

## MOBILE OUTREACH SERVICES

### AHWC Mobile Healthcare and Wellness Clinic

204-930-7552

Tue-Fri: 11am-6:45pm

Sat: 9am-4:30pm

### Downtown Community Safety Partnership

204-947-3277 or 211 Downtown

Open 24/7

### 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

204-977-7647 Ext: 400 | East of the Red | Open 24/7

### Street Connections

204-981-0742 | Citywide

Mon-Sat: 5-11:30pm

### Sunshine House

Mobile Overdose Prevention Site

204-914-8221

Mon-Sun: 12-9pm

### WCWRC

204-396-4260

Mon-Fri: 1-4pm

### 1JustCity

Oak Table, Fri: 12-3pm

Pimicikamak, Fri: 12-3pm

W Broadway, Friday: 12-2pm

### YOUTH

#### RaY

204-391-2209 | Citywide

Mon, Tue, Wed: 1-9pm

Thu, Fri: 1-5pm

#### WE24

204-333-9681 | Safe Rides

Mon-Sun: 11pm-2am

## 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)

#### Siloam Mission - 300 Princess

204-956-4344 | 8pm-7:15am

Low-barrier, overnight shelter;

showers, beds, lockers

#### 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

#### The Salvation Army - 180

##### Henry

204-946-9402 | 24/7

Shelter, Food, Clothing

### 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: 9am-11:15pm, 1-

3:15pm | Fri, 1:00-4:00, 6:00-

7:30pm

Temporarily located at 676 Main

Street until February 2026

#### 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: 9am-3pm.

Lunch served 12am - 2pm

Open Friday 12am - 3pm

#### 1JustCity Housing and

##### Resource Hub - 222 Furby St

Mon - Thu 10am - 3pm

Lunch served 12 - 2pm

#### 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

Sun-Thurs: 11am-4pm |

\*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-Fri: 9:30am-3:30pm

Lunch served Mon - Thu 12-2pm

#### 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-4pm (closed

noon -1pm | Sat 9:30am-3:30pm

Men Hours: 9am-10pm, 3 - 4pm

#### 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

#### 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

#### WRHA - Access Downtown

Mon - Fri: 8am-4pm

# EXTREME WEATHER

## Summer Response Plan 2026



END HOMELESSNESS  
WINNIPEG

# 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.

## 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

## CONDITIONS THAT INCREASE HEAT ILLNESS

Schizophrenia, bipolar, major depressive disorder and other psychotic disorders; dementia, substance use disorders, Intellectual disabilities or people taking psychotropic medications; antipsychotics, antidepressants, benzodiazepines, stimulants or lithium

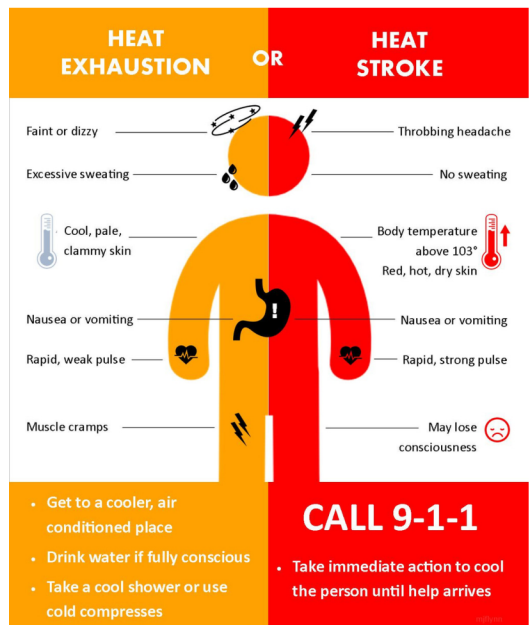
# SIGNS OF HEAT ILLNESS

Signs of heat illnesses can include:

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

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



## HYDRATION STATIONS

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

- The Bell Tower - 469 Selkirk Ave.*
- Stella Avenue and Main Street - near Mount Carmel Clinic*
- Princess Street and Henry Avenue - near Siloam Mission*
- 369 Furby Street - near Agape Table*
- Maryland Street and Ellice Avenue - near Spence Neighbourhood Association*
- 180 Henry Avenue - near Amoowigamig and the Salvation Army Centre of Hope*
- Central Park, Knox United Church - 406 Edmonton St.*
- Broadway Neighbourhood Centre - 185 Young St.*
- Roslyn Road and Osborne Street*



## 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*
- Luxton Community Centre - 210 St Cross St*

## 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