

MOBILE OUTREACH SERVICES

OVERNIGHT SHELTERS & SAFE SPACES

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

(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

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

Agape Table - 364 Furby

Mon-Fri: 7am-11am

Andrews Street Family Centre 220 Andrews

No bagged meals. Offers 15 food packages daily. First come first serve.

Freedom House - 294 Ellen

Tue: 9-12:30 | Thu: 9-12 |
Fri: 9-5 | Sun: 12-5

Holy Trinity Lunchroom 256 Smith Street

Tue, Thu: 11am-1pm

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

1Just City Oak Table 107 Pulford St

Mon-Fri: 9:30am-3:30pm
Lunch served Mon - Thu 12-2pm

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 Str.

Missionaries of Charity 167 Aikins Street

Mon, Wed, Fri, Sat: 9:30-10:45am

NEWC 394 Selkirk

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

NorWest Co-op CFC 103-61 Tyndall

Mon, Wed, Fri: 12-1:30pm | Thu:
5:30-6:30pm

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

One88 - 188 Princess

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

RaY - 125 Sherbrook

Mon-Fri: 1-4
Ages: 1-29 years

Siloam Mission 303 Stanley St

Mon-Sun: 7am-8pm
(Closed between: 1:30-4pm)
7am-8pm in extreme weather
Ages: 18+

Sunshine House 646 Logan

Sun-Thurs: 11am-4pm |
*2SLGBTQ+ focused
Mon and Wed: 6-9pm

The Link Youth Hub - 175 Mayfair

Mon, Wed, Fri: 8:30am-6pm
Tue, Thu: 8:30am-7pm
Sat: 10am-3pm
Ages: 16-29 years

Thrive Resource Centre - 406 Edmonton

Mon-Thu: 10am-2pm
| Fri: 10am-1pm

Union Gospel Mission 320 Princess

Mon-Fri: 11:30am-7pm | Sat, Sun:
11:30am-7:30pm

Union Gospel Mission 240 Pritchard Avenue

Wed: 12:00 PM
Primarily for women-identifying persons

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

WRHA - Access Downtown

Mon - Fri: 8am-4pm

EXTREME WEATHER

Summer Response Guide 2026



END HOMELESSNESS
WINNIPEG

WHAT QUALIFIES AS EXTREME HOT WEATHER?

Environment and Climate Change Canada 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

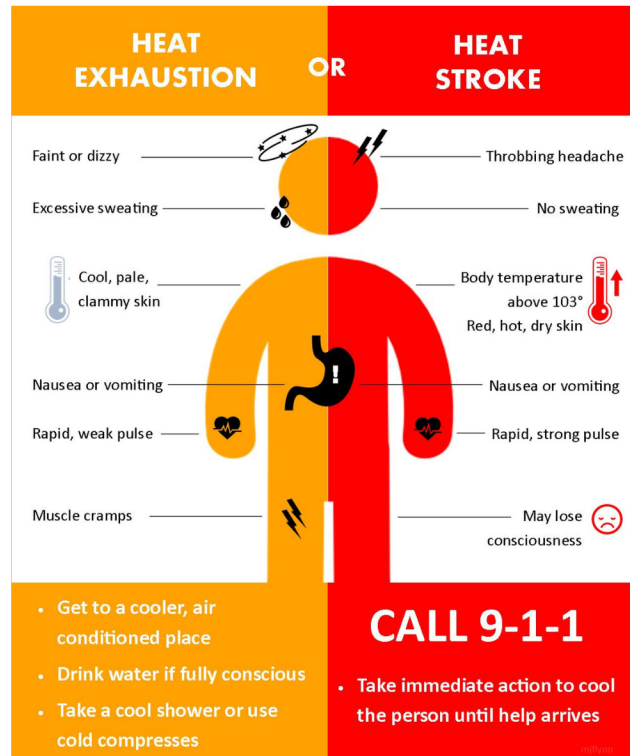
SIGNS OF HEAT ILLNESS

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:

- Broadway Neighbourhood Centre - 185 Young St.*
- Central Park, Knox United Church - 406 Edmonton St.*
- Princess Street and Henry Avenue - near Siloam Mission*
- Stella Avenue and Main Street - near Mount Carmel Clinic*
- The Bell Tower - 469 Selkirk Ave.*
- 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*
- 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 204-667-5731
- Clara Hughes Rec Park**
281 Henderson Hwy 204-667-9186
- East Elmwood Community Centre**
490 Keenleyside St. 204 - 667 - 2777
- Lord Roberts Community Centre**
725 Kylemore Ave. 204 - 452 -9744
- Luxton Community Centre**
210 St Cross St. 204 - 582 - 8249
- Riverview Community Centre**
90 Ashland Ave 204 - 452 - 9944
- St. Norbert Community Centre**
3450 Pembina Highway 204 - 667- 4120

CITY FACILITIES

Cool off and hydrate at leisure centres, libraries, and aquatic facilities (indoor/outdoor pools, spray pads, and wading pools) during regular hours.