

STAYING ACTIVE

Ace Art.....	204-944-9763
Active Aging in MB	204-632-3921
Artspace	204-942-8183
City of Winnipeg Leisure Guide	311
Creative Retirement Manitoba.....	204-949-2565 <i>(online learning)</i>
Volunteer Manitoba.....	204-477-5180

TRANSPORTATION

Canadian Cancer Society - Transportation Service.....	204-787-4121
Ring-A-Ride <i>(call in advance)</i>	204-452-9491
Winnipeg Transit (TeleBus)	204-287-RIDE (7433)
Winnipeg Transit Plus.....	204-986-5722 <i>(formerly Handi-Transit)</i>

WRHA HEALTHY AGING RESOURCE TEAMS

Downtown/Point Douglas Healthy Aging...	204-940-8140
River East/Transcona Healthy Aging	204-940-2114
St. James/Assiniboia South Healthy Aging ..	204-940-3261

211 Manitoba	211 <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

winnipegssafety.ca



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

WHO DO I CALL?

For Seniors

Winnipeg has a wide variety of resources to support seniors in staying healthy, active, safe, and engaged with our communities. The resources listed below can provide direct support services and/ or offer referrals to the services you need.

GENERAL

211 Manitoba	211 <i>(comprehensive resource list)</i>
Aboriginal Senior Resources Centre	204-586-4595
Age and Opportunity: Support Services for Older Adults	204-956-6440
Caregiving with Confidence	204-452-9491 <i>(supports for caregivers)</i>
City of Winnipeg	311
Immigrant Centre MB	204-943-9969 ext. 260
MB Association of Senior Centres	204-792-5838
MB Pharmacare Program	1-800-297-8099
Winnipeg Crime Stoppers	204-786-8477 (TIPS)
WRHA Home Care Intake Line	204-788-8330

DENTAL HEALTH

University of MB
Home Dental Care Program204-831-3456
University of MB Deer Lodge Centre
Dental Care Program204-831-2157

FRAUD AWARENESS

Canadian Anti-Fraud Centre 1-888-495-8501
(to report telephone, internet or letter fraud if you did not suffer financial loss)
Fraud Awareness MB Hydro204-480-5900
Manitoba Securities Commission 204-945-2548
Manitoba Ombudsman204-982-9130
(to receive "ID shields" for credit/debit cards)
Winnipeg Police Service (non-emergency)
.....204-986-6222
(to report financial losses over \$5000 due to fraud)

HOUSING

Good Neighbours Active Living Centre
Home Maintenance204-806-1303
Manitoba Housing - Subsidized Housing
.....204-945-4663
Options for Seniors.....204-477-9888
(Independent, Retirement and Assisted Living)
Rent Assist204-948-7368
Safe Suite Initiative
(Age and Opportunity)204-956-6440
(55+ temporary safe housing for victims of abuse for up to 60 days) 1-888-333-3121

INCOME ASSISTANCE

MB 55+ Income Supplement.....204-945-2197
Public Guardian & Trustee of MB204-945-2700
Service Canada (Old Age Security/Canada Pension Plan)
..... 1-800-277-9914
..... TTY: 1-800-255-4786

INJURY PREVENTION

Injury Prevention Program (WRHA) 204-940-8300

MENTAL HEALTH

Alzheimer Society of Manitoba204-943-6622
Aulneau Renewal Center (Counselling)
.....204-987-7090
Klinic Crisis Line (24/7)204-786-8686
Manitoba Suicide Prevention Hotline (24/7)
..... 1-877-435-7170
Protections for Persons in Care 1-866-440-6366
(to report abuse/neglect of people in designated care facilities)
Seniors Abuse Support Line (24hrs)... 1-888-896-7183

PHYSICAL HEALTH

Dial A Dietician..... 1-877-830-2892
Family Doctor Finder..... 1-866-690-8260
.....204-786-7111
Health Links - Info Santé (24hrs).....204-788-8200
MB Poison Control..... 1-855-776-4766
Meals on Wheels204-956-7711