

SUMMER 2022 RESOURCE GUIDE — WHERE TO GO & WHO TO CALL

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 **12-7p M-F**
North End/Downtown

NEWC

431-374-8726
1-4p M/Th/F; 9a-12p Tu
North End/Downtown

Salvation Army

204-995-2410 **hours vary**
Citywide

St. Boniface StreetLinks

204-228-2369 **24/7**
East of the Red

Street Connections

204-981-0742
6-11:30p M-F; 4-10:30p Sa
Citywide

WCWRC

204-774-8975
5-9p M/W/F; 2-6p Tu/Th;
11a-3p Sa/Su
Citywide

YOUTH

RaY

204-391-2209 **12-5p M-F**
Citywide

WE24

204-333-9681 **11p-2a**
Safe rides

Overnight Shelters & Safe Spaces

ADULT

Main Street Project

204-982-8267 **24/7**
637 Main
18+ low-barrier drop-in and overnight shelter; food, showers, clothing

N'Dinewamak

204-943-1803 **24/7**
190 Disraeli
18+ low-barrier drop-in with food, clothing; signups for overnight stays 6-8p, doors closed 10p-7a

Siloam Mission

204-956-4344 **8p-7:15a**
300 Princess
18+ overnight shelter; showers, clothing, laundry

SonRise Family Shelter

204-946-9471 **24/7**
Overnight shelter for families

The Salvation Army

204-946-9402 **24/7**
180 Henry
18+ overnight shelter; food, clothing

YOUTH

Ndinawe Tina's Safe Haven

204-417-7233 **24/7**
472 Selkirk
13-24 years safe space, resource centre

Rossbrook House

204-949-4090 **24/7 to Aug 28**
658 Ross
6-24 years safe space, drop-in; food, safe rides

The Link YRC

204-477-1804 **24/7**
159 Mayfair
12-20 years overnight shelter; showers, food, clothing, laundry, first aid

WE24

204-333-9681 **11p-7a**
430 Langside
13-26 years safe space and drop-in; overnight stays, food, clothing

Day Drop-Ins with Food & Washrooms

Freedom House

294 Ellen **10-11a Tu-Th**

Lighthouse Mission

669 Main **9a-3:30p M-Th;**
1-8p F

Mount Carmel Clinic Sage House

422 Dufferin **12-7p M-F**

NEWC

394 Selkirk
8:30a-4:30p M/Tu/Th;
12-4:30p W; 8:30a-4p F

NPDWC

221 Austin
9a-12p, 1-4p M/T/W/F; 1-5p Sa

Oak Table

107 Pulford **12-3p M-Th;**
9:30a-12:30p F

One88

188 Princess
10a-2p M-Th; 10a-1p F

Siloam Mission

303 Stanley **7a-2p, 4-8p**
*7a-8p in extreme weather

Sunshine House

646 Logan **1-4:30p M/W;**
11a-4p Tu/Sa; 11a-3p Su *6-9p
M/W is 2SLGBTQ+ focused

Union Gospel Mission

320 Princess **11:30a, 2-4p M-F;**
10a-6p Sa; 7p daily

Velma's House

154 Sherbrook **9a-12a M-F;**
9a-9p Sa-Su

WCWRC

640 Ellice **9a-4:30p M/W/F;**
12:30-6p T/Th; 9a-12p Sa
*Women + nonbinary people

West Broadway Drop-In

222 Furby **1-3p W; 4-6p M-Th;**
12-4p F

West End Drop-in

365 McGee **12:30-3p**

YOUTH

The Link Youth Hub

175 Mayfair **8:30a-7p M-F;**
10a-4p Sa 12-29 years

RaY

125 Sherbrook **1-4p M-F**
1-29 years

Bagged Meals

Agape Table

364 Furby
7-11a M-F

Andrews Street Family Centre

220 Andrews
12p M-F

Holy Trinity Lunchroom

256 Smith
11a-1p Tu/Th

Missionaries of Charity

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

NEWC

394 Selkirk
11:45a M

NorWest Co-op CFC

103-61 Tyndall
12-1:30p M/W/F;
5:30-6:30p Th

Thrive Community Support Circle

555 Spence
11:30a M/W/Th/F

WCWRC

640 Ellice
12p M/W/F; 5p Tu/Th; 10a Sa

24/7 Portable Toilets

222 Furby at Broadway

185 Young at Broadway

75 Martha at Henry

473 Selkirk at Powers

Stay Safe!

if you or another are:

- Dizzy, nauseous or vomiting
- Breathing fast, heart racing
- Threatened, injured or unresponsive

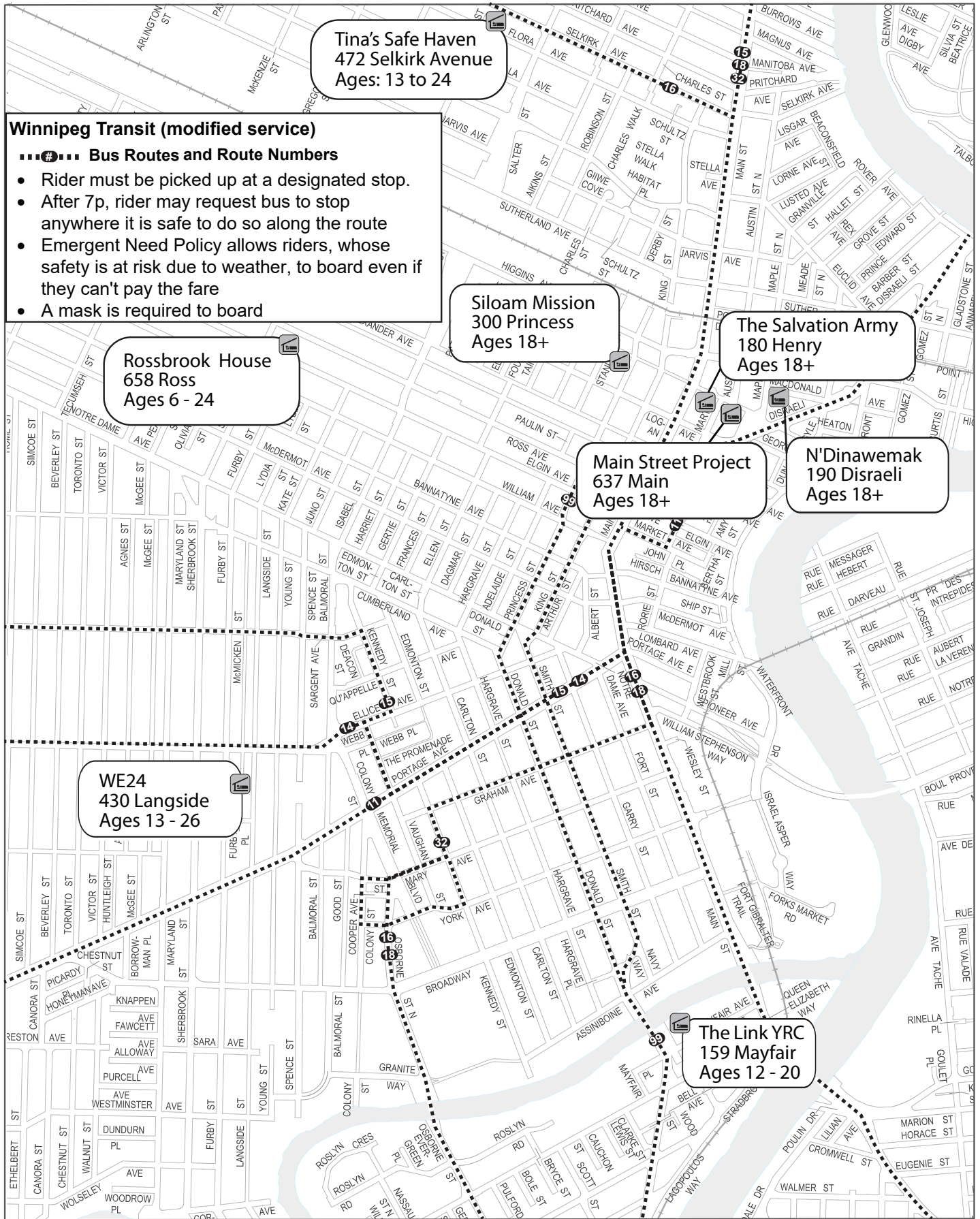
CALL 911



LIFE CAN BE HARD.
FINDING HELP CAN BE EASY.
Dial 2-1-1 to find support for all of life's challenges.

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Emergency Response Overnight Shelters and 24/7 Safe Spaces



Updated March 2022

