

# WHO DO I CALL?

## For Parents and Caregivers

Being a parent/caregiver can be a rewarding and challenging experience. Whether you are seeking support for you or the youth you care for, these resources are available to assist you.

### General

Ceridian Basic Needs Grant .....	1-866-313-2827
Employment and Income Assistance (EIA) .....	204-948-4000
EIA After Hours - Emergencies.....	204-945-0183 or 1-866-559-6778 TTY 1-800-855-0511
Healthy Start for Mom & Me .....	204-949-5350
Manitoba 211 .....	<a href="http://mb.211.ca">mb.211.ca</a> or call 211
MB Parent Help Line .....	1-877-945-4777 or 204-945-4777
NEEDS ( <i>Newcomers Employment &amp; Educational Development Services</i> ) .....	204-940-1260
Villa Rosa (for single, pregnant women).....	204-786-5741

### Child abuse/exploitation

ANCR (All Nations Coordinated Response) .....	204-944-4200
Canadian Centre for Child Protection .....	204-560-2083 1-800--532-9135
Canadian Human Trafficking Hotline .....	1-833-900-1010
Child Victim Supports Services.....	204-945-0662
Winnipeg Police Service Sex Crimes Unit.....	204-986-6245

### Domestic Violence

Alpha House (Non-crisis).....	204-982-2011
Domestic Violence Hotline (Prov. of MB) .....	1-877-977-0007 TTY 1-888-987-2829
Ikwe-Widdjiitiwin Inc (24 hrs) .....	204-987-2780 or 1-800-362-3344
Men's Resource Centre .....	204-415-6797 ext:207
TEXT Crisis Line: .....	204-792-5302
Willow Place: (24 hrs) .....	204-615-0311

## Gang Involvement

GAIN (Gang Action Interagency Network) .....	<a href="http://gainmb.org">gainmb.org</a>
MB Justice Project Gang Proof Resource Line.....	1-800-691-4264
OPK (OGIJIITA PIMATISWIN KINAMATAWIN) .....	204-795-1741
Turnabout Program (Youth ages 12 & under).....	204-945-5609
	1-866-276-5081
Winnipeg Police Service Gang Hotline .....	204-986-4264

## Mental Health/Addictions

Centralized Intake Youth Addictions Service .....	1-877-710-3999
Learning Disabilities Association of MB.....	204-774-1821
Manitoba Adolescent Treatment Centre .....	204-477-6391
Manitoba Suicide Line (24hrs) .....	1-877-435-7170
MDAM Postpartum Warm Line .....	204-391-5983
Resource Assistance for Youth ( <i>for youth age 29 and under</i> ) ..	204-783-5617
Seneca Mental Health Warm Line (7-11pm) .....	204-942-9276
Winnipeg Youth Mobile Crisis Team (24 hrs) .....	204-949-4777

## Physical Health

Aboriginal Health and Wellness Centre of Winnipeg (AHCW) .....	204-925-3700
Dial A Dietician.....	1-877-830-2892
Family Doctor Finder .....	1-866-690-8260 or 204-786-7111
Health Links - Info Santé (24 hrs).....	204-788-8200
MB Poison Control.....	1-855-776-4766
Recreation & Leisure Services - Fee Subsidy Program.....	311
	email: <a href="mailto:cmsfeesub@winnipeg.ca">cmsfeesub@winnipeg.ca</a>

## Sexuality

Rainbow Resource Center (2SLGBTQ+) .....	204-474-0212
Sexuality Education Resource Centre (SERC) .....	204-982-7800

<b>211 Manitoba</b> .....	<b>211</b>
<i>free, confidential 24/7 (non-crisis) community/social resource info line.</i>	
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

[winnipegsafety.ca](http://winnipegsafety.ca)



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