during extreme heat.



HYDRATION STATIONS

Access free, clean drinking water at eight outdoor locations, especially for vulnerable and unsheltered residents:

- 185 Young St (Broadway Neighbourhood Centre)
- 469 Selkirk Ave (The Bell Tower)
- Corner of Stella Ave and Main St (Mount Carmel Clinic)
- Corner of Princess St and Henry Ave (near Siloam Mission)
- Corner of Roslyn Rd and Osborne St (1JustCity)
- 369 Furby St (Agape Table)
- Corner of Maryland St and Ellice Ave (Spence Neighbourhood)
- 190 Disraeli Fwy (N'dinawemak)



COMMUNITY COOLING SPACES

These community centres offer cool indoor spaces during select hours — contact directly for details:

- Bronx Park Community Centre – 720 Henderson Hwy
- Clara Hughes Rec Park – 281 Henderson Hwy
- East Elmwood Community Centre – 490 Keenleyside St
- St. Norbert Community Centre – 3450 Pembina Highway
- Riverview Community Centre – 90 Ashland Ave
- Lord Roberts Community Centre – 725 Kylemore Ave

CITY FACILITIES

Cool off and hydrate at leisure centres, libraries, and aquatic facilities (indoor/outdoor pools, spray pads, and wading pools) during regular hours—especially helpful on extreme heat days