

## West Central Women's Resource Centre

.....204-774-8975  
Mon/Wed/Fri: 9:30am and Noon 640 Ellice Ave  
Tues/Thurs: 6:30pm

## Winnipeg Centre Vineyard Church ..... 204-582-2900

Tues: 10am-11:30am (Snacks) 782 Main St  
Thurs: 10am-11:30am (Lunch)

## Winnipeg Harvest .....204-982-3663

(Emergency food bank) 1085 Winnipeg Ave  
Mon-Fri: 9:15am-2:45pm (ID required)

## 211 Manitoba .....211

free, confidential 24/7 (non-crisis) community/social resource info line.

TTY ..... 1-855-405-7446

**If you are in immediate danger, please call 9-1-1.**

**Police Non-Emergency 204-986-6222 | TTY: 204-942-7920**

 @WpgSafety

winnipegssafety.ca



Disclaimer: These resources are provided for information purposes only.  
The WCFS does not necessarily endorse the resources listed.

# WHO DO I CALL?

## Meal Supports

Everyone deserves access to regular, nutritious meals for optimal health and wellness. The resources below are available for individuals and families. Please note the dates and times of meal availability.

### Agape Table .....204-783-6369

Breakfast: Mon-Fri: 8am-10:30am 364 Furby St

### Andrews Family Centre (for families).... 204-589-1721

Thurs: Noon (Soup) 220 Andrews St  
Wed: 5pm-8pm

### Broadway Neighbourhood Centre ..... 204-772-9253

Dinner: Mon-Fri: 5pm 185 Young St  
For ages 6-12

### Canadian Muslim Women's Institute ..... 204-943-8539

(Halal community pantry) 201-61 Juno St

### Crossways-In-Common.....204-774-2773

Mon/Wed/Thurs/Fri: Noon 222 Furby St

### Immaculate Conception Parish ..... 204-942-3778

Sept-May, Sun: 12:30pm-2pm 181 Austin St. N

**Lighthouse Mission** .....204-943-9669  
Mon-Thurs: 7:30am and 2pm 669 Main St  
Fri: 6:30pm

**Ma Mawi Wi Chi Itata Centre**.....204-925-0348  
Mon-Fri: 9am; 12:30pm; 5pm 443 Spence St  
Mon-Fri: 12:15pm and 5pm .....204-925-0349  
318 Anderson St  
Mon-Fri: 12:15pm and 5pm .....204-925-6816  
363 McGregor St

**Main Street Project**.....204-982-8229  
Every day: 1pm (Soup); 4:30pm (Snack & Tea)  
7:45pm (Small Snack) 75 Martha St

**Missionaries of Charity** .....204-582-2773  
Breakfast: Mon/Tues/Wed/Fri/Sat: 9:30am-10:45am  
167 Aikins St

**Ndinawe/Tina's Safe Haven** .....204-589-5545  
(for youth age 13-24) 472 Selkirk Ave  
Lunch: Mon-Fri: Noon  
Dinner: Every day at 5pm

**North End Women's Centre** .....204-589-7347  
Mon: 11:45am 394 Selkirk Ave

**North Point Douglas Women's Centre**  
..... 204-947-0321  
Mon/Tues/Wed/Fri: 9am-Noon 221 Austin St. N  
and 1pm-5pm (Coffee and Toast)  
Sat: 1pm-5pm

**Oak Table** .....204-416-2240  
Mon-Thurs: 12pm-3pm 109 Pulford St

**Resource Assistance for Youth** .....204-783-5617  
(for youth 29 and under) 125 Sherbrook St  
Mon-Fri: 1pm-3pm; Mon/Wed: 5:30pm-9pm  
Sat: 12pm-4pm

**Sage House** .....204-943-6379  
Cereal and Soup throughout the day  
Supper: Tues/Thurs: 4pm 422 Dufferin Ave

**St Matthews Community Ministry**..... 204-774-1846  
Mon/Tues/Thurs/Fri: 1:30pm-4pm 365 McGee St

**The Salvation Army** .....204-946-9400  
Breakfast: 7:15am 180 Henry Ave  
Lunch 11:45am  
Dinner: 4:30pm (for those staying at the shelter)

**Siloam Mission** .....204-956-4344  
Breakfast: 9am - 10am 300 Princess St  
Lunch: 12:30pm-1:30pm 303 Stanley St  
Dinner: 6:45pm-8pm

**Sunshine House (2SLGBTQ+)** .....204-783-8565  
Lunch: Mon/Wed 2pm-4:30pm; 6pm-8:30pm  
Sun. 11am-1pm 646 Logan Ave

**Union Gospel Mission** .....204-943-9904  
Breakfast: Mon-Fri at 11am 320 Princess St  
Dinner: Every day at 7pm