

Job Loss

- [Job Referral Service](#)
 - Provincial
 - “An online job matching service designed to connect qualified job seekers with job opportunities related to hydro based projects in Manitoba”
- [Manitoba Jobs and Skills Development Centre](#)
 - Provincial
 - Counselling, job search assistance, access to computers and information on Manitoba’s labour market
- [Employment and Income Assistance](#)
 - Provincial

Career Change

- [Career Development Tools](#) *
 - Online resource

Change in Health

- [CancerCare Support Services](#) *
 - Online resource
- Living With Stroke Educational Support Group
 - Contact Heart and Stroke Foundation of Manitoba at 204-949-2000 or toll free 1-888-473-4636
- Dementia Support Groups
 - Winnipeg, Brandon
 - Contact 204-729-8320 or email wmprog@alzheimer.mb.ca
- Support groups for family/friends of people with dementia
 - Winnipeg, Interlake, North Central, North Eastman, Parkland, South Central, South Eastman, Westman
 - Refer to [Alzheimer Society of Manitoba Support Groups for Family and Friends](#) for contact information based on region
- [Dementia Services](#)
 - Helpline at 1-800-378-6699
 - Online handbook
- [Multiple Sclerosis Support Services](#) *
- [ALS Manitoba Services](#)*
- [Society for Manitobans With Disabilities](#) *
- [Living Well With HIV](#)
 - Support group, food bank, assistance fund
- [Lung Disease Support Group](#)
 - Contact at 204-774-5501 or by using the link above
- [Dystonia Support Group](#)
 - Winnipeg
- [Brain Tumour Support Group](#)
 - For more information, contact 1-800-265-5106 or 519-642-7755

- [Osteoporosis Programs and Resources](#) *
 - Online
 - Or contact 1-800-463-6842 (English) or 1-800-977-1778 (French)
- [Parkinson Canada Information and Referral Helpline](#)
 - Contact at the above link or email info@parkinson.ca or call 1 (800) 565-3000
- [Parkinson Canada Programs Near You](#)
 - Winnipeg, and various rural locations in Southern Manitoba
 - Events, local offices, support groups
- [Lyme Disease Support Group](#)
 - Winnipeg
- [Fibromyalgia Support Group](#)
 - Winnipeg

Death of a Family Member

- Brandon and Area Suicide Bereavement Support Group
 - Contact Cherie (co-facilitator) at (204) 727-3202 or Kim (co-facilitator) at (204) 571-4183
- [Palliative Manitoba Grief Support Services](#)
 - Telephone support available by contacting 204-889-8525 or info@palliativemanitoba.ca
 - [Support Programs](#) in Winnipeg
 - Grief seminars in Winnipeg

Financial Pressure

- [Employment and Income Assistance](#) (also noted in Job Loss section)
 - Provincial
- [Manitoba Financial Assistance Programs](#) *
- [Financial Assistance](#)
 - Job Seekers
 - Youth/students
 - Educators and trainers
 - Business, industry, employers
- [Manitoba Financial Literacy](#) *

Mediating a Dispute

- Family Conciliation Services (204) 945-7236
 - For more information, contact:
 - **Winnipeg** - 204-945-7236, Toll-Free - 800-282-8069
 - **Brandon** - 204-726-6336, Toll-Free - 800-230-1885
 - **Dauphin** - 204-622-2035, Toll-Free - 866-355-3494
 - **Thompson** - 204-677-6570, Toll-Free - 866-677-6713
 - **The Pas** - 204-627-8311, Toll-Free - 866-443-2292

- **Flin Flon** – 204-687-1700, Toll-Free - 866-443-2291
- **Swan River** – 204-734-3491, Toll-Free - 888-269-6498

Mental Health

- [Schizophrenia Resource Materials](#)
 - Online
- [How to Find a Good Mental Health Counsellor](#)
 - Online
- [Mental Health Resource Guide - Winnipeg](#)
 - Online
- [Manitoba Farm, Rural & Northern Support Services](#)
 - Telephone HelpLine: 1-866-367-3276 (Monday to Friday, 10AM to 9PM), or 1-888-322-3019 (after hours)
 - Free counsellors for “anyone who lives on a Manitoba farm, or in a rural or northern community”
- [Sexual Assault Crisis Counselling](#)
 - Online resource with province-wide crisis telephone lines and Winnipeg in-person counselling
- [First Nations and Inuit Health](#)
 - Hope for Wellness Help Line 1-855-242-3310
 - Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut
 - Indian Residential Schools Crisis Line 1-866-925-4419
- [Reason to Live](#)
 - Manitoba Suicide Line 1-877-435-7170 (1-877-HELP170)
- [Mood Disorder Association of Manitoba](#) *
 - Online resources
 - Including Winnipeg-based support groups for bipolar disorder, depression/anxiety, mood disorders, postpartum depression, and LGBT mood disorders
- [Anxiety Disorders Association of Manitoba](#) *
 - [Cognitive Behavioural Programs](#) – Winnipeg, Rural
 - [Counselling Resources](#) – Winnipeg, Rural
- [Obsessive Compulsive Disorder Centre of Manitoba](#) *
 - Online resource
 - Support groups available
- [Mental Health Education Resource Centre of Manitoba](#) *
- [Mental Health Resources for Winnipeg](#)
 - Mental health Resource Guide, online
- [SPEAK \(Suicide Postvention Education Awareness and Knowledge\)](#)
 - Peer support groups and individual counselling available

Health

- [Addictions Agencies](#) (Adults)
 - Winnipeg Men's Intake: 204-944-6209
 - Winnipeg Women's Intake: 204-944-6229
 - Services available in Winnipeg, Brandon, Ste-Rose-du-Lac, Thompson, and 26 communities throughout Manitoba
- [Addictions Agencies](#) (Youth)
- [Eating Disorders of Manitoba](#) (Adults)
- [Eating Disorders of Manitoba](#) (Youth)
- [MyRightCare](#)
 - Information on various health treatment options including QuickCare Clinics, Walk-in Clinics, Health Links – Info Santé, Manitoba Poison Centre, etc.
- [Winnipeg Regional Health Authority Indigenous Health](#)
 - Provide patient advocacy, language interpretation, discharge planning, spiritual and cultural care, resource support
 - 1-877-940-8880
- [Alcoholics Anonymous](#)
 - Provincial

Seniors

- [Support Services to Seniors Program](#) *
 - Winnipeg

Youth

- [Youth Crisis Services](#)
 - Youth Resource Centre and Emergency Shelter, contact 204-477-1804 (Winnipeg) or 1-888-477-1804 (outside Winnipeg)
 - Youth Crisis Stabilization Services, contact 1-888-383-2776 or 204-949-4777

Children – Special Needs

- Child Development Clinic
 - 204-258-6628; 115 Notre Dame Ave., Winnipeg, MB
 - Care providers work in partnership with families and community services for children who are developmentally, behaviourally, or physically challenged
- [Rehabilitation Centre for Children](#) *
 - Promotes excellence in children's rehabilitation and developmental pediatrics through innovative clinical service, education, research and technologies
- [Manitoba Adolescent Treatment Centre](#) *
 - Provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders
- [Specialized Services for Children and Youth](#) *

- Initiative focused on the integration and co-location of services, for Manitoba children and youth, with disabilities and special needs
- [Society for Manitobans with Disabilities – Children Services](#) *
 - Enables children with disabilities to live their lives to the fullest at home, at school, and in the community. Programming gives families the information and support they need to provide their children with every possible advantage.
- [Arrowsmith School](#)
 - Marilyn MacKinnon (Executive Director) at 204-774-1821
 - ldamanitoba4@mymts.net
 - 617 Erin Street, Winnipeg, MB, R3G 2W1
- [Children’s DisABILITY Services](#)
 - Supports families who are raising a child (or children) with developmental and physical disabilities
- [St. Amant](#) *
 - Supports children and families through pre-school and school-age autism services, clinical services, residential supports, respite, and a specialized year-round school
- [Autism Learning Centre](#) *
 - Uses best practice teaching for children with autism in order to prepare our students for greater success in school and in everyday situations
- [Wirth Behavioural Health](#)
 - Dr. Wirth is a licensed psychologist and a board certified behavior analyst-doctoral, and has a PhD in Psychology – Applied Behaviour Analysis (ABA) from the University of Manitoba
- [Discoveries in Therapy – Occupational Therapist](#)
 - Occupational therapy clinic that provides a unique approach for children, teenagers, parents, and professionals whose lives are impacted by childhood developmental disorders such as autism, Asperger’s Syndrome, learning disabilities, anxiety disorders, ADHD, etc.
- [HALO – Helping Autism through Learning and Outreach](#) *
 - Texas, USA
 - Non-profit organization providing academic instruction leading towards communication for persons with autism
- [Anat Baniel Method - Neuromovement](#) *
 - California, USA
 - Cutting-edge, science-based approach that transforms the lives of children and adults, helping them move beyond pain and limitation\
- Facebook Autism Groups
 - [Autism Winnipeg PACE \(Parents of Autistic Children Everywhere\)](#)
 - Autism Manitoba – for Parents and Caregivers

- [ADAPT – Association for Developmental Autism Programs and Therapies](#)
- MFEAT Parent Support Group (St. Amant Autism programs)
- Ask me, I'm Autistic

Crime Victims

- [Manitoba Organization of Victim Advocates](#)
 - Supports family survivors of homicide victims, helps increase public awareness about victim rights and work with government to enhance and expand legislation, policies and programs that serve crime victims

Miscellaneous

- [Caregivers' Guide](#)
 - [Caregivers' Path](#) *
 - Support for caregivers of people affected by Alzheimer's, aging, brain injuries, MS, Parkinson's
 - Various locations throughout Manitoba
- [eMental Health](#) *
 - Online
 - Self-help, mutual aid, and support groups

Other Resources

[211 Manitoba](#) * - "211 Manitoba is a searchable online database of government, health, and social services that are available across the province"

* Indicates a website that has a number of resources (often online) beyond what's detailed in this list