



Canada

A photograph of the Milwaukee skyline at night. The Pabst Brewery building, a large, historic structure with a prominent tower, is illuminated and reflected in the water. To its right, the Bix Creek Bridge, a cable-stayed bridge with a tall central pylon, is also lit up. The city skyline with various skyscrapers is visible in the background. The lights from the buildings and bridge are reflected in the calm water in the foreground. The sky is dark blue with some clouds.



CALL 911



Basic Needs

Agape Table

(204) 783-6369
agapetable.ca

Addresses food insecurity by providing free breakfasts and family food hampers to those in need. It operates with volunteer support and community donations, serving individuals facing poverty and homelessness.

Street Connections

(204) 981-0742
streetconnections.ca

Provides outreach services to reduce the spread of sexually transmitted and blood-borne infections (STBBIs), including hepatitis C and HIV, and reduce other drug-related harms.

Union Gospel Mission

(204) 943-9904
gospelmission.ca

Offers daily hot meals, chapel services, and a drop-in center providing coffee, snacks, showers, and clothing.



Legal Help

Legal Aid Manitoba

(204) 985-8500
1-800-261-2960
legalaid.mb.ca

Helps people- individuals and groups – who need a lawyer but who cannot afford to pay for one.

Winnipeg Police Non-Emergency

(204) 986-6222
winnipegpolice.ca

Provides policing services, focusing on crime prevention, investigation, and collaboration with local organizations for public safety.



Community

Ma Mawi Wi Chi Itata Centre Inc.

(204) 925-0300
mamawi.com

An Indigenous-led organization, dedicated to supporting the well-being of families and communities by offering a wide range of culturally grounded services.

INDIGENOUS-FOCUSED

Manitoba Inuit Association

(204) 774-6848
manitobainuit.ca

Delivers a wide range of Inuit-focused services and programs designed to support and uplift the lives of Inuit throughout Manitoba. Provides Inuit court workers to the court worker program through the Manitoba Court of Justice.

INUIT-FOCUSED

Rainbow Resource Centre

(204) 474-0212
1-855-437-8523
rainbowresourcecentre.org

Provides a wide range of services and programs to support Manitoba's 2SLGBTQIA+ community, including counselling, youth programs, social groups, and educational outreach.

Resource Assistance for Youth (RAY)

(204) 783-5617
rayinc.ca

Helps youth under 29 facing homelessness or other challenges. They provide a range of services designed to meet youth needs in a supportive and accessible way.

Tunngasugit Inuit Resource Centre

(204) 416-8910
tunngasugit.ca

Helps Inuit families and individuals transition to city life while staying connected to their culture. They offer programs like housing help, health support, and cultural programs.

INUIT-FOCUSED



Health & Wellness

Indigenous Health Sciences Centre

(204) 787-3661
1-877-499-8774
hsc.mb.ca

Provides culturally appropriate support for First Nations, Métis, and Inuit patients, including interpreters, traditional ceremonies, and advocacy. These services are free and confidential. For Inuit languages interpreters, call: Kivalliq Inuit Services: 204-989-1021.

INDIGENOUS-FOCUSED

Klinik Community Health

1-888-322-3079
Crisis Line (204) 786-8686
klinik.mb.ca

Offers a variety of health services, including medical care, addiction support, and specialized care for reproductive and transgender health. They also provide 24/7 crisis support, counseling, and educational programs to support mental well-being in the community.

Native Addictions Council

(204) 586-8395
1-844-297-2284
nacm.ca

Supports Indigenous individuals on their path to recovery with land-based programs, traditional knowledge, and compassionate support.

INDIGENOUS-FOCUSED

Red Road Lodge

(204) 294-8670
redroadlodge.ca

Offers safe housing and a range of recovery services for individuals facing homelessness, addiction, and mental health challenges, including arts programs and job readiness training.

Uquutaq Society – Larga Kivalliq

(204) 774-5110

Offers housing for Inuit patients traveling from Nunavut for medical care in Winnipeg. They provide services like transportation, meals, and cultural support to help travelers during their stay.

INUIT-FOCUSED