

# GET YOUR BENEFITS!

Better income can lead  
to better health —  
it's a fact!



SCAN ME

A plain language resource  
listing select federal, provincial  
or regional benefits and  
programs for Manitobans who  
may be eligible.

[www.getyourbenefits.ca](http://www.getyourbenefits.ca)

# READ AND SHARE: GET YOUR BENEFITS!

This resource is funded in part by the Manitoba Government and has been adapted from a tool developed by Christine Herrera (MD Candidate) and Dr. Gary Bloch. To access this booklet online or for more information about individual programs, benefits or tax filing, please visit:

[www.getyourbenefits.ca](http://www.getyourbenefits.ca)

This booklet is publicly available to download at [edu.gov.mb.ca/benefits](http://edu.gov.mb.ca/benefits) or at: [Manitoba Government Primary Care](http://Manitoba Government Primary Care)

Rural communities are welcome to adapt this booklet to meet their needs. Please contact our office to obtain a copy of the original Word file. Email: [info@getyourbenefits.ca](mailto:info@getyourbenefits.ca)

## RESOURCES

## Page

DID YOU FILE YOUR INCOME TAX? .....	2-4
FINANCIAL EMPOWERMENT .....	5-7
IDENTIFICATION .....	8-9
EMPLOYMENT & TRAINING .....	10-13
CHILDREN, YOUTH & FAMILIES .....	14-16
PERSONS LIVING WITH DISABILITIES .....	17-19
INDIGENOUS PEOPLES RESOURCES .....	20-21
NEWCOMERS TO CANADA.....	22-23
SENIORS & 55 PLUS.....	24
HEALTH NEEDS.....	25-27
MENTAL HEALTH .....	28-32
ADDICTIONS SERVICES.....	33-34
HOUSING, EMERGENCY SHELTER .....	35-40
OTHER SERVICES.....	41-42

# DID YOU FILE YOUR INCOME TAX?

**Even if you make no money, you should file an income tax return each year. If you do not file your tax return you CANNOT get government benefits such as:**

## **Federal Income Tax Credits**

**Canada Caregiver Credit** – a non-refundable tax credit that may be available if you support a spouse or common-law partner or a dependent with a physical or mental impairment. Visit [canada.ca/caregiver-credit](https://canada.ca/caregiver-credit)

**Canada Child Benefit (CCB)** – a tax-free monthly payment to help support your children under the age of 18. To get the CCB, you must file your income tax return every year, even if you did not have income in the year. If you have a spouse or common-law partner, they also must file a return every year.

Apply online at My Account at [Canada Revenue Agency MyAccount](#) or complete form **RC66-Canada Child Benefits Application** at [Canada Child Benefit Application Form](#) and mail it to the following address:

Winnipeg Tax Centre, Post Office Box 14005 Station Main,  
Winnipeg MB R3C 0E3.

You can request paper copies of these forms by calling  
1-800-387-1193.

Let the Canada Revenue Agency (CRA) know if your marital status changes by sending in form **RC65-Marital Status Change**, available online at [Marital Status Change Form](#)

**Canadian Dental Care Plan (CDCP)** – a new federal dental plan to help cover dental costs for those who meet the eligibility requirements. Call 1-833-537-4342 or visit [Canadian Dental Care Plan](#) for more information on eligibility and to apply.

# DID YOU FILE YOUR INCOME TAX?

**Canada Workers Benefit** – a refundable tax credit that provides tax relief for eligible low-income individuals and families who are in the workforce. Learn more at: [Canada Workers Benefit](#)

**GST Credit** – a tax-free quarterly payment that helps individuals/families with low and modest incomes to offset all or part of the GST or HST they pay.

**Federal benefits are the same for First Nations individuals who are on or off reserve, but individuals must file tax returns to receive benefits even if they have no income.**

## Provincial (MB) Income Tax Credits:

For information on these credits, visit: [Government of Manitoba Personal Tax Credits](#)

**Education Property Tax Credit** – for those who pay school taxes on their principal residence in Manitoba. Seniors may qualify for additional amounts.

**Personal Tax Credit** – a credit for low-income Manitobans and their dependents.

**Primary Caregiver Tax Credit** – a \$1,400 refundable credit for people who provide ongoing voluntary care and support to family members, friends or neighbours who require help in their home.

**Residential Renters Tax Credit** – for those who pay rent on their principal residence in Manitoba.

**Seniors School Tax Rebate** – the person who claims the education property tax credit must also be the person who claims this tax rebate.

# DID YOU FILE YOUR INCOME TAX?

## Get Help with Your Taxes:

Taxes should be filed by **April 30<sup>th</sup>** (otherwise there will be a penalty for late filing) each year, however you can file your taxes at any time throughout the year.

**Manitoba Tax Assistance Office** – [Manitoba Tax Assistance Office](#) informs and assists residents on the Manitoba income tax and tax credit programs. In Winnipeg call 204-948-2115. Outside Winnipeg call 1-800-782-0771.

## Where Can I Find a Free Tax Clinic?

**Community Volunteer Income Tax Program (CVITP)** – A collaboration between the Canada Revenue Agency and community organizations to offer free income tax preparation to individuals with low to modest income and a simple tax situation. For more information, and to find a free tax clinic in your area, go to [Canada Revenue Agency Free Tax Help](#) or call the CRA general inquiries line at 1-800-959-8281.

**Community Financial Counselling Services** offers free tax filing for low-income individuals and families year-round virtually and in-person. Call 204-989-1913 in Winnipeg or toll-free 1-888-215-3359, or visit [CFCS Taxes](#) for more information.

Additional free tax clinics and information can be found by searching: **211 Manitoba** – [mb.211.ca](#) (Enter “financial” in the search bar.)

# FINANCIAL EMPOWERMENT

**Financial Empowerment** is a path to poverty reduction that focuses on giving low-income individuals the knowledge and opportunities to participate in the financial system and achieve greater financial stability based on 5 pillars:

**Financial Literacy** - information, education and counselling

**Access to Benefits** - help accessing income boosting benefits, credits and tax filing

**Safe Financial Products** – affordable and reliable financial products and services

**Savings and Asset Building** – opportunities to build capital and savings

**Consumer protection** – increased awareness of fraudulent or predatory financial and business practices

**Access to Benefits Programs** help individuals living on a low income to:

Get information about government benefits and apply for benefits

Open a RESP and get money for children’s education

Get the ID needed to access benefits

Open bank accounts and file income tax returns

Access to Benefits Programs are offered by:

**SEED Winnipeg Inc.:** [seedwinnipeg.ca](http://seedwinnipeg.ca) To book an appointment call 204-927-9945 in Winnipeg or email: [AtoB@seedwinnipeg.ca](mailto:AtoB@seedwinnipeg.ca)

**Immigrant and Refugee Community Organization of Manitoba Inc. (IRCOM) :** [IRCOM Asset Building Program](#)

Call 204-943-8765 or email: [info@ircom.ca](mailto:info@ircom.ca)

**Manitoba Possible** (for people with disabilities): [Manitoba Possible](#) (select Financial Empowerment) Call 204-975-3103

(Winnipeg) or toll-free at: 1-866-282-8041 or

email [info@manitobapossible.ca](mailto:info@manitobapossible.ca)

**Community Financial Counselling Services:** [cfcs.mb.ca](http://cfcs.mb.ca) Call 204-989-1900 within Winnipeg, or toll-free at 1-888-573-2383

# FINANCIAL EMPOWERMENT

**Canada Money and Finances** – For information about your financial rights and responsibilities, budgeting, and saving, check out Government of Canada resources at [Government of Canada Money and Finances](#)

**Canada Revenue Agency (CRA)** – set up direct deposit to your account with a Canadian bank or credit union to ensure secure, timely payments from the Canada Revenue Agency. For more information on how to set up direct deposit, visit [Canada Revenue Agency Direct Deposit](#) or call 1-800-959-8281

**Community Financial Counselling Services (CFCS)** – offers financial counselling, education and options for accessing resources, free tax filing and access to benefits, and assistance managing money and navigating the financial systems that affect your daily life. Contact 1-888-573-2383 or visit [cfcs.mb.ca](#) or [cfctaxes.com](#)

**Community Unemployed Help Centre** – Information and help with Employment Insurance (EI) or with Employment and Income Assistance (EIA) problems. Go to [cuhc.mb.ca](#) or call 204-942-6556 in Winnipeg or email: [info@cuhc.mb.ca](mailto:info@cuhc.mb.ca)

**Credit Counselling** – listing of credit counselling services in Manitoba. Go to: [mb.211.ca/](#) (click on financial and then credit counselling)

**Financial Literacy Program – Chartered Professional Accountants Manitoba.** Visit [CPAMB Financial Literacy Program](#). The website can help you find a Chartered Professional Accountant to help with your personal financial affairs.

**Manitoba Financial Services Agency** – The agency provides education programs about investing basics, child savings, women's programs, real estate, insurance and other information. Visit [moneysmartmanitoba.ca](#)

# FINANCIAL EMPOWERMENT

## **Manitoba Government's Financial Literacy Resource Website:**

This website provides Manitobans with an inventory of existing financial literacy programs and services from various Manitoba government departments, agencies and provincially funded community organizations. Visit [Manitoba Government Financial Literacy](#) for details.

# IDENTIFICATION

**Citizens' Bridge** helps low-income individuals with accessing ID (Canadian birth certificates), opening a bank account, getting a driver's license, and offers a secure ID storage service. For more information, visit [Citizens' Bridge](#).

Intake appointment can be booked by calling 204-927-2332 or visiting 607 Selkirk Avenue, Winnipeg.

**Service Canada** is the federal program that issues Social Insurance Numbers (SIN). A SIN is a 9-digit number required in Canada to work, file income taxes and access many government programs. To apply for a SIN for the first time or request confirmation of an existing SIN, contact Service Canada online at [Service Canada](#) or in-person at a Service Centre.

**Manitoba Vital Statistics** registers vital events (birth, death, marriage, and change of name) occurring in Manitoba and provides documents as proof of these events. Original certificates may be required to apply for secondary forms of identification. To apply for a Manitoba birth, death, marriage or change of name certificate for yourself or your child's life event, visit [Manitoba Vital Statistics](#) or call 204-945-3701 or visit the Branch in person at 254 Portage Avenue in Winnipeg. (If the life event occurred outside of Manitoba, contact the provincial Vital Statistics Agency where the event occurred to apply for a certificate)

**Manitoba Public Insurance** is the Crown corporation responsible for issuing driver's licenses in Manitoba as well as the Manitoba Identification Card for Manitobans who do not hold a driver's license. To learn how to apply for the Manitoba Identification Card, visit: [MPI Identification Card](#)  
For more information on driver's licensing and ID, visit [Manitoba Public Insurance](#)

# IDENTIFICATION

**Secure Certificate of Indian Status (SCIS)** is a form of government photo identification. An eligible individual must first register under the Indian Act to obtain a Secure Certificate of Indian Status and access benefits, rights, programs and services available to registrants. For more information on how to apply, visit [Indigenous Services Canada](#) or contact the Indigenous Services Canada Manitoba Region Client Services Centre by phone 1-833-983-5910 or in person at 361 Hargrave Street in Winnipeg.

**Identity Theft Help** – if you suspect you have been a victim of identity theft, you should contact the Canada Revenue Agency (CRA) immediately at 1-800-959-8281. You can also phone 1-800-O-Canada (1-800-622-6232) for information on how to replace your health card, driver's license or Social Insurance Number (SIN) if necessary. You can request a free copy of your credit report from either of the agencies below.

## **Equifax**

[www.equifax.ca](http://www.equifax.ca)

1-800-465-7166

## **TransUnion**

[www.transunion.ca](http://www.transunion.ca)

1-800-663-9980

1-877-713-3393 (Quebec Residents)

**For more information on how to protect yourself from identity theft, visit:** [Canada Revenue Agency - Protect Yourself Against Identity Theft](#)

# EMPLOYMENT & TRAINING

Manitoba's **Employment & Income Assistance (EIA)** program provides financial help to Manitobans who have no other way to provide for their basic needs. For people able to work, EIA can help you get employment by providing supports. **Apply for EIA by calling 204-948-4000 (Winnipeg) or 1-855-944-8111 (outside Winnipeg).** For more information visit: [Manitoba EIA](#)

## **EIA provides benefits to help meet needs like:**

**Basic assistance** – help with food, clothing, household needs

**Rent Assist** – Rent Assist is a monthly shelter-related financial benefit to help low-income Manitobans who pay rent in the private market. Visit [Manitoba Rent Assist](#)

- **For those receiving EIA** living in unsubsidized housing, the Rent Assist benefit is automatically included with the monthly EIA payments. Eligibility is assessed when you apply for EIA and is based on the number of family members, and whether utility costs (e.g., heat, electricity, and water) are included in the rent. Visit [Manitoba EIA Rent Assist Factsheet](#)
- **For those who do not receive EIA** living in eligible private rental or room and board spaces, a monthly benefit may be available and will vary depending on the annual income of each adult (in the household). To apply for non-EIA Rent Assist, go to: [Manitoba Non-EIA Rent Assist](#) or call Provincial Services at 204-948-7368 in Winnipeg or toll-free: 1-877-587-6224 or email: [incsup@gov.mb.ca](mailto:incsup@gov.mb.ca) to have an application form mailed to you.

## **Need Help with EIA?**

**Fair Practices Office (FPO)** provides confidential and impartial assistance to Manitobans applying for or receiving services from Manitoba Families' programs, who feel they have not been treated fairly – including concerns with EIA. This office investigates complaints, mediates disputes and makes recommendations on individual cases to program staff based on investigation outcomes. For more information visit: [Fair Practices Office](#)

# EMPLOYMENT & TRAINING

**Social Service Appeal Board (SSAB)** – Provides a formal and independent appeal process for decisions about EIA eligibility and benefits. SSAB reviews appeals related to eligibility to the Employability Assistance for People with Disabilities program and other programs offered by Manitoba Families. For more information go to: [Social Services Appeal Board](#)

**Jobs On** helps individuals who are applying for or receiving EIA to find a job. Staff provide quick support to participants to identify service needs, make referrals and encourage progress throughout the job search. On-site services include: resume development, identifying job leads, voicemail services and direct marketing to employers. Programming is offered at two locations:

- [Visit Jobs on Market in Winnipeg](#) at 128 Market Avenue from Monday to Friday, 8:30 am to 4:30 pm, call 204-948-JOBS (5627) or email [Jobsonmarket@gov.mb.ca](mailto:Jobsonmarket@gov.mb.ca)
- [Visit Jobs on 9<sup>th</sup> in Brandon](#) at 157-340 9<sup>th</sup> Street from Monday to Friday, 8:30 am to 4:30 pm (closed from noon to 12:45 pm). To book an appointment, call 204-726-6220 or email [J09@gov.mb.ca](mailto:J09@gov.mb.ca)

## Training & Employment Services

The Manitoba government's employment and training services include career development supports, skills training needed for employment and employment related programming targeted to support the diverse needs of Manitobans. Visit: [Jobs and Careers](#)

For Upcoming Employment Services Events, visit: [Career Planning and Job Search Supports](#) and click on "Upcoming Events".

The **Manitoba Jobs and Skills Development Centres** offer a wide range of employment and training services at 13 centres located throughout Manitoba. Call 204-945-0575 (Winnipeg) or toll-free: 1-866-332-5077, or email: [mjsd@gov.mb.ca](mailto:mjsd@gov.mb.ca) or visit: [Manitoba Jobs and Skills Development Centres](#)

# EMPLOYMENT & TRAINING

## Winnipeg

Downtown Centre: 100-111 Lombard Ave.

## Rural Manitoba

Morden Centre: 1-160 Stephen St.

Portage la Prairie Centre: 1016 Saskatchewan Ave. E.

Steinbach Centre: 321 Main St.

Gimli Centre: 2<sup>nd</sup> Floor, 62-2<sup>nd</sup> Ave.

Selkirk Centre: 100-260 Superior Ave.

Dauphin Centre: 135A 2<sup>nd</sup> Ave. NE

Swan River Centre: 1431-1st St. N.

Brandon Centre (bilingual services available): 127-340 9<sup>th</sup> St.

West Bran Training Centre (Brandon): 2005 McGregor Ave.

## Northern Manitoba

Thompson Centre: North Centre Mall, 118-3 Station Rd.

Flin Flon Centre: 143 Main St.

The Pas Centre: 305 4<sup>th</sup> St. W.

**Canada Benefits at Service Canada** – Service Canada offers you help getting back to work, temporary income support and skills training. Canada Benefits can help connect you with appropriate programs and services – truly a one-stop shop. Visit [Canada Benefits](#)

**Employability Assistance for People with Disabilities** offers a wide range of employment services to help adults with disabilities prepare for, obtain and maintain employment. Visit: [Employment Assistance for People with Disabilities](#) for more information, email: [EAPD@gov.mb.ca](mailto:EAPD@gov.mb.ca), or call toll-free: 1-866-332-5077, TTY/TDD Relay Service 711, 1-800-855-0511 or 204-945-0575 (Winnipeg).

**Find jobs in Manitoba** at: [Finding Work in Manitoba](#) or use the **Job Bank**, a free-online resource, to search job postings across Canada. Visit: [Government of Canada Job Bank](#)

**For Youth:** The Manitoba government offers employment services, supports and job opportunities for students and youth under 30 years old looking for employment with the Government of Manitoba or in

# EMPLOYMENT & TRAINING

the community. For more information visit [Student and Youth Employment Opportunities](#)

**Manitoba Student Aid** is a government program that provides federal and provincial supplemental financial assistance in the form of loans, grants, and bursaries to help pay for full-time and part-time post-secondary education costs. To apply online or learn more about this program, visit [Manitoba Student Aid](#) or call 204-945-6321. To book an appointment call 1-833-782-4362

## Locations

401-1181 Portage Ave. (Winnipeg)

362-240 9<sup>th</sup> St. (Brandon)

**Youth Employment Services Manitoba (YES)** provides free, inclusive employment services and supports for youth aged 16 to 29, across Manitoba. YES, offers virtual and in-person appointments to help youth gain employability skills (resume building, job searching, etc.), as well as free workshops and training such as CPR/First Aid and Food Handler Certification. For more information or to register for services, call 204-987-8661 or visit [yesmb.ca](http://yesmb.ca)

**Employment Standards Branch (ESB)** provides information on the rights and responsibilities of employees and employers and investigates wage complaint claims in instances where an employee believes they may not be getting paid correctly by their employer. Call 204-945-3352 or toll-free 1-800-821-4307 or visit [Manitoba Employment Standards Branch](#)

# CHILDREN, YOUTH & FAMILIES

**Register a Manitoba birth and apply for a birth certificate through the Manitoba Vital Statistics Agency.** Complete forms provided at the time of birth or contact Manitoba Vital Statistics for information. At this time, you can also apply for a social insurance number for your child and the Canada Child Benefit. Call 204-945-3701 or toll-free at 1-866-949-9296 or visit [Manitoba Vital Statistics Birth Registration](#)

The **Maintenance Enforcement Program** is set up to monitor and enforce court orders and separation agreements requiring payment of maintenance support. To learn more visit: [Maintenance Enforcement Program](#), call 204-945-7133 (Winnipeg) or toll-free at 1-866-479-2717 or email [ManitobaMEPIquiries@gov.mb.ca](mailto:ManitobaMEPIquiries@gov.mb.ca)

**You or your children may be eligible for other benefits in addition to the monthly Canada Child Benefit**

**Canada Education Savings Program** – The Government of Canada can help you save for your child’s education after high school by putting money into a **Registered Education Savings Plan (RESP)**. Money saved in a RESP can be used to pay for expenses related to full-time or part-time studies. There are two federal education savings incentives provided through RESPs:

The **Canada Learning Bond (CLB)** is money for an eligible child born in 2004 or later. An initial \$500 is deposited in a RESP, and an additional \$100 for every year a child is eligible, depending on the family income, until the age of 15, to a maximum of \$2,000. It can also be accessed retroactively up to age 21. You are not required to make personal contributions into the RESP.

The **Canada Education Savings Grant (CESG)** provides 20 cents on every dollar contributed to a RESP for an eligible child up to age 17 and a yearly maximum of \$500. Depending on family income, a child may be eligible for an additional 10 per cent or 20 per cent on the first \$500 put into an RESP every year.

For more details, visit [Canada Education Savings Program](#)

# CHILDREN, YOUTH & FAMILIES

**Children's Opti-care Program** helps families who get the Manitoba Child Benefit to pay some of the cost for their children's glasses. Visit: [Children's Opticare](#)

**Family Resource Centres** – Find a Family Resource Centre near you by searching: **211 Manitoba** – [mb.211.ca](#) (Enter “family resource centre” in the search bar)

**First Book Canada** helps organizations provide low-income children with brand new books and educational resources on an ongoing basis. Books are free to members and are delivered each spring (usually April) to an event in Winnipeg where members can go and pick up the books. The more individuals from your organization that register, the more books you can claim. To become a member visit: [First Book Canada](#)

**Futures Forward** is a coordinated community led initiative providing services and resources that address the needs of current and former Youth in Care, ages 15 to 29, including emotional well-being, mentorship and supports for mental health, housing, financial literacy, education, training and employment. Call 1-888-395-2135 or visit [futuresforward.ca](#) To book an appointment call 204-987-8661 or email [reception@yesmb.ca](#)

The **Manitoba Child Benefit Program** provides monthly financial assistance to low-income families who are NOT on EIA. Call 204-948-7368 (Winnipeg), toll-free at 1-877-587-6224 or download an application at [Manitoba Child Benefit Program](#)

The **Manitoba Child Care Subsidy Program** provides help in paying eligible day care costs for low-income parents. Find the online subsidy application at: [Manitoba Child Care Subsidy Program](#) or call 204-945-8195 (in Winnipeg), toll-free at 1-877-587-6224 or email: [cdcsubsidy@gov.mb.ca](#)

**Healthy Baby** is a two-part program that supports pregnant individuals, new parents and their babies through:

# CHILDREN, YOUTH & FAMILIES

- **The Manitoba Prenatal Benefit**, a financial benefit that helps pregnant individuals buy healthy food. You must live in Manitoba and have a family income of less than \$32,000 to qualify. Call 204-945-1301 (Winnipeg) or toll-free: 1-888-848-0140
- **Healthy Baby Community Support Programs** free drop-in groups for pregnant individuals/their partners/parents with babies under the age of one to get information and support for a healthy pregnancy and baby. Visit [Healthy Baby](#) or call 204-945-1301 (Winnipeg) or toll-free at 1-888-848-0140

**Resource Assistance for Youth, Inc. (RaY)** is a non-profit street-level agency working with street-entrenched and homeless youth up to the age of 29. RaY is non-judgmental and non-partisan, employing a harm reduction approach. Call 204-783-5617 or visit 125 Sherbrook Street (Winnipeg). Visit online [Resource Assistance for Youth](#) or email [info@rayinc.ca](mailto:info@rayinc.ca)

# PERSONS LIVING WITH DISABILITIES

**If you are not able to earn income because of health issues or a disability, there are some provincial government programs that might help you:**

**Information for Manitobans with Disabilities** provides information about the services available for people with disabilities. Visit [Information for Manitobans with Disabilities](#)

**Children's disABILITY Services** supports families who are raising a child (or children) with developmental or physical disabilities. Visit: [Children's disABILITY Services](#). Find a service location near you, visit [Locations](#)

The **Children's Therapy Initiative** coordinates audiology, occupational therapy, physiotherapy and speech-language pathology services for Manitoba children. Referrals for therapy services may be made by parents, caregivers, doctors or other clinicians to the regional central intake. Visit [Childrens Therapy Initiative](#)

**Community Living disABILITY Services** provides a range of support services for adults with an intellectual disability. Visit [Community Living disABILITY Services](#). To find a service location near you, visit [Locations - Winnipeg](#) or [Locations - Rural and Northern](#)

**Employment and Income Assistance Disability Benefits** are provided to eligible applicants with disabilities, who may receive additional amounts due to medical needs to cover special diets, transportation or phone costs and additional health-related/medical supplies/equipment that are not covered under any other program. Learn more at [EIA Disability Benefits](#)

The **Learning Disabilities Association of Manitoba (LDAM)** – provides support, advocacy and programming for individuals affected by learning disabilities. Call 204-774-1821, visit [Learning Disabilities Association of Manitoba](#) or email [info@ldamanitoba.org](mailto:info@ldamanitoba.org)

**Manitoba Possible** provides programs and services to meet the needs of children, youth and adults with disabilities.

# PERSONS LIVING WITH DISABILITIES

Call 204-975-3010 in Winnipeg or toll-free at 1-866-282-8041. Visit: [Manitoba Possible](http://Manitoba Possible) or email: [info@manitobapossible.ca](mailto:info@manitobapossible.ca)

**Specialized Services for Children & Youth (SSCY)** is an initiative focused on the integration, coordination and, where possible, co-location of community-based services for Manitoba children and youth with disabilities and special needs. Visit [Specialized Services for Children & Youth](#) or call 204-452-4311

**You might qualify for additional federal tax benefits – see information below or call 1-800-387-1193:**

**Canada Disability Benefit (CDB)** – A new benefit for individuals between the ages of 18 and 64 who have been approved for the disability tax credit (DTC). The benefit amount is based on adjusted net family income, with the maximum benefit being \$200 a month. There are several ways to apply: by contacting Service Canada by phone, teletypewriter (TTY) or by using a sign language interpreter to call the video relay service (VRS) line, or online at: [Canada Disability Benefit](#)

You can also apply in-person at a Service Canada office, or by completing a paper application and dropping it off at a Service Canada office or mailing it to:

**Service Canada Centre, CDB Processing Centre**  
**P.O. Box 60**  
**Boucherville, QC J4B 5E6**

**Canada Pension Plan (CPP) Disability Benefits** – If you contributed to the CPP, you may be eligible for CPP disability benefits. Call 1-800-277-9914 or visit [CPP Disability Benefits](#) to download the application kit or apply online. Paper copies are also available at any Service Canada centre.

**Canada Worker's Benefit – Disability Supplement** – This additional refundable amount tops up the Canada Worker's Benefit if

# PERSONS LIVING WITH DISABILITIES

you are also eligible for the disability tax credit. Visit [Canada Worker's Benefit](#)

**Child Disability Benefit** – This is a tax-free benefit for families who care for a child under age 18 who is eligible for the disability tax credit. Visit [Child Disability Benefit](#)

**Disability Tax Credit** – This non-refundable tax credit helps persons with disabilities, or their supporting persons reduce the amount of income tax they may have to pay. The CRA must approve the credit before you can make a claim. Visit [Disability Tax Credit](#)

**Refundable Medical Expense Supplement** – This refundable credit can be claimed on the tax return of working individuals with low-incomes and high medical expenses. Visit [Medical Expense Supplement](#)

**Registered Disability Savings Plan** – This benefit allows you to save for the future without losing any of your EIA-Disability benefits. The government will match your savings up to 300 per cent. Even if you have a low-income and cannot put money in your plan, the government may give you up to \$1,000 each year. Visit [Registered Disability Savings Plan](#)

**Note: For alternate formats (Braille, large print, electronic text or MP3) of Canada Revenue Agency forms and publications, complete an order form at [Canada Revenue Agency Forms](#) or call 1-800-959-8281**

# INDIGENOUS PEOPLES RESOURCES

The **Assembly of Manitoba Chiefs/WRHA – Patient Advocate Unit** provides advocacy and navigation services for all First Nations members regardless of residency. Call 204-987-4120 or visit [Manitoba Chiefs Advocacy](#). To talk to WRHA Indigenous Health – Patient Services about advocacy, call central intake at 1-877-940-8880, or [WRHA Indigenous Health Advocacy](#) or email: [connectme@wrha.mb.ca](mailto:connectme@wrha.mb.ca)

**Centre for Aboriginal Human Resource Development Inc. (CAHRD)** – CAHRD is a non-profit, human resource development organization that delivers literacy, education, training and employment services to the urban Aboriginal population of Winnipeg. Contact CAHRD at 204-989-7110 or online at [cahrd.org](http://cahrd.org)

**Eagle Urban Transition Centre (EUTC)** is a service organization mandated by the Assembly of Manitoba Chiefs that serves as a central location for First Nations clients seeking transitional support while living in and/or relocating to Winnipeg. Call 204-954-3050 or visit online at [Eagle Urban Transition Centre](#)

**First Nations Child and Family Services and Jordan’s Principle Settlement** – starting March 10, 2025, Class Members of this settlement will be able to submit their Claims for compensation. Supports will be available at no cost to help Class Members submit a Claim. Currently, the Settlement’s Contact Centre (1-833-852-0755) is open Monday to Friday, 8 a.m. ET to 8 p.m. excluding statutory holidays and can provide general information and about the Settlement and Claims process and help connect Class Members to Claims Helpers.

**Indigenous Services Canada** is a federal government department providing information and services to Indigenous people in Manitoba. You can also find information about Indigenous communities, tribal councils and active political organizations across Manitoba. Call 1-800-567-9604 or email [Infopubs@aadnc-aandc.gc.ca](mailto:Infopubs@aadnc-aandc.gc.ca) or visit [Indigenous Services Canada](#)

# INDIGENOUS PEOPLES RESOURCES

**Jordan's Principle Child First Initiative** ensures all First Nations children living in Canada can access the services and supports they need. Families living in First Nations communities can access Jordan's Principle through their local Jordan's Principle case managers. In Winnipeg, the Eagle Urban Transition Centre (EUTC) can help families access Jordan's Principle. For more information call 1-855-572-4453, TTY 1-866-553-0554 or visit [Jordan's Principle](#)

**Ka Ni Kanichihk** offers programs that focus on wholeness and wellness, and that build on the strengths and resilience of Indigenous peoples. To learn more, email [admin@kanikanichihk.ca](mailto:admin@kanikanichihk.ca), call 204-953-5820 or visit [Ka Ni Kanichihk](#)

**Native Addictions Council of Manitoba (N.A.C.M)** – The mission of N.A.C.M. is to provide traditional healing services to First Peoples through holistic treatment of addictions. Visit [NACM](#)

The **Non-Insured Health program** through the federal government pays for prescribed drugs, dental services and other health benefits not otherwise covered under provincial programs for First Nations and Inuit people. Go to [Non-Insured Health Benefits for First Nations](#)

The **Urban Circle Training Centre (UCTC)** provides culturally appropriate education and training for First Nations, Metis and Inuit women and men in Winnipeg. The organization offers adult learning services and several certificate programs. For more information, call 204-589-4433 or visit [Urban Circle Training](#)

**Manitoba Association of Friendship Centres** – With 11 Friendship Centres located throughout Manitoba, the Manitoba Association of Friendship Centres (MAFC) works to improve the lives of both Indigenous and non-Indigenous people by offering a wide variety of programs, supports and cultural programming. Visit [Friendship Centres](#) to find a Friendship Centre near you or email [info@friendshipcentres.ca](mailto:info@friendshipcentres.ca)

# NEWCOMERS TO CANADA

**Accueil Francophone - Welcome Centre** provides reception and settlement supports for government assisted refugees in Winnipeg, as well as settlement services for francophone newcomers. Contact 204-975-4250, visit [Accueil Francophone](#) or email: [accueil@sfm.mb.ca](mailto:accueil@sfm.mb.ca)

**Eastman Immigrant Services (EIS)** offers settlement, employment and language programs and services to immigrants, refugees and newcomers in Eastern Manitoba. Call 204-346-6609 (Steinbach) or visit [Eastman Immigrant Services](#)

The **Immigrant & Refugee Community Organization of Manitoba (IRCOM)** operates a transitional housing complex for newcomer families as well as a community resource program connecting community members with employment, education and health resources. For more information, contact 204-943-8765, email [info@ircom.ca](mailto:info@ircom.ca) or visit [IRCOM](#)

The **Immigrant Centre Manitoba Inc.** provides settlement supports, access to a language bank, employment services workplace entry programs and other services. Visit [Immigrant Centre Manitoba](#) or call 204-943-9158.

**Manitoba Association of Newcomer Serving Organizations (MANSO)** is the umbrella organization for settlement service providers in Manitoba. It maintains an extensive list of services for newcomers across Manitoba, including regional settlement service hubs and specialized services: Visit [MANSO](#), call 204-272-0872 or email [info@mansomanitoba.ca](mailto:info@mansomanitoba.ca) for more information.

**Manitoba Start** is a referral service for newcomers to Manitoba setting up permanent residence in Winnipeg and provides access to employment programs. Call 204-944-8833 or visit [Manitoba Start](#)

**Naomi House** is a transitional home for arriving refugees and asylum seekers in Winnipeg. Visit: [Facebook - Naomi House Winnipeg](#) or call 204-415-1752.

# NEWCOMERS TO CANADA

**New Journey Housing (Winnipeg)** is a resource centre for newcomer housing and guides newcomers to rent, purchase housing and manage their money. To make an appointment, contact 204-942-2238, visit [New Journey Housing](#) or email: [info@newjourneyhousing.com](mailto:info@newjourneyhousing.com)

**Welcome Place** provides settlement supports for refugees. In-Canada as well as protection and settlement for refugee claimants. Contact: 204-977-1000 or visit [Welcome Place](#)

**Westman Immigrant Services (WIS)** offers settlement, employment and language programs and services to immigrants, refugees and newcomers in Western Manitoba. Call 204-727-6031 (Brandon) or visit [Westman Immigrant Services](#)

**Winnipeg English Language Assessment and Referral Centre (WELARC)** helps newcomers to Canada to improve their communication skills in English or French. WELARC provides referrals to English or French classes. Call 204-943-5387, email [info@welarc.net](mailto:info@welarc.net) or visit [WELARC](#)

# SENIORS & 55 PLUS

**55 Plus** is a provincial supplement for low-income seniors 55 years or older. It is also available if you receive only the health care benefits portion of EIA. Call 204-948-7368 (Winnipeg) or 1-877-587-6224 (toll-free) or visit [Manitoba 55 Plus](#)

**Old Age Security (OAS)** – Anyone who has lived in Canada for at least 10 years can receive partial OAS starting the month after they turn 65, and the full pension amount after 40 years or more. Apply for OAS six months before you turn 65 (if you can be automatically enrolled, Service Canada will notify you the month after you turn 64).

**Guaranteed Income Supplement (GIS)** is a benefit for low-income OAS pensioners that can be applied for at the same time as OAS. Monthly amount depends on the annual income from the previous tax year. Eligibility for GIS is reviewed each year when you file your tax return, and it is automatically renewed for seniors who qualify.

**Allowance for the Survivor** benefits paid to a 60- to 64-year-old spouse/common-law spouse of an Old Age Security (OAS) recipient or to a survivor. The monthly amount depends on annual income. This is automatically renewed for those who qualify.

**Canada Pension Plan (CPP)** – if you worked in Canada (outside of Quebec) and contributed to the CPP, you can receive a retirement pension. The standard age for the pension is 65, but you can start receiving a reduced retirement pension as early as age 60 or increase the monthly amount by waiting up to age 70.

**Manitoba Home Care** is a universal service provided to Manitobans of all ages based on assessed need. Visit [Manitoba Home Care \(/homecare/guide.fr.pdf\)](#) or [gov.mb.ca/health/homecare/](#)

**Seniors Resource Finders** – through the Winnipeg Regional Health Authority (WRHA), offering information and referral to community resources. Visit [Seniors Resource Finders](#), or call 211 Manitoba to find a Seniors Resource Coordinator near you.

# HEALTH NEEDS

**Get or update your Manitoba Health Services Insurance card – Learn more about health coverage:** [Manitoba Health](#)

**Canada Dental Care Plan** – This program provides dental care coverage for eligible Canadian residents. Call 1-833-537-4342 or visit [Canadian Dental Care Plan](#) for more information on eligibility and how to apply.

**Drug Benefits for First Nations and Inuit** – This program provides coverage for prescription drugs and over-the-counter products under the Non-Insured Health Benefits program. For more information visit [Drugs and Pharmacy Benefits for First Nations and Inuit](#)

**Employment and Income Assistance (EIA) – Health Related Supports** - Individuals receiving EIA are eligible for prescription drugs, dental and optical coverage after a waiting period. Prescribed medical supplies and equipment may also be provided.

**Family Doctor Finder** – Find a family doctor or nurse practitioner in your preferred area. You can register online at [Family Doctor Finder](#) or by phone on weekdays from 8:30 am to 4:30 pm at 204-786-7111 (Winnipeg) or toll-free: 1-866-690-8260; TTY/DD by calling 774-8618 or Manitoba Relay Services toll-free at 1-800-855-0511.

**Health Links-Info Santé** (24 hours) – Call 204-788-8200 or toll-free at 1-888-315-9257. This provincial telephone health information line is staffed by bilingual registered nurses who triage health issues and provide health information to guide and help Manitobans. Visit [Health Links](#)

**Manitoba Pharmacare** is a drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescription drug costs. You qualify for the program if you are eligible for Manitoba Health coverage and your prescriptions are not covered by other programs. Call 204-786-7141 or toll-free at 1-800-297-8099, visit [Pharmacare](#) or email [pharmacare@gov.mb.ca](mailto:pharmacare@gov.mb.ca)

**Prescription Drug Coverage** Visit: [Provincial and Territorial Public Drug Benefit Programs](#) for information on provincial/territorial drug

## HEALTH NEEDS

benefit programs and [Federal Public Drug Benefit Programs](#) for information on federal drug benefit programs.

**Regional health authorities** in Manitoba can help you with specific care needs or care in your area. Visit [Manitoba Regional Health Authorities](#) for information and to find your regional health authority.

**TeleCARE/ TéléSOINS Manitoba** is a free, confidential tele-health-based program helping Manitobans with a chronic condition to live better. A team of registered nurses and registered dietitians help Manitobans understand their illness and how it can affect them. Go to [TeleCARE](#), call 204-788-8688 (Winnipeg) or call toll-free at 1-866-204-3737

**Are You Covered? Manitoba Health provides some additional health programs for Manitobans including:**

- Manitoba Breast Prosthesis (MBP) Program
- Seniors Eyeglass Program
- Children's Hearing Aid Program
- Home Hemodialysis Utility Reimbursement Program
- Orthopaedic Shoes Program
- Prosthetic Eye
- Infant Contact Lens Program
- Prosthetic and Orthotic Program
- Telecommunications Program
- Manitoba Adult Insulin Pump Coverage Program

For more information on these programs call **Manitoba Health Ancillary Programs** at 204-786-7365 (Winnipeg) or toll-free at 1-800-297-8099, extension 7366 or visit [Manitoba Health Card and Coverage](#)

**Dental Health** - For information on dental health needs, including community clinics that provide basic dental treatment at low cost, see the online resource at [Oral Health](#) or contact the **Manitoba Health Dental Consultant** at 204-788-6729

# HEALTH NEEDS

**Canadian Dental Care Plan:** [Apply for the Canadian Dental Care Plan](#)

**Dental Health and Non-Insured Health Programs for First Nations and Inuit** – Find information on dental health coverage at: [Dental Benefits for First Nations and Inuit](#)

**Need help finding a provincial or community-based service or program? 211 Manitoba** is a searchable online database of government, health, and social services that are available across the province. Visit: [mb.211.ca](http://mb.211.ca)

# MENTAL HEALTH

## Suicide Crisis Response

If you or someone you know is experiencing an immediate mental health crisis, contact 988 or your local crisis hotline.

### **National Suicide Crisis Helpline** – Call or Text 988

A national three-digit number for suicide prevention, providing free access to 24/7/365, bilingual, trauma-informed suicide intervention support by phone or text.

## Province-wide Crisis Lines

**Child and Adolescent Mental Health – Centralized Intake** – 204-958-9660

**Crisis Response Centre** – A centre designed for adults that is open 24/7 and is located in Winnipeg at 817 Bannatyne Avenue, at the corner of Tecumseh Street. It offers walk-in assessment and treatment for those in mental health crisis.

### **First Nations and Inuit Hope for Wellness Help Line** –

1-855-242-3310 or online chat at [Hope for Wellness](#)

Counselling available: English, French – upon request, in Plains Cree, Ojibway and Inuktitut.

### **Kids Help Phone** (available to Manitoba youth) – call

1-800-668-6868 or text CONNECT to 686868.

Indigenous individuals can also connect with an Indigenous volunteer crisis responder by texting FIRST NATIONS, INUIT, OR METIS to 686868 for youth, and 741741 for adults.

**Klinic Crisis Line** – 204-786-8686, or 1-888-322-3019, TTY: 204-784-4097

### **Klinic Trauma Recovery Counselling:** email

[counsellingintake@klinik.mb.ca](mailto:counsellingintake@klinik.mb.ca) or call the intake line at

204-784-4059. Counselling sessions are available virtually, by phone or in-person.

# MENTAL HEALTH

**Klinic Sexual Assault Crisis Hotline** – 204-786-8631 or 1-888-292-7565 or TTY 204-784-4097

**Manitoba Farm, Rural and Northern Support Services** – (rural and northern residents) [Farm, Rural and Northern Support Services](#) – online counselling or call 1-866-367-3276.

**Manitoba Suicide Line** – 1-877-435-7170 (1-877-HELP170) or visit [Reason to Live](#)

The **Missing and Murdered Indigenous Women and Girls Crisis Line** is available to individuals impacted by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQIA+ (24/7). Call 1-844-413-6649

**National Indian Residential School Crisis Line (24/7):** Call 1-866-925-4419

The **Shared Health Mental Health Resource Finder** is an online tool that provides several mental health and addictions supports and resources for you and those you care about. Visit: [Mental Health Resource Finder](#)

**The Link 24hr Crisis Team** – 204-949-4777 or 1-888-383-2776. You can also text 204-900-6010. Drop-in Counselling is available for youth ages 13 to 21 on Thursdays from 3 to 7 p.m. at 175 Mayfair Avenue, Winnipeg.

**Winnipeg Adult Crisis Services** - Call 204-940-1781

**Winnipeg Adult Mental Health Service Directory** – For services in Winnipeg go to: [Winnipeg Adult Mental Health Service Directory](#) or call Health Links at 204-788-8200.

## Community Mental Health Agencies

**Anxiety Disorders Association Manitoba** – Call 204-925-0600, toll-free at 1-800-805-8885 or visit [Anxiety Disorders Association of Manitoba](#)

# MENTAL HEALTH

The **CMHA Service Navigation Hub** helps Manitobans to find care or service within the mental health or addictions systems to match their needs. Call: 204-775-6442 or email [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)

**Mental Health Education Resource Centre (MHERC)** Call 204-942-6568, toll-free at 1-855-942-6568 or visit [Manitoba Health Education Resource Centre](#)

**Mood Disorders Association of Manitoba (MDAM)** Call 204-786-0987, toll-free at 1-800-263-1460 or visit [Mood Disorders Association of Manitoba](#)

**Peer Connections Manitoba** provides mental health education and value-based peer support for those dealing with mental health challenges. Call 204-786-1616 or visit [Peer Connections Manitoba](#)

**Postpartum Warm Line, MDAM** – This phone line offers support to women, men and their families who are suffering from post-partum depression. Call 204-391-5983

**Seneca Mental Health Warm Line, and Seneca Respite, Winnipeg** – Sara Riel is an organization helping people living with mental health concerns to live independently in the community. For information on programs and services visit: [Sara Riel](#) or call 204-237-9263 in Winnipeg.

**Huddle NorWest Youth Hub** provides telephone counselling, support, brainstorming resources and resource navigation and other services. Call 204-221-9800 or email [youthhub@norwestcoop.ca](mailto:youthhub@norwestcoop.ca)

**Huddle** offers integrated youth services such as health care, mental health and addictions supports, youth services, community events, and other useful resources to help make young people. There are six locations in Winnipeg, Brandon, and Selkirk. Specific locations and hours can be found at: [Huddle Manitoba](#)

# MENTAL HEALTH

**Youth Mental Health Promotion at Canadian Mental Health Association (CMHA) – Manitoba and Winnipeg** delivers workshops and presentations to school staff, high school or post-secondary students and youth groups in and around Winnipeg. The team is dedicated to promoting positive mental health, breaking down stigma associated with mental health problems and illness and promoting early help-seeking and recovery. Call 204-982-6100 for more information.

**NorWest Co-op Community Health Centre** – The centre offers a variety of counselling services for adults, youth and children including specialized services for women who have experienced trauma, domestic violence, or are dealing with substance use problems. Call 204-938-5900 for support and navigation or visit [NorWest Co-op](#)

**Mental Health Support: Strongest Families Institute iCAN** - Provides adults with life skills to overcome anxiety, depression, and stress, providing strategies to help cope with major life stressors. Adults in Manitoba can self-refer to the SFI program by completing an online form or by calling 1-866-470-7111. Sign up at [Strongest Families Institute](#)

**CBTm** is an evidence-based five-class program designed to help build resilience and improve mental wellness. It is available free of charge to all Manitobans age 12+ with a range of course adaptations to suit different populations. There are two options for completing the program: 1) facilitator-led group course held virtually over Zoom, or 2) self-guided web-based course accessed online. Manitobans can self-register online at [CBTm](#)

**Rainbow Resource Centre for Youth** offers 2SLGBTQ+ youth a positive space to learn new skills, create projects, and celebrate their identities. Programming focuses on fostering resilience, increasing self-esteem and self-confidence while building social networks, contacts, and peer support. Information is available at [Rainbow Resource Centre](#)

# MENTAL HEALTH

**Resilia Community Wellness Centre** (formerly Aurora Family Therapy Centre) – offers a variety of therapy services on a sliding scale based on income. Visit [resiliacentre.ca](http://resiliacentre.ca) for more information or call: 204-786-9251

# ADDICTION SERVICES

**24-Hour Problem Gambling Helpline** - Call the toll-free line at 1-800-463-1554

**Youth Addictions Centralized Intake Service** - Call the toll-free line at 1-877-710-3999

**Manitoba Addictions Helpline** is a free and confidential service that can connect people with helpful programs and services related to gambling and substance use. Call: 1-855-662-6605 or visit [Manitoba Addiction Help](#)

**Manitoba Opioid Support and Treatment Program (MOST)** is a community outreach program for individuals with Opioid Use Disorder (OUD) made up of physicians and nurse practitioners experienced in addictions medicine. For more information on eligibility and how to apply or be referred to this service, visit [Manitoba Opioid Support and Treatment Program](#) or call 204-944-7070

**Manitoba's Take Home Naloxone Distribution Program** – Free, take-home naloxone kits are available to members of the public who are at risk of opioid overdose (toxicity), and family or friends who may witness opioid toxicity. Visit [Naloxone Finder](#) to find a distribution site.

**Rapid Access to Addictions Medicine (RAAM) Clinics** are drop-in clinics for people looking to get help with high-risk substance use and addictions. This includes people who want to try medical assistance to reduce or stop their substance use. Visit [Rapid Access to Addictions Medicine](#)

**Shared Health Mental Health & Addictions** – Services are provided to those who are seeking assistance either due to their own or another's involvement with alcohol, drugs, and/or gambling. Visit [Mental Health & Addictions](#)

## ADDICTION SERVICES

**Shared Health Mental Health Resource Finder** is an online tool that provides several mental health and addictions supports and resources for you and those you care about. Visit [Mental Health and Wellness Resource Finder](#)

# HOUSING, EMERGENCY SHELTER & FOOD

**Co-op Housing** – Housing co-ops provide at-cost housing for their members. They are controlled by members who have a vote in decisions and there is no outside landlord. Visit [Co-op Housing](#) or call 1-800-465-2752

**Centre Flavie-Laurent** provides furniture, household items and clothing free of charge to those in need and is located at 610 Lafèche Street in Winnipeg. Visit [Centre Flavie](#), email [fl@cflc.info](mailto:fl@cflc.info) or call 204-231-9513

**Community Safety: Public Safety Investigations** assist residents who fear for their safety due to ongoing unlawful activities in their neighbourhood. Visit [Community Safety](#), call 204-945-3475 in Winnipeg or toll-free at 1-800-954-9361

**Efficiency Manitoba** offers free and subsidized energy efficiency upgrades for income qualifying households. Visit [Energy Efficiency Assistance Program](#) for more information or call 204-944-8181 to speak with a program representative.

**End Homelessness Winnipeg** provides access listings for emergency shelters, outreach, housing supports, affordable housing and other services for those experiencing or at risk of homelessness. Visit [End Homelessness Winnipeg](#), email [info@endhomelessnesswinnipeg.ca](mailto:info@endhomelessnesswinnipeg.ca) or call 204-942-8677

**Healthy Housing** – For tenants in Winnipeg living with housing problems (i.e., bed bugs, rodents, or lack of heat), contact By-Law Enforcement Services [Licensing & By-law Enforcement](#) or call 311. Tenants living outside Winnipeg can access forms at [Residential Tenancies Branch](#)

**H2O Help to Others** – a joint initiative between the City of Winnipeg and the Salvation Army that assists low-income individuals not receiving social assistance struggling to pay an overdue City of Winnipeg water bill on a one-time basis. Visit [H2O to Help Others](#) for

# HOUSING, EMERGENCY SHELTER & FOOD

more information or call the program director at 204-949-2106 to apply.

**Manitoba Housing** provides social and affordable housing options for those living on low to moderate-income. Visit: [Manitoba Housing](#) or call 204-945-4663 in Winnipeg or toll-free at 1-800-661-4663

**Manitoba Rent Relief Fund** is also referred to as the Manitoba Rent Bank. It provides interest-free loans of up to \$2,500 to eligible tenants who are behind in their rent, utilities or need to move into more suitable housing. Visit [Manitoba Rent Relief Fund](#) or call 204-222-2181 in Winnipeg or toll-free 1-800-417-8830

**Neighbours Helping Neighbours** – a program that assists low-income individuals not receiving social assistance struggling to pay an overdue energy bill on a one-time basis, funded by donations in partnership with the Salvation Army. Visit [Neighbours Helping Neighbours](#) for more information and to apply, or contact your nearest Salvation Army office:

Winnipeg [204-949-2106](#)

Portage la Prairie [204-239-7213](#)

Brandon [204-727-6271](#)

Flin Flon [204-687-7812](#)

**Non-EIA Rent Assist** – for those living in eligible private rental or room and board spaces, a monthly benefit may be available and will vary depending on the annual income of each adult (in the household). To apply for non-EIA Rent Assist, go to: [Rent Assist](#) or call Provincial Services at 204-948-7368 in Winnipeg or toll-free: 1-877-587-6224 or email: [incsup@gov.mb.ca](mailto:incsup@gov.mb.ca) to have an application form mailed to you.

**Residential Tenancies Branch (RTB)** helps solve tenancy disputes and provide information and assistance regarding rights and responsibilities of landlords and tenants. Visit [Residential Tenancies](#)

# HOUSING, EMERGENCY SHELTER & FOOD

[Branch](#), email [rtb@gov.mb.ca](mailto:rtb@gov.mb.ca) or call 204-945-2476 or 1-800-782-8403 (Winnipeg), 204-726-6230 or 1-800-656-8481 (Brandon) or 204-677-6496 or 1-800-229-0639 (Thompson).

## Homeless Shelters

### **Brandon**

**Safe & Warm** is an overnight shelter for adults 18 and over that provides food and is located at 820 Pacific Ave in Brandon. Visit [Samaritan House](#) or call 204-726-0758, ext. 5.

### **Steinbach**

**Today House** – provides emergency, overnight shelter in a safe environment for those in greatest need in the Steinbach area. Visit [Today House](#)

### **The Pas**

**Oscar's Place** – Overnight shelter for adults 18 and over with food. Located at 344 Ross Avenue in The Pas.

### **Thompson**

**Wellbriety Centre** – Overnight shelter for adults 18+ that provides food. Located at 55 University College of the North Drive, Thompson

### **Winnipeg**

**Main Street Project** is a 24/7 low barrier shelter for adults 18+, with showers, food and clothing, co-ed sleeping areas during the day, separate areas for women and non-binary people and co-ed sleepers and men overnight. Located at 637 Main Street in Winnipeg. Visit [Main Street Project](#) or call 204-982-8267

**N'Dinawemak** is a 24/7 low barrier shelter for adults 18 and over, with showers, food and clothing. It has drop-in space during the day, with separate areas for women and men overnight. Located at 190 Disraeli Freeway in Winnipeg. Visit [Facebook - N'dinawemak](#) or call 204-943-1803

# HOUSING, EMERGENCY SHELTER & FOOD

**Salvation Army Centre of Hope** is a 24/7 shelter for adults 18 and over with food and clothing. It has drop-in space during the day, with separate areas for women and men overnight. Located at 180 Henry Avenue in Winnipeg. Visit [Salvation Army](#) or call 204-946-9402.

**Siloam Mission** is a 24/7 shelter for adults 18 and over with food, showers, clothing and laundry. It has drop-in space during the day with separate areas for women and men overnight. Located at 300 Princess Street in Winnipeg. Visit [Siloam Mission](#) or call 204-956-4344.

**Street Links** – The Street Links coordinated referral system helps those who are homeless in St. Boniface with income assistance, job referrals, addictions treatment, counselling, legal aide, and other services as required. Visit [St. Boniface Street Links](#), call 204-294-7637 or email [info@stbonifacestreetlinks.com](mailto:info@stbonifacestreetlinks.com)

## Domestic Violence / Family Violence Emergency Shelter Services and Resources

**Canada-Manitoba Housing Benefit (CMHB) Survivors of Gender-Based Violence Stream** is a benefit delivered through the Provincial Services office of Manitoba Families for individuals who have left a gender-based violence relationship and are currently residing in an approved shelter and need help paying their rent or mortgage. For more information on eligibility and how to apply, visit [Canada-Manitoba Housing Benefit](#)

**Emergency Resources and Supports for all Manitobans** – An online directory is available by region at [Women and Gender Equity Manitoba](#)

**Manitoba Association of Women's Shelters – Domestic Violence Crisis Line and Violence Prevention Program** – Call toll-free 1-877-977-0007 or visit [Manitoba Association of Women's Shelters](#)

# HOUSING, EMERGENCY SHELTER & FOOD

**Manitoba's You are not alone: Dealing with Sexual Violence.**

Visit [You are Not Alone](#)

**Domestic or Family Violence Prevention Program** – Find resources and where to go for support at [Gender-Based Violence Program](#)

**The Heartwood Healing Centre (formerly known as The Laurel Centre Inc.)** provides individual and group counselling to women who have experienced childhood and/or adolescent sexual abuse. Call 204-783-5460 or visit: [Heartwod Centre](#)

**Domestic Violence Support Service** helps victims of domestic violence in Manitoba when criminal charges have been laid and helps individuals who receive police services for domestic violence incidents that do not result in charges or arrests. Visit [Domestic Violence Support Service](#)

## Safe Spaces (24/7)

**Tina's Safe Haven** is a 24/7 safe space for youth aged 13 to 24 to access scheduled programming, laundry services and employment and housing resources. Located at 472 Selkirk Avenue in Winnipeg. Visit [Tina's Safe Haven](#) or call 204-417-7233

**Velma's House** is a 24/7 low-barrier, safe space for adult women and members of the 2SLGBTQQIA+ community who identify as female who are unsheltered, have experienced violence and/or sexual exploitation. Located at 566 Bannatyne Ave. in Winnipeg. Visit: [Velma's House](#) or call 204-560-3007

**West End 24/7 (WE24)** is a 24/7 safe space for youth aged 13 to 26 to rest, relax, access food, resources, and basic needs, in a supportive, kind and warm environment. Located at 430 Langside Street in Winnipeg. Visit: [West End 24/7](#) or call 204-783-5000, ext. 111 (WE24 Outreach Office) or 204-333-9681 (WE24 Outreach Cellphone)

# HOUSING, EMERGENCY SHELTER & FOOD

## Food Assistance

**Dial-a-Dietitian** Speak to a registered dietitian and get answers to your food, nutrition, and healthy eating questions. This service is free to everyone living in Manitoba. Visit [Dial-a-Dietitian](#) or call 204-788-8248 in Winnipeg or toll-free at 1-877-830-2892. Available Monday to Friday from 8 a.m. to 4 p.m. not including statutory holidays.

**Harvest Manitoba (formerly Winnipeg Harvest)** is a provincial food network providing food assistance to Manitobans. Visit [Harvest Manitoba](#)

For food assistance in Winnipeg (new requests) call 204-982-3671 or for returning clients, call 204-982-3660, or email [appointments@harvestmanitoba.ca](mailto:appointments@harvestmanitoba.ca). Outside Winnipeg, call toll-free at 1-800-970-5559 or email [kmoore@harvestmanitoba.ca](mailto:kmoore@harvestmanitoba.ca)

**NorWest Coop Community Food Centre in Winnipeg** – provides food and nutrition support. Visit [NorWest Coop](#)

## OTHER SERVICES

**Benefits Wayfinder, Prosper Canada** - This online tool simplifies the search for government benefits for people seeking ways to boost their incomes and/or reduce their expenses. The bilingual tool provides customized benefit recommendations based on the life circumstances of each user. Accessible at [Benefits Wayfinder](#), the information and resources provided are from federal, provincial, and territorial governments.

**Legal Aid Manitoba** provides free or affordable legal services to low-income adults and youth, and public interest groups. Visit: [Legal Aid Manitoba](#) call 204-985-8500 or toll-free at 1-800-261-2960 (Winnipeg), 1-800-766-2148 (Brandon), 1-877-622-4660 (Dauphin), 1-855-775-2397 (The Pas), 1-855-444-4665 (Thompson).

**Legal Help Centre** is a non-profit organization that provides free legal information, summary advice and referrals to helpful resources to low-income individuals in Winnipeg seeking assistance for a legal issue. Visit [Legal Help Centre](#) or call 204-258-3096 or email [info@legalhelpcentre.ca](mailto:info@legalhelpcentre.ca) for more information.

**Manitoba Address Change** – Notify multiple organizations of your move at [Manitoba Address Change](#)

**Public Libraries** – find a library branch near you in Winnipeg by visiting [Library Locations and Hours](#) or visit [Member List Details](#) for a comprehensive directory of public library locations throughout Manitoba.

**Regional Health Authorities** – visit the Regional Health Authority finder at [Regional Health Authority Finder](#) for information about your local Health Authority's programs and services

**211 Manitoba** – dial 211 or toll-free 1-855-275-1197 or visit [mb.211.ca](http://mb.211.ca) for information on health and social services throughout Manitoba.

## OTHER SERVICES

**Don't see what you are looking for?**

**Visit Manitoba Government Inquiry online at: [Manitoba Government Inquiry](#)**

Email [mgi@gov.mb.ca](mailto:mgi@gov.mb.ca), call 204-945-3744 (Winnipeg) or toll-free at 1-866-626-4862 Monday to Friday, 8:30 a.m. - 4:30 p.m. CST. The line is closed on Saturdays, Sundays and holidays.

Visit [getyourbenefits.ca](http://getyourbenefits.ca) for more resources.

**BACK PAGE  
PLACEHOLDER**