

# Domestic Abuse Community Resource Map



Winnipeg offers a variety of different services that support individuals who have been affected by domestic violence. These resources are located throughout the city. The Domestic Abuse Community Resource Map was developed by Manitoba Justice to assist individuals to identify available resources and access the services that best meet their needs.

## Indigenous Resources

- 1 Indigenous Women's Healing Centre**  
105 Aikins Street, Wpg, MB R2W 4E6 204-989-8240  
www.nativewomens.mb.ca  
Indigenous program that helps women and their children achieve stability and initiate the healing process.
- 2 Wahbung Abinoonjiagi Inc.**  
225 Dufferin Avenue, Wpg, MB R2W 5N7 204-925-4610  
www.wahbung.org  
Programs for children, youth, support network and advocacy for women.
- 3 Eyaa-Keen Healing Centre Inc.**  
547 Notre Dame Avenue, Wpg, MB R3B 1S2 204-783-2976  
www.eyaa-keen.org  
Traditional Indigenous treatment for adult individuals, couples and groups suffering from trauma and major loss.
- 4 Ka Ni Kanichihk Inc.**  
455 McDermot Avenue, Wpg, MB R2A 0B5 204-953-5820  
www.kanikanichik.ca  
Programs and services that focus on wholeness and wellness, and build on the strengths and resilience of Indigenous peoples.
- 5 Ma Mawi Wi Chi Itata Centre Inc**  
445 King Street, Wpg, MB R2W 2C5 204-925-0300  
www.mamawi.com  
Culturally relevant prevention and support-based programs for Indigenous individuals (personal development, drop-in, computer lending, crisis intervention, emergency services, etc.).

## Family Resources

- 6 All Nations Family Resource Centre**  
1008 Wall Street, Wpg, MB R3G 2V3  
Provides parenting programs, self improvement programs, workshop series and more.
- 7 Wolseley Family Place/New Realities Program**  
691 Wolseley Avenue – lower level, Wpg, MB R3G 1C3 204-788-8052  
www.wolseleyfamilyplace.com  
Offers a variety of support services including individual/couple/family counselling for domestic violence and addictions, co-ed anger management groups.
- 8 South Winnipeg Family Information Centre**  
800 Point Road, Wpg, MB R3T 3L8 204-284-9311  
www.svfic.org  
Delivers programs and services that help people to improve their relationships with their families and communities. Includes education and training programs, as well as peer support groups.
- 9 New Directions for Children, Youth, Adults and Families**  
500-717 Portage Avenue, Wpg, MB R3G 0M8 204-786-7051  
www.newdirections.mb.ca  
Individual, couple and family counselling, training and education programs and residential programs.

- 10 Family Dynamics**  
401-393 Portage Avenue, Wpg, MB R3B 3H6 204-947-1401  
www.familydynamics.ca  
Counselling, family support and education, referral, child care resources, family preservation.
- 11 Couples Counselling Project**  
485 Selkirk Avenue, Wpg, MB R2W 2M6 204-790-7221  
Helps couples who have experienced abuse/violence in the past work towards an abuse-free relationship.
- 12 Aurora Family Therapy Centre**  
The University of Winnipeg  
Rice Centre 5th Floor  
491 Portage Avenue, Wpg, MB R3B 2E9 204-786-9251  
www.aurorafamilytherapy.com  
Offers therapy to families, children, couples and individuals on an ability-to-pay basis.
- 13 Winnipeg Children's Access Agency**  
385 River Avenue, Wpg, MB R3L 0C3 204-284-4170  
www.wcaa.ca  
Provides a range of supervised visitation programs for families who have experienced some level of conflict in their relationships.
- 14 NorWest Co-op Community Health**  
785 Keewatin Street, Wpg, MB R2X 3B9 204-938-5900  
www.asfc.mb.ca  
Provides community based programs and services in primary health care, community development, counselling and support services and early learning and childcare.
- 15 Andrews Street Family Centre**  
220 Andrews Street, Wpg, MB R3G 2P1 204-589-1721  
www.norwestcoop.ca  
Adult and children's support programs; drop-in.
- 16 Age and Opportunity/Support Services for Older Adults**  
200-280 Smith Street, Wpg, MB R3C 1K4 204-956-6440  
Seniors Abuse Support Line (Toll Free) 1-888-333-3121  
www.ageopportunity.mb.ca  
Provides counselling, support groups, crisis accommodation and assistance with protection orders for older adults.

## Women and Children's Resources

- 17 North End Women's Centre**  
394 Selkirk Avenue, Wpg, MB R2W 2M2 204-589-7347  
www.newcentre.org  
Information, referrals, counselling, children's programs, outreach, employment programs as well as a drop-in support program.
- 18 Clinic Community Health**  
870 Portage Avenue, Wpg, MB R3G 0P1 204-784-4090  
www.klinic.mb.ca  
Drop-in and longer term counselling for victims of domestic abuse, sexual assault, and trauma. Tuesday/Thursday 12-7, Monday/Friday/Saturday 12-4. Provides a wide range of services including medical support, addictions counselling, drop-in support services, and support groups

- 19 West Central Women's Resource Centre**  
640 Elice Avenue, Wpg, MB R3G 0A7 204-774-8975  
www.wcwrcc.ca  
Support programming for women and children, drop-in, clothing room, community support and HOMES Project.
- 20 A Woman's Place**  
200 – 323 Portage Avenue, Wpg, MB R3B 2C1 204-940-6624  
www.norwestcoop.ca  
Legal services, advocacy, children's counselling, referrals and support groups.
- 21 Fort Garry Women's Resource Centre**  
1150A Waverley Street, Wpg, MB R3T 0P4 204-477-1123  
www.fgwrc.ca  
Offers free supportive counselling, information, referral, workshops and outreach programs; therapy for children (2-12) who have experienced and/or witnessed domestic violence.
- 22 Pluri-Elles Manitoba Inc.**  
114 – 420 rue Des Meurons, Wpg, MB R2H 2P8 204-233-1735  
www.pluri-elles.mb.ca  
Programs and services delivered in French related to education, training, economics, culture, health, social services, counselling, employment assistance and French and family literacy programs.
- 23 Women's Health Clinic**  
419 Graham Avenue, Wpg, MB R3C 0M3 204-947-1517  
www.womenshealthclinic.org  
Offers a wide variety of health and wellness services, advocacy and resources ranging from medical services to counselling.
- 24 North Point Douglas Women's Centre**  
221 Austin Street North, Wpg, MB R2W 3M8 204-947-0321  
www.northpointdouglaswomenscentre.org  
Counselling, shelter/food, child focused, workshops, social support, health/wellness, employment services, advocacy, referrals.
- 25 The Salvation Army**  
Peace of Mind/Healthy Relationship Groups for Women  
204-949-2100  
Groups are free of charge to women; focus on impact of domestic violence on women and children and creating healthier relationships. Childcare provided.
- 26 Manitoba Advocate for Children and Youth**  
100-346 Portage Avenue, Wpg, MB R3C 0C3 204-988-7440  
www.childrensadvocate.mb.ca  
Represent the rights, interests and viewpoints of children and youth who are/should be receiving service under The Child and Family Services Act and The Adoptions Act.
- 27 Macdonald Youth Services**  
175 Mayfair Avenue, Wpg, MB R3L 0A1 204-477-1722  
www.mys.mb.ca  
Six service areas that provide both placement (ex: residential programming) and community support services including crisis supports.
- 28 Clinical Support Services**  
Wpg, MB 204-786-7844  
Provides clinical service to students, families and schools in the Winnipeg School Division.

- 29 Manitoba Adolescent Treatment Centre (Centralized Intake)**  
120 Tecumseh Street, Wpg, MB R3E 2A9 204-958-9660  
www.matc.ca  
Provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders.
- 30 ANCR (All Nations Coordinated Response)**  
835 Portage Avenue, Wpg, MB R3G 0N6 204-944-4200  
www.ancr.ca  
Offer intervention and support services for children and families in a confidential manner.
- 31 Kid's Help Phone**  
1-800-668-6868  
24/7 free phone counselling, web counselling, for ages 20 and under, anonymous and confidential.
- 32 Wahbung Abinoonjiagi – Children of Tomorrow**  
225 Dufferin Avenue, Wpg, MB R2W 5N7 204-925-4610  
www.wahbung.org  
Community based, culturally appropriate services for Indigenous children (0-6 yrs.) and youth (7-17 yrs.) and their mothers who have experienced multiple forms of victimization.
- 33 Abinotdi Mino-Ayawin (Children's Healing Program) Aboriginal Health and Wellness Centre of Winnipeg, Inc.**  
www.ahwc.ca  
Direct services for families with children, which include home visits, counselling, one to one support, parenting programs. Access to Elders and Traditional Healing, advocacy and other community referrals.

## Men's Resources

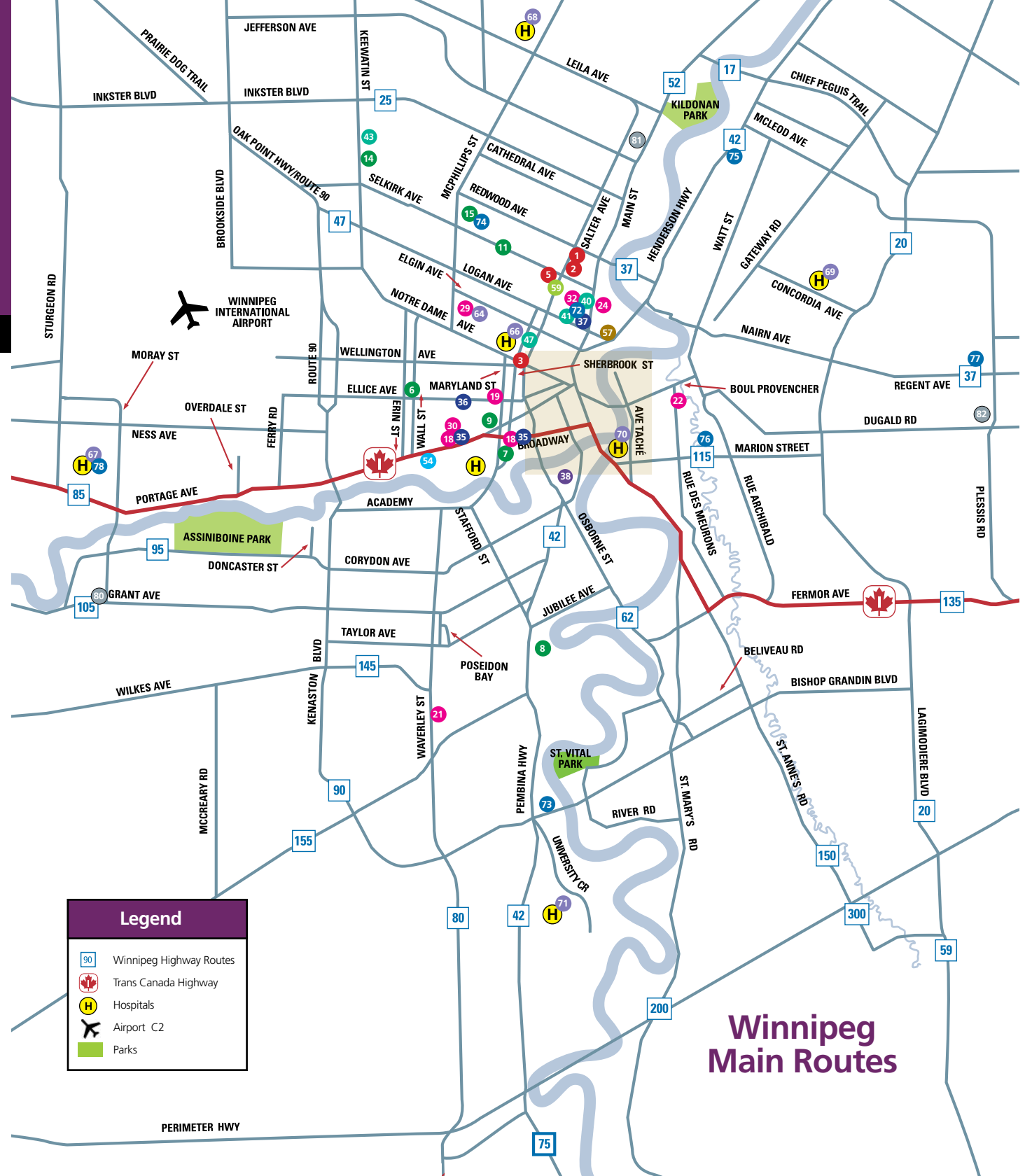
- 34 Men's Resource Centre**  
115 Pulford Street, Wpg, MB R3L 1X8 204-415-6797  
www.mens-resource-centre.ca  
Counselling and support services for men who have experienced trauma and stressors including intimate and family violence.
- 35 Clinic Community Health**  
870 Portage Avenue, Wpg, MB R3G 0P1 204-784-4090  
www.klinic.mb.ca  
Drop-in and longer term counselling for victims of domestic abuse, sexual assault and trauma.
- 36 Family Dynamics – Anger Management and Parenting Groups for Men**  
401-393 Portage Avenue, Wpg, MB R3B 3H6 204-947-1401  
www.familydynamics.ca  
Teaches concrete skills of anger management and relaxation. Men with outstanding domestic violence charges are not eligible.
- 37 Better Fathers Inc.**  
Held at: 794 Elice Avenue, Wpg, MB R3G 0B9 204-782-7987  
www.betterfathersinc.com  
For men in a fathering role who wish to improve their parenting skills and involvement with their children.
- 38 The Salvation Army**  
Choose to Change Program  
324 Logan Avenue, Wpg, MB R3A 0L5 204-949-2100  
Group counselling for men that have been involved in domestic violence offences.



**83**  
**Manitoba Justice  
 Domestic Violence Support  
 Service (DVSS)**

Phone: 204-945-6851  
 or Toll free: 1-866-484-2846  
 Toll free domestic abuse  
 crisis line: 1-877-977-0007  
 1410-405 Broadway  
 Winnipeg, MB R3C 3L6

DVSS helps victims of  
 domestic violence when  
 criminal charges have  
 been laid. They also help  
 individuals who have  
 received police services  
 for domestic violence  
 incidents that do not result  
 in charges or arrests.



**LGBTB\* Community (Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Intersex, Queer and Questioning) Resources**

**39 Rainbow Resource Centre**  
 170 Scott Street, Wpg, MB R3L 0L3 204-474-0212 ext. 201  
 www.rainbowresourcescentre.org  
*Provides drop-in and short-term counselling to members of the LGBTQ+ community who are addressing domestic abuse and relationship concerns.*

**Newcomer Resources**

**40 Mount Carmel Clinic/Multi-Cultural Wellness Program**  
 886 Main Street, Wpg, MB R2W 5L4 204-589-9475  
 www.mountcarmel.ca  
*Provides trauma-informed, strength based, individual and group counselling for newcomers and refugees.*

**41 Family Dynamics**  
 401-393 Portage Avenue, Wpg, MB R3B 3H6 204-947-1401  
*Provides counselling and support services to immigrants and refugees.*

**42 Aurora Family Therapy Centre**  
 University of Winnipeg  
 2nd Floor – Sparring Hall  
 515 Portage Avenue, Wpg, MB R3B 2E0 204-786-9251  
 www.aurora.uwinnipeg.ca  
*Therapy programs for immigrant and refugee individuals, couples and families.*

**43 Immigrant Women's Counselling Services**  
 785 Keevatin Street, Wpg, MB R2X 3B9 204-938-5900  
 www.norwestcoop.ca  
*Counselling and support for newcomer women who have been a victim of domestic violence or are in other types of crisis.*

**44 Immigrant and Refugee Community Organization of Manitoba (IRCOM)**  
 95 Ellen Street, Wpg, MB R3A 1S8 204-943-8765  
 www.ircm.ca  
*Transitional housing for newcomer families, after school programming for children and youth, English classes with onsite childcare and educational workshops.*

**45 The Immigrant Centre**  
 100 Adelaide Street, Wpg, MB R3A 0W2 204-943-9158  
 www.icmanitoba.com  
*Settlement and support services for newcomers. Language bank offers free verification of translations, interpretation and notary services.*

**46 Needs Centre**  
 251 A - Notre Dame Avenue, Wpg, MB R3B 1N8 204-940-1260  
 www.needsinc.ca  
*Support for immigrant and refugee children/youth while adapting to life in Manitoba. Provides computer training, homework help, youth recreation, education and employment programs.*

**47 Manitoba Interfaith Immigration Council Inc. – Welcome Place**  
 521 Bannatyne Avenue, Wpg, MB R3A 0E4 204-977-1000  
 www.miiic.ca  
*Assists newly arrived refugees and refugee claimants by providing settlement, sponsorship, in-Canada protection, and lifeskills training. They also provide temporary housing and help newcomers find places to live.*

**Housing Support**

**48 Residential Tenancy Branch**  
 1700-155 Carlton Street, Wpg, MB R3C 5R9 204-945-2476

**49 Manitoba Housing Authority**  
 352 Donald Street, Wpg, MB R3B 2H8 204-945-4663  
 www.manitoba.ca/housing  
*Affordable and subsidized rental housing options for low to moderate income individuals and families.*

**50 Alpha House**  
 Confidential Address  
 Wpg, MB 204-982-2011  
 www.alphahouseinc.ca  
*A place for women and their children to live while transitioning away from violence.*

**51 Bravestone Centre Inc.**  
 Confidential Address  
 204-275-2600  
 www.bravestone.ca  
*A safe, confidential and secure place for women to live independently within their own suites for 12 months while attending counselling and support programs.*

**52 Hands of Hope Inc.**  
 Please register by phone only 204-261-8607  
 www.handsofhope.ca  
*Free furniture and household items to those who need them.*

**53 L'entre-Temps Des Franco-Manitobaines Inc**  
 Confidential Address  
 204-925-2550  
 www.entretempsfm.com  
*Second stage facility that provides Franco-Manitoban women and children recovering from an abusive relationship and their children with protective housing for up to one year.*

**54 SAM Management**  
 200-1080 Portage Avenue, Wpg, MB R3G 3M3 204-942-0991  
 www.sam.mb.ca  
*Affordable rental housing for single persons, families and senior citizens.*

**Shelters**

**55 Willow Place Inc.**  
 Confidential Address  
 Shelter and Crisis Line – 204-615-0311  
 www.willowplaceshelter.ca  
*Emergency shelter, counselling and support, children's program, housing assistance, referrals.*

**56 Ikwe Widdjitiwin Inc.**  
 Confidential Address  
 204-987-2780  
 www.ikwe.ca  
*Residential shelter program, children's programs, crisis line, culturally appropriate services for Indigenous women and children.*

**57 The Salvation Army – Family Shelter – Sunrise Village**  
 180 Henry Avenue, Wpg, MB R3B 0J8 204-946-9471  
 www.wpgboothcentre.ca  
*Emergency housing and meals for families with dependent children.*

**Financial Resources**

**58 Employment and Income Assistance**  
 1-111 Rorie Street, Wpg, MB R3B 3N1 204-948-4000  
 manitoba.ca/assistance  
*Financial help for Manitobans who have no other way to support themselves or their families.*

**59 SEED Winnipeg Inc.**  
 80 Salter Street, Wpg, MB R2W 4J6 204-927-9935  
 www.seedwinnipeg.ca  
*Provides services to assist low-income individuals, groups, organizations and economically challenged neighbourhoods with economic development.*

**60 Community Financial Counselling Services**  
 516 - 294 Portage Avenue, Wpg, MB R3C 0B9 204-989-1908,  
 Toll Free: 1-888-573-2383  
 www.debtshelpmanitoba.com  
*Provides help with financial counselling, budgeting, financial issues related to gambling and debt management.*

**Legal Resources**

**61 Legal Help Centre**  
 202-393 Portage Avenue, Wpg, MB R3C 4A8 204-258-3096  
 www.legalhelpcentre.ca  
*Legal information and referrals. Drop-in clinics available to those with family incomes under \$50,000/year.*

**62 Legal Aid Manitoba**  
 287 Broadway, Wpg, MB R3C 0R9 204-985-8500  
 www.legalaid.mb.ca  
*Legal help to low- and middle-income persons. Divorce, child custody, maintenance enforcement, etc.*

**63 Law Phone-In and Lawyer Referral Program**  
 Phone Calls Only  
 Wpg, MB 204-943-2305  
*Not an emergency service. General legal information via telephone. Referrals made to appropriate law related agencies.*

**Mental Health Crisis Services and Hospitals**

**64 Crisis Response Centre**  
 817 Bannatyne Avenue, Wpg, MB R3E 0W2 204-940-1781  
*Open 24/7; no appointment necessary. For adults experiencing a mental health crisis.*

**65 Mobile Crisis Service**  
 204-940-1781 (adults)  
 204-949-4777 (youth)  
*Provides on-site assistance for individuals/families experiencing a mental health crisis.*

**66 Health Sciences Centre**  
 820 Sherbrook Street, Wpg, MB R3A 1R9 204-787-3661  
 www.hsc.mb.ca  
*Full service hospital.*

**67 Grace Hospital**  
 300 Booth Drive, Wpg, MB R3J 3M7 204-837-8311  
 www.gracehospital.ca  
*Full service hospital.*

**68 Seven Oaks General Hospital**  
 2300 McPhillips Street, Wpg, MB R2V 3M3 204-632-7133  
 www.sogh.ca  
*Currently full service hospital. Changing to urgent care centre in 2019.*

**69 Concordia Hospital**  
 1095 Concordia Avenue, Wpg, MB R2K 3S8 204-667-1560  
 www.concordiahospital.mb.ca  
*Full service hospital until June 2019. Effective June 2019, walk-in clinic with services for non-life-threatening conditions.*

**70 St. Boniface General Hospital**  
 409 Tache Avenue, Wpg, MB R2H 2A6 204-233-8563  
 www.sbggh.mb.ca  
*Full service hospital.*

**71 Victoria General Hospital**  
 2340 Pembina Highway, Wpg, MB R3T 2E8 204-269-3570  
 www.vgh.mb.ca  
*Urgent care centre.*

**Access Clinics**

**72 Access Downtown**  
 640 Main Street, Wpg, MB (204) 940-3638  
 www.legalhelpcentre.ca

**73 Access Fort Garry**  
 135 Plaza Drive, Wpg, MB (204) 940-7091

**74 Access NorWest**  
 785 Keewatin Street, Wpg, MB (204) 938-5900

**75 Access River East**  
 975 Henderson Highway, Wpg, MB (204) 938-5000

**76 Access St. Boniface**  
 170 Goulet Street, Wpg, MB (204) 940-1150

**77 Access Transcona**  
 845 Regent Avenue West, Wpg, MB (204) 938-5555

**78 Access Winnipeg West**  
 280 Booth Drive, Wpg, MB (204) 940-2040  
*Walk-in clinics that offer a range of connected health and social services including front-line medical care and mental health care/support*

**Winnipeg Police Service**

**Emergencies: 911**  
**All other calls: 204-986-6222**

**79 Winnipeg Police Headquarters**  
 245 Smith Street, Wpg, MB R3C 1K1 – Open 24/7

**80 West District Station**  
 2321 Grant Avenue, Wpg, MB R3P 0P9 – Open 24/7

**81 North District Station**  
 260 Hartford Avenue, Wpg, MB R2V 0W3 – Open 24/7

**82 East District Station**  
 1750 Dugald Road, Wpg, MB R2J 2X4 – Open 24/7