

Free Showers

Ma Mawi Wi Chi Itata Centre **204-925-6816**
363 McGregor St

Main Street Project..... **204-982-8245**
Shower and two sinks for those accessing 75 Martha St
the shelter or drop-in Mon-Sun 7am-7pm

Our Place/Chez Nous (The Cross) Drop-In..... **204-956-1359**
Two showers available 676 Main St
Towel, toiletries and clean underwear provided

Resource Assistance for Youth..... **204-783-5617**
(ages 29 and under) 125 Sherbrook St
Showers available on drop-in basis: Mon-Fri, 1pm-3pm

Siloam Mission **204-956-4344**
Showers available for people staying at the shelter
300 Princess St

Union Gospel Mission..... **204-943-9904**
Showers available to men and women: 320 Princess St
Mon/Wed/Fri 2pm-4pm
Clothing is also available at this time

West Central Women's Resource Centre **204-774-8975**
Showers available to women-identified people 640 Ellice Ave
Shampoo kit available, feminine hygiene products available

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

winnipegsafety.ca



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

WHO DO I CALL?

Street Outreach

Everyone deserves to be treated with respect and dignity, regardless of if they are housed or not. The resources below can support people who are experiencing homelessness and other barriers.

Bear Clan **204-918-8996**
584 Selkirk Ave

Community Homeless Assistance Team (CHAT) **204-958-4640**
426 Portage Ave

Homeless Outreach Community Support (HOCS)
(WRHA) **204-794-3804**

Ma Mawi Wi Chi Itata Centre **204-330-3300**
Mon-Fri 12am-4pm, Sat/Sun 8pm-8am 445 King St

Main Street Project Van Patrol **204-982-8245**
12am-8pm daily

Mama Bear Clan **204-947-0321**

Ndinawemaaganag Endaawaad Inc **204-781-2691**
Mon-Fri 11am-6:30pm, Tues-Sat 6pm-1:30am 472 Selkirk Ave
Outreach Van
Tues 1pm-3:30am, Wed-Fri, 7pm-5am Sat-Mon 6pm-4am

North Point Douglas Women's Centre **204-947-0321**
221 Austin St. N

Resource Assistance for Youth..... **204-391-2209**
Mon-Fri 5:30pm-9pm 125 Sherbrook St

Sage House (Mount Carmel Clinic)	204-582-2311
Tues-Thurs 6pm-9pm	886 Main St
St Boniface Street Links	204-615-5557
.....	204-294-7637
	311 Provencher Blvd
Salvation Army	204-946-9402
11pm-4am (when below -15)	180 Henry St
Street Connections	204-981-0742
Mon-Thu 6pm-12:30am, Fri-Sat 5pm-11pm	496 Hargrave St
West End 24 (WE24)	204-333-9681
	430 Langside St

Free Laundry

Andrews Street Family Place	204-589-1721
Laundry available to community members	220 Andrews St
Mon/Tues/Thurs. 9am-3pm; Wed 1pm-3pm	
Must bring own soap, limited to 2 loads per household, per day	
Crossways in Common	204-774-2773
Laundry available:	222 Furby St
Mon/Wed/Thurs/Fri 1pm or 3pm	
Must sign up in advance	
Ma Mawi Wi Chi Itata Centre	204-925-6816
Mon-Fri 8:30am-6:30pm; Sat. 8:30am-3pm	363 McGregor St

North Point Douglas Women's Centre	204-947-0321
Drop-in: Mon/Tues/Wed/Fri 9am-5pm	221 Austin St
Sat. 1pm-5pm	

Our Place/Chez Nous (The Cross) Drop-In	204-956-1359
Volunteer run laundry service available:	676 Main St
Tues, Wed, Thurs, 9am-11am	

Resource Assistance for Youth	204-783-5617
For youth age 29 and under	125 Sherbrook St
Must be pre-booked (usually 1 week in advance)	
Laundry soap provided	

Sunshine House	204-783-8565
For 2SLGBTQIA+ community	646 Logan Ave
Laundry may be available during drop-in hours:	
Mon-Wed 2pm-4pm	
Please call ahead to confirm	

West Central Women's Resource Centre	204-774-8975
Laundry available to women-identified	640 Ellice Ave
people and newcomer men in the WCWRC.	
Sign-up ahead of time	

Wolseley Family Place	204-788-8052
	691 Wolseley Ave (lower level)
Laundry available for people living with children who are listed on their Manitoba Health Card:	
Mon/Tues/Thurs/Fri, 9am-2:30pm; Wed 12pm-2:30pm	