



**United Way**  
Winnipeg

# Investing in a Better Winnipeg

COMMUNITY INVESTMENT GUIDE



United Way Winnipeg provides sustained, core, and program funding to the essential network of agencies you will find in this guide. Through the generosity of Winnipeggers, these agencies remain open and available to provide much-needed help to our friends, families, co-workers, and even ourselves. **Thank you.**



**EVERY 90 SECONDS**

**ON AVERAGE, SOMEONE IN WINNIPEG GETS HELP FROM A UNITED WAY WINNIPEG AGENCY.**

## Community volunteers help to steward our investments to make sure donations are making the biggest impact possible in our community.

Each year, about 100 United Way Winnipeg Agency Liaison Volunteers (ALVs) spend hundreds of hours meeting with each agency receiving United Way Winnipeg donor dollars to review progress and activities and understand the outcomes achieved through our investment strategies. ALVs attend training opportunities hosted by United Way Winnipeg to increase knowledge of Winnipeg's nonprofit sector and best practises of effective organizations.

### Agency Liaison Volunteers

United Way Winnipeg Agency Liaison Volunteers (ALVs) play an essential role in the process of renewing funding agreements and reviewing nonprofit best practices.



#### TIME

It takes **8 hours**

on average to complete an agency renewal contract. Each agency works with a team of

**4 ALVs**

ALVs spent

**2340 hours**

dedicated to agency contract renewals

They also spent

**825 hours**

in annual review meetings. That's a whole lot of teamwork!

There were

**94 volunteers**

in 2019-20, with

**19 new volunteers**

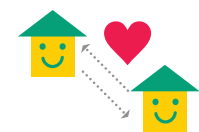
#### ACCOUNTABILITY

So how does it work?



**94 ALVs** serve on 4 impact councils—Education, Individual & Family Health, Income, and Neighbourhoods. Councils are a place to **learn and connect.**

They develop a **first-hand understanding** of how our community's needs are being met through meeting with the agency partner's board of directors and agency leadership.



In turn, they can provide **resources, suggestions** for **connections** with like-minded organizations, and **encouragement** for **continuous improvement!**

**13% of our ALVs**

have volunteered with us for over **10 years!**

**A****ABORIGINAL HEALTH & WELLNESS CENTRE OF WINNIPEG ●**

Provides contemporary and traditional health and wellness resources to improve lives in the urban Indigenous community. Healing is holistic, culture-based and for all Indigenous peoples. United Way Winnipeg supports the Mino-Pimatiziiwin (Men's Healthy Living) Program which provides a range of services for First Nations, Métis and Inuit men living in Winnipeg.

214 & 215-181 Higgins Avenue  
Winnipeg, MB R3B 3G1  
**P** 204-925-3700 **F** 204-925-1206  
**E** info@abcentre.org  
**W** ahwc.ca

**AFRICAN COMMUNITIES OF MANITOBA INC. (ACOMI) ●**

Provides a Youth Mentorship Program that works to strengthen – primarily, but not exclusively – youth and families associated with ACOMI, through identity building, social inclusion, and mentorship. ACOMI uses a culturally focused service model; team members and community elders provide a wide range of educational, mentoring and cultural activities.

101-421 Kennedy Street  
Winnipeg, MB R3B 2N2  
**P** 204-221-6696  
**E** info@acomica.ca  
**W** acomica.ca

**A & O: SUPPORT SERVICES FOR OLDER ADULTS ●**

Offers specialized programs and services that are accessible to older Manitobans to support and enhance their social, emotional, physical, intellectual and spiritual lives, and promote active participation in all aspects of community life.

200-280 Smith Street  
Winnipeg, MB R3C 1K2  
**P** 204-956-6440 **F** 204-946-5667  
**E** info@aosupportservices.ca  
**W** aosupportservices.ca

**ANDREWS STREET FAMILY CENTRE (ASFC) ●●**

Provides a place in the community where families work to meet their own needs. United Way Winnipeg provides core funding which supports the agency in offering a safe place for children and youth through Pritchard Place Drop-in Centre, parenting support through their Parents Helping Parents program, in addition to providing outreach and practical support to families and their children, and a Volunteer Program for community residents to strengthen their work skills.

220 Andrews Street  
Winnipeg, MB R2W 4T1  
**P** 204-589-1721 **F** 204-589-7354  
**E** asfc@shawbiz.ca

**ART CITY ●**

Offers free art programs for youth and adults in a safe setting in the West Broadway neighbourhood. Through instruction and mentorship, art becomes a community-building tool. United Way Winnipeg supports a range of services including drop-in art classes, a healthy snack program, artist workshops, and annual events. Artists help youth and adults build their skills in pottery, painting, printmaking and photography.

616 Broadway  
Winnipeg, MB R3C 0W8  
**P** 204-775-9856 **F** 204-784-2882  
**E** info@artcityinc.com  
**W** artcityinc.com

**ARTHRITIS SOCIETY, PRAIRIE DIVISION – MANITOBA/NUNAVUT ●**

Provides education, programs, and support to adults and children living with arthritis so they can self-manage living with the disease and its symptoms.

Suite 100A-1465 Buffalo Place  
Winnipeg, MB R3T 1L8  
**P** 204-942-4892 **F** 204-942-4894  
**E** info@mb.arthritis.ca  
**W** arthritis.ca/mb

**AURORA FAMILY THERAPY CENTRE ●**

Provides counselling and therapy to families, couples and individuals to enhance personal, interpersonal, and spiritual well-being. Services are open to everyone and are sensitive to gender and culture.

5th floor-491 Portage Avenue  
Winnipeg, MB R3B 2E4  
**P** 204-786-9251 **F** 204-772-2547  
**E** aurora@uwinnipeg.ca  
**W** aurorafamilytherapy.com

**B****BIG BROTHERS BIG SISTERS OF WINNIPEG ●**

Matches volunteers with youth in need of friends, support, and guidance. Volunteer "Bigs" help "Littles" gain confidence and self-esteem through life-changing relationships that inspire and empower children and youth to reach their potential.

532 Ellice Avenue  
Winnipeg, MB R3B 1Z2  
**P** 204-988-9200 **F** 204-988-9208  
**E** bbbswpg@bigbrothersbigsisters.ca  
**W** winnipeg.bigbrothersbigsisters.ca

**BOYS & GIRLS CLUBS OF WINNIPEG ●**

Gives a safe, supportive place for children and youth to participate in healthy activities, make positive friendships, and learn respect for self and others. United Way Winnipeg supports a range of services including leadership development, education programs, recreation, arts and crafts, and job training.

Administrative Office  
300-61 Juno Street  
Winnipeg, MB R3A 1T1  
**P** 204-982-4940 **F** 204-982-4950  
**E** reception@wbgc.mb.ca  
**W** bgcwinnipeg.ca

**Aberdeen Club**

415 Stella Avenue  
**P** 204-582-4403

**Freight House Club**

#4-200 Isabel Street  
**P** 204-783-8640

**Gilbert Park Club - Community Housing Unit**

Units 1 & 2-35 Gilbert Avenue  
**P** 204-582-3609

### Ryerson Club

Richmond Kings Community Centre  
577 Dalhousie Drive  
P 204-269-1570

### Sister McNamara Club

460 Sargent Avenue  
P 204-942-1919

### Victor Mager Club

81 Beliveau Road  
P 204-255-0042

### Polson Club

491 Munroe Avenue  
P 204-798-7039

### Dalhousie Club

262 Dalhousie Drive  
P 204-260-9845

### René Deleurme Club

511 St. Anne's Road  
P 204-256-3820

### St. James Club

190 Ferry Road  
P 204-914-6836

### Norquay Club

132 Lusted Avenue  
P 204-944-1637

### Carpathia Club

300 Carpathia Road  
P 204-869-6895

### CSI (Community Schools Investigators) Summer Learning Enrichment Programs

Offers summer learning opportunities for youth, ages 6-12, living in low-income situations, in partnership with local schools, community agencies, and residents. The goal of the program is to help kids do better in school, as well as increase job skills for older youth.

## C

### CANADIAN COMMUNITY ECONOMIC DEVELOPMENT NETWORK – MANITOBA (CCEDNET) c

Helps individuals and communities find local solutions to local needs. United Way Winnipeg provides funding for five program areas, including the Manitoba page on CCEDNet's website, the annual CD/CED Gathering, the Strengthening Nonprofits Workshop Series, Enterprising Nonprofits and Spark.

Unit 202-765 Main Street  
Winnipeg, MB R2W 3N5  
P 204-943-0547

E [sleesonklym@ccednet-rcdec.ca](mailto:sleesonklym@ccednet-rcdec.ca)  
W [ccednet-rcdec.ca/en/](http://ccednet-rcdec.ca/en/)

### Spark

Connects volunteer professionals to a broad range of community economic development projects. Clients range from emerging community groups with good ideas, to well-established organizations. Spark matches clients with providers and offers ongoing support during the technical assistance delivery.

580 Main Street  
Winnipeg, MB R3B 1C7  
P 204-837-7275 F 204-942 7785  
E [spark@ccednet-rcdec.ca](mailto:spark@ccednet-rcdec.ca)  
W [sparkwpg.ca](http://sparkwpg.ca)

### Enterprising Non-profits – Manitoba (ENP-MB) ●

Provides a convening and coordinating function within the social enterprise sector to support emerging and expanding revenue-generating initiatives that have a social mission. ENP-MB is administered by CCEDNet, in partnership with other supporting stakeholders.

Unit 202-765 Main Street  
Winnipeg, MB R2W 3N5  
P 204-943-0547  
E [sleesonklym@ccednet-rcdec.ca](mailto:sleesonklym@ccednet-rcdec.ca)  
W [ccednet-rcdec.ca/en/enpmb](http://ccednet-rcdec.ca/en/enpmb)

### CANADIAN MENTAL HEALTH ASSOCIATION, MANITOBA AND WINNIPEG (CMHA) ●

Works to ensure people affected by mental health illness and challenges have the same rights, choices and access to service as all people. Support is available for anyone experiencing problems with services they are currently using or trying to access. CMHA also offers information and referrals, skills development and public education.

930 Portage Avenue  
Winnipeg, MB R3G 0P8  
P 204-982-6100 F 204-982-6128  
E [office@cmhawpg.mb.ca](mailto:office@cmhawpg.mb.ca)  
W [winnipeg.cmha.ca](http://winnipeg.cmha.ca)

### CANADIAN MUSLIM WOMEN'S INSTITUTE (CMWI) ●●

Provides programs and services that help newcomer women participate and contribute fully in the community. Services include community gatherings, job referral, English conversation groups, Halal food pantry, Moms' and Tots' program, peer support group, home visits, sharing circle, exercise class and The Cutting Edge sewing training program.

201-61 Juno Street  
Winnipeg, MB R3A 1T1  
P 204-943-8539 F 204-943-6350  
E [contact@cmwi.ca](mailto:contact@cmwi.ca)  
W [cmwi.ca](http://cmwi.ca)

### CANADIAN RED CROSS SOCIETY (MANITOBA REGION) ●●

Provides programs and services that actively reach out and serve local communities throughout the province. United Way Winnipeg supports emergency and disaster management; the RespectED program which covers topics such as violence, bullying and abuse prevention; and injury prevention education and awareness.

1111 Portage Avenue  
Winnipeg, MB R3G 0S8  
P 204-982-7330 F 204-942-8367  
E [wzinfo.manitoba@redcross.ca](mailto:wzinfo.manitoba@redcross.ca)  
W [redcross.ca](http://redcross.ca)

### CENTRE RENAISSANCE CENTRE ●

Offers family and marriage counselling to individuals and couples in both French and English. Workshops, support groups, and anger management classes are also available to teens and adults.

844 Autumnwood Drive  
Winnipeg, MB R2J 1C1  
P 204-256-6750 F 204-256-5504  
E [renais@mts.net](mailto:renais@mts.net)  
W [renaissancecentre.ca](http://renaissancecentre.ca)

### CLAN MOTHERS HEALING VILLAGE ●\*

Provides healing and restorative programs for at-risk Indigenous women in a contemporary, sustainable healing village governed by a distinctive Indigenous council. Clan Mothers offers mid- to long-term support to women who have been victims of intergenerational trauma, sexual violence, sexual exploitation, and human trafficking.

300-245 McDermot Ave  
Winnipeg, MB R3B 0S6  
P 204-290-6170  
E [clanmothers@shaw.ca](mailto:clanmothers@shaw.ca)  
W [clanmothers.ca/](http://clanmothers.ca/)

## CNIB ●

Community-based services that empower people who are blind or partially sighted to live independently, to see beyond vision loss and lead the lives they want. Whether that means learning to cook again after a loss of vision, going back to school, travelling with confidence, or getting the emotional support needed to move forward.

1080 Portage Avenue  
Winnipeg, MB R3G 3M3  
**P** 204-774-5421 **F** 204-775-5090  
**E** manitoba@cnib.ca  
**W** cnib.ca

## COMMUNITY EDUCATION DEVELOPMENT ASSOCIATION (CEDA) ●

Provides youth mentorship and builds relationships with inner-city youth, their parents and their educators to create conditions for success in school and increase access to post-secondary education. Works with residents and organizations to promote community development.

2nd Floor, 541 Selkirk Avenue  
Winnipeg, MB R2W 2M8  
**P** 204-582-5800 **F** 204-582-2801  
**E** ceda@cedawpg.org  
**W** cedawpg.org

## COMMUNITY FINANCIAL COUNSELLING SERVICES (CFCS) ●

Offers financial counselling, financial education, and advocacy, especially for high-risk populations facing debt, gambling issues, or other financial challenges. In partnership with the Canada Revenue Agency, CFCS provides a free income tax preparation service to 30,000 low-income Manitobans annually.

516-294 Portage Avenue  
Winnipeg, MB RC 0B9  
**P** 204-989-1900 **F** 204-989-1908  
**TF** 888-573-2383  
**W** debthelpmanitoba.com

## COMMUNITY UNEMPLOYED HELP CENTRE (CUHC) ●

Provides information, representation, and support services to help individuals access Employment Insurance (EI) and Employment Income Assistance (EIA) benefits. The centre also conducts educational presentations on employment-related issues and the social and economic cost of unemployment.

501-275 Broadway  
Winnipeg, MB R3C 4M6  
**P** 204-942-6556 **F** 204-947-9557  
**E** cuhc@cuhc.mb.ca  
**W** cuhc.mb.ca

## E

## EAGLE URBAN TRANSITION CENTRE (EUTC) ● \*

Supports individuals and families transitioning into an urban environment. An Indigenous-led organization, EUTC is focused on providing a single window from which participants receive support, advocacy and access to needed programs in their efforts to achieve independent living.

2nd Floor, 275 Portage Avenue  
Winnipeg, MB R3B 2G3  
**P** 201-954-3050 **F** 204-954-3066  
**TF** 1-866-345-1883  
**W** eagleutc.com

## ELIZABETH FRY SOCIETY OF MANITOBA (EFSM) ●

Offers support and advocacy services to women in conflict with the law. Services include information on the court process, emotional support, pre-release planning, bail supervision, crisis intervention, transitional housing and support services, and the Stoplifting program.

544 Selkirk Avenue  
Winnipeg, MB R2W 2M9  
**P** 204-589-7335 **F** 204-589-7338  
**TF** (800) 582-5655  
**E** execdir@efsmanitoba.org  
**W** efsmanitoba.org

## ELMWOOD COMMUNITY RESOURCE CENTRE (ECRC) ●

Supports neighbourhood stability and resident participation in local decision-making through employment programs, literacy training, graffiti removal, community safety initiatives, family supports, youth programs and community events. ECRC also works with the Keenleyside community and provides assistance and resources.

545 Watt Street  
Winnipeg, MB R2K 2S2  
**P** 204-982-1720 **F** 204-982-1723  
**E** adminassistant@elmwoodcrc.com  
**W** elmwoodcrc.ca

## EVERMORE GATHER GROW LEAD INC. ●

Supports the healthy growth of neighbourhood youth and their families through a range of fun and educational activities. United Way Winnipeg supports a number of services including after-school programs, small group projects, summer camps and special family events. The program also provides youth with job experience.

103-365 McGee Street  
Winnipeg, MB R3G 3M5  
**P** 204-772-9315 **F** 204-774-1847  
**E** kchinerywccp@shaw.ca  
**W** westcentralcommunityprogram.com

## F

### FAMILY DYNAMICS ●

Offers counselling and programming for individuals, couples and families to improve communication and parenting skills and help people live without violence. Six Family Resource Centres throughout Winnipeg offer counselling, a community kitchen, community cupboard, home visits, and opportunities to network and socialize through family fun nights, crafter co-ops, breakfast clubs and community celebrations.

c/o Portage Place, 401-393 Portage Avenue  
Winnipeg, MB R3B 3H6

**P** 204-947-1401 **F** 204-947-2128

**E** info@familydynamics.ca

**W** familydynamics.ca

### Plessis Community Family Resource Centre

1190 Plessis Road

**P** 204-777-1215 **F** 204-777-1214

**E** plessis@familydynamics.ca

### Elwick Village & Family Resource Centre

1417 Fife Street

**P** 204-632-5992 **F** 204-414-9010

**E** elwick@familydynamics.ca

### Keenleyside Street Community Centre

Unit 22-394 Keenleyside Street

**P** 204-667-4086 **F** 204-667-4099

**E** keenleyside@familydynamics.ca

### Tuxedo Family Resource Centre

Unit 1, 225 Doncaster Street

**P** 204-488-2133 **F** 204-488-2202

**E** tuxedo@familydynamics.ca

### Westgrove Family Resource Centre

Unit D-76 Westgrove Way

**P** 204-832-3770 **F** 204-832-6423

**E** westgrove@familydynamics.ca

### Woodydell/St. Anne's Family Resource Centre

Units 67 & 68, 625 St. Anne's Road

**P** 204-254-8581 **F** 204-255-2831

**E** woodydell@familydynamics.ca

### FORT GARRY WOMEN'S RESOURCE CENTRE (FGWRC) ●

Provides free supports and services for women and children, including supportive counselling, information and referrals, workshops and outreach programs, all available through self-referral.

1150 A Waverley Street

Winnipeg, MB R3T 0P4

**P** 204-477-1123 **F** 204-475-9127

**E** info@fgwrc.ca **W** fgwrc.ca

### Outreach Centre

104-3100 Pembina Highway

Winnipeg, MB R3T 4G4

**P** 204-477-1123

## G

### GANG ACTION INTERAGENCY NETWORK (GAIN) ●

Helps young people, adults, and their families access resources and support systems to avoid and exit gangs, with a focus on improving overall quality of life.

231 Isabel St

Winnipeg, MB R3A 1H2

**P** 204-430-1050

**E** info@gainmb.org

**W** gainmb.org/

### GIRL GUIDES OF CANADA, 3 AREAS OF WINNIPEG ●

Helps girls and young women build leadership and teamwork skills, and enables them to give back to the community through service projects. Fun and challenging tasks in a supportive setting promote personal growth and build self-esteem.

213-530 Century Street

Winnipeg, MB R3H 0Y4

**P** 204-774-4475 **F** 204-774-9271

**TF** 800-565-8111

**E** info@girlguides.mb.ca

**W** girlguides.ca/web/mb

### GOOD NEIGHBOURS ACTIVE LIVING CENTRE ●

Good Neighbours Active Living Centre is a nonprofit charitable organization that provides opportunities for adults 55+ to stay active, connected to the community and to meet new friends.

720 Henderson Highway

Winnipeg, MB R2K 0Z5

**P** 204-669-1710 **F** 204-661-0750

**E** admin@gnalc.ca

**W** gnalc.ca

## GRAFFITI ART PROGRAMMING (GAP)

● Provides youth with a safe and accepting space to build artistic skills and confidence, and offers kids positive ways to express themselves. United Way Winnipeg supports a range of services including free after-school art lessons, youth leadership development and an exhibit space for young artists.

109 Higgins Avenue

Winnipeg, MB R3B 0B5

**P** 204-667-9960 **F** 204-949-0696

**E** info@graffitigallery.ca

**W** graffitigallery.ca

## I

### IMAGINEABILITY ●

Provides opportunities to people with intellectual disabilities to gain contributive and valued roles in society through meaningful employment and other supported activities. United Way Winnipeg supports the Community Based Services program that works with people with intellectual disabilities to identify employment interests and match interests with volunteer and employment opportunities in the community.

500 Madison Street

Winnipeg, MB R3H 0L4

**P** 204-956-9700 **F** 204-943-1893

**E** info@imagineability.ca

**W** imagineability.ca

## IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION OF MANITOBA (IRCOM) ●●

Provides support and settlement services to newcomer families. Services include transitional housing, youth programs, literacy classes, community resources, and volunteer opportunities. A partner in the Empower Manitoba, IRCOM offers money management training and matched savings programs that help individuals and families in low-income situations achieve financial stability and independence.

95 Ellen Street  
Winnipeg, MB R3A 1S8  
**P** 204-943-8765 **F** 204-943-4810  
**E** info@ircom.ca  
**W** ircom.ca

**IRCOM Isabel**  
215 Isabel Street  
Winnipeg, MB R3A 1R5

## IMMIGRANT CENTRE MANITOBA INC. ●

Assists new immigrants in transitioning to their new home in Manitoba. Services include pre-arrival services, needs assessments, settlement information, referral, advocacy, translation and interpretation, and access to notaries public. United Way Winnipeg supports the Centre's volunteer program and community outreach.

100 Adelaide Street  
Winnipeg, MB R3A 0W2  
**P** 204-943-9158 **F** 204-949-0734  
**W** icmanitoba.com

## INCLUSION WINNIPEG●

Works to improve the lives of people living with intellectual disabilities through referral and consultation services, workshops and conferences. Families learn to support one another through the Family Connections network and young people have the opportunity to socialize through the Among Friends program.

1-120 Maryland Street  
Winnipeg, MB R3G 1L1  
**P** 204-786-1414  
**E** info@inclusionwinnipeg.org  
**W** inclusionwinnipeg.org

## INDEPENDENT LIVING RESOURCE CENTRE (ILRC) ●

Offers people living with disabilities the opportunity to develop and manage their own resources. Services include information and referral, research and development, peer support, independent living skills programs, self-advocacy and community outreach. In addition to these core services, United Way Winnipeg also supports the PACE program, developed and delivered by persons with disabilities to train personal care attendants.

c/o Portage Place, 311A-393 Portage Avenue  
Winnipeg, MB R3B 3H6  
**P** 204-947-0194 TTY **F** 204-943-6625  
**E** thecentre@ilrc.mb.ca  
**W** ilrc.mb.ca

## INDIGENOUS WOMEN'S HEALING CENTRE ●

Offers a safe home for Indigenous women and children who have experienced violence and need help making healthy lifestyle changes. Services are based on Indigenous culture and traditions. United Way Winnipeg supports Completing the Circle – a peer mentorship and traditional healing circle program that helps women transition back into the community.

105 Aikins Street  
Winnipeg, MB R2W 4E6  
**P** 204-989-8240 **F** 204-586-1101  
**E** rswnwtl@iwhc.ca  
**W** iwhc.ca

## Kiwiw Iskewock Lodge (Eagle Women's Lodge)

667 Ellice Avenue  
Winnipeg, MB R3G 0A8  
**E** rswnwt1@nwtc.ca

## J

## JEWISH CHILD AND FAMILY SERVICE ●

Offers a range of services including personal, marriage and family counselling, support for older adults, mental health and child welfare services, newcomer resettlement, and a volunteer program.

C200-123 Doncaster Street  
Winnipeg, MB R3N 2B2  
After-hours emergency phone: 204-946-9510  
**P** 204-477-7430 **F** 204-477-7450  
**E** jcfs@jcfswinnipeg.org  
**W** jcfswinnipeg.org

## THE JOHN HOWARD SOCIETY OF MANITOBA (JHS) ●

Provides support and reintegration programs for men who have been, or may be, incarcerated, to help them make better life choices. Also works with victims and offenders to repair harm and restore peaceful relations using a restorative justice approach.

583 Ellice Avenue  
Winnipeg, MB R3B 1Z7  
**P** 204-775-1514 **F** 204-775-1670  
**E** office@johnhoward.mb.ca  
**W** johnhoward.mb.ca

## K

## KĀ NI KĀNICHIIHK ●●●

Seeks to awaken the spirit of Indigenous people through culturally based education, training, employment, leadership, community development, and healing and wellness programs. Services are rooted in the restoration and reclamation of cultures. United Way Winnipeg supports the Butterfly Club – a program designed to engage, motivate, and support Indigenous girls, aged nine to 13, in academic, cultural, and leadership activities that promote the development of self-confidence, self-awareness, and a sense of belonging.

455 McDermot Avenue  
Winnipeg, MB R3A 0B5  
**P** 204-953-5820 **F** 204-953-5824  
**E** admin@kanikanichihk.ca  
**W** kanikanichihk.com

## KIDTHINK CHILDREN'S MENTAL HEALTH CENTRE INC. ●●\*

Provides clinical and community services targeted towards children ages 12 and under using evidence-based treatments. Kidthink offers a holistic approach to care for the child and their family by not only providing direct clinical services, but by also identifying and enhancing support systems in a child's life.

2-407 Graham Ave  
Winnipeg, MB R3C 0L3  
**P** 431-388-5373  
**W** kidthink.ca/

## KILDONAN YOUTH ACTIVITY CENTRE (KYAC) ●

Offers a range of safe, organized recreational and educational activities for youth aged eight to 17 during critical hours when they are not in school: evenings, weekends, in-service days and school holidays. KYAC provides young people with job and volunteer placements and works to build a strong connection between youth and their community.

Ecole Seven Oaks Middle School  
800 Salter Street  
Winnipeg, MB R2V 2E6  
**P** 204-586-0327 (School) **F** 204-589-0121  
**P** 204-470-9460 (KYAC cell)  
**E** amy.wilson@7oaks.org  
**W** 7oaks.org/Programs/KYAC

## KNOWLES CENTRE ●

Provides treatment and support services for children, youth, and their families, including group care treatment, day treatment, and foster care treatment. As well, the Centre houses an on-site school and the Biimautaziwin Aboriginal Cultural Program. United Way Winnipeg supports the Centre's sexual abuse treatment program for children and non-offender family members.

2065 Henderson Highway  
Winnipeg, MB R2G 1P7  
**P** 204-339-1951 **F** 204-334-4173  
**E** info@knowlescentre.ca  
**W** knowlescentre.ca

## L

### L'ARCHE WINNIPEG ●

Provides homes and a family-like setting for individuals with developmental disabilities. Also runs the L'Arche Tova Café, which provides training and employment opportunities to both community and L'Arche members with a developmental disability. United Way Winnipeg supports mentorship and training for L'Arche members at the Café.

**L'Arche Winnipeg**  
118 Regent Avenue East  
Winnipeg, MB R2C 0C1  
**P** 204-237-0300 **F** 204-237-0316  
**E** office@larchewinnipeg.org  
**W** larchewinnipeg.org

### L'Arche Tova Café

119 Regent Avenue West  
Winnipeg, MB R2C 1R1  
**P** 204-421-9388  
**E** larchetovacafe@larchewinnipeg.org  
**W** larchetovacafe.com

## THE LAUREL CENTRE ●

Provides individual and group counselling to women who have experienced childhood or adolescent sexual abuse. Programs include individual and group therapy, couples counselling, parenting groups, and short-term crisis intervention. Through their Men's Resource Centre, The Laurel Centre provides supportive services like drop-in and counselling for men who have experienced trauma and stress in their lives.

104 Roslyn Road  
Winnipeg, MB R3L 0G6  
**P** 204-783-5460 **F** 204-774-2912  
**E** info@thelaurelcentre.com  
**W** thelaurelcentre.com

### The Men's Resource Centre of Manitoba

115 Pulford Street  
Winnipeg, MB R3L 1X8  
**P** 204-415-6797 **F** 204-415-7516  
**TF** 1-855-672-6727  
**E** info@thelaurelcentre.com  
**W** mens-resource-centre.ca

## LEARNING DISABILITIES ASSOCIATION OF MANITOBA (LDAM) ●

Provides supports for individuals with a learning disability and/or Attention Deficit Hyperactivity Disorder. United Way Winnipeg supports the Association's resource centre, lending library, tutoring services, and services for newly diagnosed individuals. LDAM also offers support groups and pre-employment programs.

617 Erin Street  
Winnipeg, MB R3G 2W1  
**P** 204-774-1821 **F** 204-788-4090  
**W** ldamanitoba.org

## M

### MA MAWI WI CHI ITATA CENTRE ●●●

Provides culturally relevant prevention and support programs and services for Indigenous families. With United Way Winnipeg's support, Ma Mawi provides youth programming and creates opportunities for community members to train, volunteer and develop leadership skills. A partner in Empower Manitoba, Ma Mawi also offers money management training and matched savings programs that help individuals and families in low-income situations build their assets for long-term stability and financial independence.

#### Community Meeting Space

445 King Street  
Winnipeg, MB R2W 2C5  
**P** 204-925-0300 **F** 204-946-5042  
**E** info@mamawi.com  
**W** mamawi.com

#### Administrative Site

350-200 Alpine Way, Headingley, MB  
**P** 204-925-0300 **F** 204-946-5042

#### Anderson Neighbourhood Care Site

318 Anderson Avenue  
**P** 204-925-0349 **F** 204-925-0306

#### Spence Neighbourhood Care Site

443 Spence Street  
**P** 204-925-0348 **F** 204-925-0308

#### McGregor Neighbourhood Care Site

363 McGregor Street  
**P** 204-925-6816 **F** 204-925-0371



## MACDONALD YOUTH SERVICES (MYS) ●●

Provides growth and healing for children, youth and families. United Way Winnipeg supports the Youth Resource Centre shelter, which offers counselling, referral services, and a safe place to stay for up to three nights, as well as a mentorship training program which trains volunteer youth to help complete community projects. A partner in Empower Manitoba, MYS also offers money management training and matched savings programs that help individuals and families in low-income situations achieve financial stability and independence.

175 Mayfair Avenue  
Winnipeg, MB R3L 0A1  
**P** 204-477-1722 **F** 204-284-4431  
**E** info@mys.mb.ca  
**W** mys.ca

## MAIN STREET PROJECT (MSP) ●

Provides emergency shelter and support to people experiencing homelessness, addictions, and poverty. United Way Winnipeg supports a program to move people from shelter to housing through intensive, client-centred care with a focus on achieving their personal goals to reach a sustainable independence.

2nd Floor, 661 Main Street  
Winnipeg, MB R3B 1E3  
**P** 204-982-8245 **F** 204-943-9474  
**E** admin@mainstreetproject.ca  
**W** mainstreetproject.ca

## MANITOBA ASSOCIATION FOR RIGHTS AND LIBERTIES (MARL) ●●

Promotes human rights and civil freedoms by means of public education, law reviews and community outreach. MARL creates fact sheets and provides research results for government and the public, as well as advice to individuals, and free workshops for schools.

Innovation Centre  
580 Main Street  
Winnipeg, MB R3B 1C7  
**P** 204-946-0905  
**E** admin@marl.mb.ca  
**W** marl.mb.ca

## MANITOBA INTERFAITH IMMIGRATION COUNCIL (WELCOME PLACE) ●

Provides services to welcome, educate and help refugee and immigrant newcomers successfully transition to their new life in Winnipeg. United Way Winnipeg supports volunteer programs that help newcomers learn more about Winnipeg while practicing English, and access vital resources, including regularly scheduled clinics with services provided by medical students.

521 Bannatyne Avenue  
Winnipeg, MB R3A 0E4  
**P** 204-977-1000 **F** 204-956-7548  
**W** miic.ca

## MANITOBA POSSIBLE ●

Helps people living with a physical disability improve quality of life for themselves and others. From education and job training to counselling and therapy, SMD connects people with the resources they need to become more independent and active in their community. United Way Winnipeg supports community education and training, Deaf and Hard of Hearing services, adult and children's leisure and recreation services, ethno-cultural services, and self-help services.

825 Sherbrook Street  
Winnipeg, MB R3A 1M5  
**P** 204-975-3010 **F** 204-975-3073  
**TF** 1-866-282-8041  
**TTY** 204-975-3083  
**E** info@manitobapossible.ca  
**W** manitobapossible.ca

## MANITOBA SCHOOL IMPROVEMENT PROGRAM – THE PEACEFUL VILLAGE INC. ●

Supports schools in their efforts to help high school students do better academically, giving students a voice in their own learning, and helping them identify the issues that matter most to them, along with solutions that take their schools, families and communities into account. The Peaceful Village program provides support to newcomer students and their families. The program is centred in a human rights and social justice framework. The comprehensive program includes academic, social, and financial supports.

1008 Wall Street  
Winnipeg, MB R3G 2V3  
**P** 204-949-1858  
**E** office@msip.ca  
**W** msip.ca

## MAPLES YOUTH ACTIVITY CENTRE (MYAC) ●

Offers a range of safe, organized recreational activities for youth aged nine to 17 during critical hours when they are not in school. MYAC's goal is to help kids do better socially and academically and provide young people with job and volunteer placements.

Arthur E. Wright School  
1520 Jefferson Avenue  
Winnipeg, MB R3P 1K1  
**P** 204-632-6314 **F** 204-632-6198  
**E** myac@mts.net  
**W** 7oaks.org/Programs/myac

## MARLENE STREET COMMUNITY RESOURCE CENTRE ●

Supports individual ability, stronger families and a safer community through programming aimed at youth and adults within a diverse family housing complex in St. Vital. Resources include a clothing depot, lending library, as well as computer, fax, photocopier and telephone access, a tenant council, community kitchen and workshops. The Marlene Street Kids Program offers a homework club, cooking group, teen group, arts and crafts and computer camps.

6-27 Marlene Street  
Winnipeg, MB R2M 1S3  
**P** 204-253-8994 **F** 204-283-7824  
**E** msresource@shaw.ca  
**W** marlenestreet.com

## MARYMOUND ●

Provides therapy and educational services to youth and their families. Programs include 24-hour managed care, an onsite school and crisis stabilization unit. United Way Winnipeg supports the Sexual Abuse Treatment Program, which provides therapy and support to youth and non-offending family members.

442 Scotia Street  
Winnipeg, MB R2V 1X4  
**P** 204-338-7971 **F** 204-334-1496  
**E** info@marymound.com  
**W** marymound.com

## MEALS ON WHEELS OF WINNIPEG ●

Provides hot, nutritious meals to people who are unable to prepare their own, enabling them to remain independent in their own homes. These volunteer visits also ease loneliness for the recipient individuals in our community.

174 Hargrave Street  
Winnipeg, MB R3C 3N2  
**P** 204-956-7711 **F** 204-956-7722  
**E** info@mealswinnipeg.com  
**W** mealswinnipeg.com

## MEDIATION SERVICES – A COMMUNITY RESOURCE FOR CONFLICT RESOLUTION ●

Provides training for individuals, families, neighbours and workplaces interested in learning new ways of resolving conflict. A victim/offender mediation program is also available for adult and youth offenders.

302-1200 Portage Avenue  
Winnipeg, MB R3G 0T5  
**P** 204-925-3410 **F** 204-925-3414  
**E** info@mediationserviceswpg.ca  
**W** mediationserviceswpg.ca

## MOOD DISORDERS ASSOCIATION OF MANITOBA ●

Provides support and recovery to those affected by mood disorders while building community awareness and understanding. United Way Winnipeg funds a two-week summer rock camp for youth aged 12 to 17. The Rock It Out! Band Camp fosters a sense of community, peer relationships, and belonging inherent in being part of a band while creating greater awareness around mental illness and reducing stigma.

100-4 Fort Street  
Winnipeg, MB R3C 1C4  
**P** 204-786-0987 **F** 204-786-1906  
**E** info@mooddisordersmanitoba.ca  
**W** mooddisordersmanitoba.ca

## MOUNT CARMEL CLINIC ●

Provides community health services aimed at building safer, stronger inner-city neighbourhoods. With support from United Way Winnipeg, Mount Carmel offers a dental program for people in low-income situations as well as community outreach program for sex workers and solvent users.

886 Main Street  
Winnipeg, MB R2W 5L4  
**P** 204-582-2311 **F** 204-582-6006  
**E** info@mountcarmel.ca  
**W** mountcarmel.ca

## MULTIPLE SCLEROSIS SOCIETY OF CANADA – WINNIPEG CHAPTER ●

Provides support services and programs to persons affected by MS, including information and referral, education, peer and caregiver support, advocacy services, adapted yoga and massage programs, and a lending library for members.

100-1465 Buffalo Place  
Winnipeg, MB R3T 1L8  
**P** 204-943-9595 **F** 204-988-0915  
**E** info.manitoba@mssociety.ca  
**W** mssociety.ca

## N

### NDINAWEMAAGANAG ENDAAWAAD ●●

Provides cultural, recreational, educational and support programs. The safe house provides 24-hour shelter and basic necessities for Winnipeg children/youth living on the streets and at risk of abuse and exploitation. The Youth Resource Centre encourages youth positively in the areas of education, personal relationships, life skills, parenting and culture. Services provided include drop-in, tutoring, a cooking club, computer lab, sports and art programs. United Way Winnipeg supports a volunteer program in the Youth Resource Centre, which seeks to give both adults and local youth employment-related experience and a way of giving to the community.

#### Offices

650 Burrows Avenue  
Winnipeg, MB R2W 2M7  
**P** 204-417-7233 **F** 204-589-4086  
**E** info@ndinawe.ca  
**W** ndinawe.ca

#### Youth Resource Centre (Tina's Safe Haven)

472 Selkirk Avenue  
Winnipeg, MB R2W 2K1

<b>Safe House</b>	204-417-7233
<b>Second Stage Home</b>	204-582-7783

## NEW DIRECTIONS FOR CHILDREN, YOUTH, ADULTS AND FAMILIES ●

Offers treatment and support for children, youth, adults and families. United Way Winnipeg supports the Family Therapy Program, which helps people living in violent and abusive situations, as well as crisis intervention services and ongoing support for children who have been sexually assaulted.

500-717 Portage Avenue  
Winnipeg, MB R3G 0M8  
**P** 204-786-7051 **F** 204-774-6468  
**W** newdirections.mb.ca

## NEW LIFE MINISTRIES ●

Operates the Connect 2 Voicemail program which provides 980 personal voicemail accounts for individuals and families without telephones through a network of 64 community partners.

514 Maryland Street  
Winnipeg, MB R3G 1M5  
**P** 204-775-4929 **F** 204-774-9896  
**W** newlifewinnipeg.com

## NORTH END COMMUNITY RENEWAL CORPORATION (NECRC) ●

Provides training and employment services to North End residents experiencing multiple barriers to employment. Developed in response to the needs of North End employers, participants receive career counselling and assistance with job searches.

509 Selkirk Avenue  
Winnipeg, MB R2W 2M6  
**P** 204-927-2333 **F** 204-582-2801  
**W** necrc.org

## PATH Employability Centre ●

627 Selkirk Avenue  
**P** 204-927-2300 **F** 204-582-7397  
**E** employment@necrc.org

## NORTH END WOMEN'S CENTRE ●●

Helps women gain independence and control over their lives through individual and group counselling, volunteer opportunities, a job preparation program, skills development, crisis counselling and referrals, a drop-in area and a second-hand clothing shop.

394 Selkirk Avenue  
Winnipeg, MB R2W 2M2  
**P** 204-589-7347 **F** 204-586-9476  
**E** info@newcentre.org  
**W** newcentre.org

## The Up Shoppe

384 Selkirk Avenue  
**P** 204-582-3494 **F** 204-589-0784  
**E** upshoppe@newcentre.org  
**W** upshoppe.ca

## NORTH POINT DOUGLAS WOMEN'S CENTRE ●

Creates opportunities for women in North Point Douglas by offering advocacy services, parenting groups, information on housing and employment, resumé assistance, computer and internet access, as well as laundry facilities.

221 Austin Street North  
Winnipeg, MB R2W 3M8  
**P** 204-947-0321 **F** 204-957-8978  
**E** info@npdwc.org  
**W** northpointdouglaswomenscentre.org

## NORWEST CO-OP COMMUNITY HEALTH ●●

Promotes health and well-being via community development teams and resource centres in three Inkster neighbourhoods: Brooklands, Weston and Gilbert Park. Services include programming for teens and a catering program. A partner in Empower Manitoba, NorWest also offers money management training and matched savings programs that help individuals and families in low-income situations achieve financial stability and independence.

### Access NorWest

785 Keewatin Street  
Winnipeg, MB R2X 3B9  
**P** 204-938-5900 **F** 204-938-5994  
**E** info@norwestcoop.ca  
**W** norwestcoop.ca

### Blake Gardens Resource Centre

312 Blake Street  
**P** 204-940-8499

### Gilbert Park Resource Centre

7 – 35 Gilbert Avenue  
**P** 204-982-4429

### NorWest on Alexander Resource Centre

1880 Alexander Avenue  
**P** 204-940-2662

## OGIJIITA PIMATISWIN KINAMATAWIN (OPK) ●

Provides support and employment opportunities to adult Indigenous ex-offenders. Participants are empowered to set their own goals and provide support for one another. Rooted in cultural identity, program activities include cultural practices, academic instruction, life skills and work experience in the housing renovation industry.

715 Main Street  
Winnipeg, MB R3B 3N7  
**P** 204-795-1741  
**E** bourbonn@mymts.net

## OPPORTUNITIES FOR EMPLOYMENT (OFE) ●

Helps individuals with barriers to employment prepare for the workforce through pre-employment guidance, skills training, and job search assistance. With support from United Way Winnipeg, OFE also offers programs that assist ex-offenders, newcomers and Indigenous youth aged 18 to 29 with skills development and employment.

300-294 Portage Avenue  
Winnipeg, MB R3C 0B9  
**P** 204-925-3490 **F** 204-925-3499  
**E** ofe@ofe.ca  
**W** ofe.ca

## OSHKI GIIZHIG ●\*

An Indigenous-led agency that supports people affected by Fetal Alcohol Spectrum Disorder (FASD) and other disorders. Offers services specifically developed to accommodate participants and provide supports, depending on individuals' circumstances. Services are holistic and seek to enhance physical, emotional, intellectual, and spiritual wellness. United Way Winnipeg funding supports the cultural activities that support healing and wellness.

### Administration

715 Main Street

Winnipeg MB R3B 1L6

**P** 204-782-2462

**E** info@oshki-giizhig.org

**W** oshki-giizhig.org

230 Princess St.

Winnipeg, MB R3B 1L6

**P** 204-782-0529

## OYATE TIPI CUMINI YAPE ●

Distributes donations of gently used household items and furniture to women and children rebuilding lives after challenges like fire, bedbugs, and domestic abuse. The agency volunteer program helps participants gain experience, which can lead to opportunities for employment or advanced training and education.

606 Selkirk Avenue

Winnipeg, MB R2W 2N1

**P** 204-589-2218 **F** 204-589-2347

Donation Line 204-589-2265

**E** contact@oyatetipi.com

**W** oyatetipi.com

## P

### PALLIATIVE MANITOBA ●

Champions the development of hospice and palliative care for the people of Manitoba through education, information, advocacy and service. The Volunteer Visiting Program volunteers provide emotional support and practical assistance in the home for individuals and families living with life-threatening illness, as well as bereavement information, referral, and support services for individuals and families affected by grief.

2109 Portage Avenue

Winnipeg, MB R3J 0L3

**P** 204-889-8525 **F** 204-888-8874

**E** info@palliativemanitoba.ca

**W** palliativemanitoba.ca

### PLURI-ELLES (MANITOBA) ●

Offers community-based resources and services intended to meet the linguistic and cultural needs of the francophone community. Counselling and related services are provided to women and children who have experienced violence. The agency also offers literacy and job preparation/employment programs for both men and women. As a member of Empower Manitoba, Pluri-Elles offers money management training and matched savings programs that help individuals and families living in low-income situations achieve financial stability and independence.

420, rue des Meurons, unité 114

Winnipeg, MB R2H 2N9

**P** 204-233-1735 **F** 204-233-0277

**E** pluridg@pluri.elles.mb.ca

**W** pluri-elles.mb.ca

## R

### RAINBOW RESOURCE CENTRE ●

Promotes an equal and diverse society, free of homophobia and discrimination, by encouraging visibility, health, and self-acceptance for lesbian, gay, bisexual, transgender, two-spirited and queer individuals of all ages. Services include education, support, resources, and outreach. With support from United Way Winnipeg, the Peer Project for Youth program provides a safe space for youth to inspire social change, improve skills, and build self-esteem and confidence, while reducing feelings of isolation.

170 Scott Street

Winnipeg, MB R3L 0L3

**P** 204-474-0212 **F** 204-478-1160

**E** info@rainbowresourcecentre.org

**W** rainbowresourcecentre.org

### REACHING E-QUALITY EMPLOYMENT SERVICES (REES) ●

Offers employment services for people living with a physical disability or health condition. These services include career counselling, assistance writing resumés and cover letters, interview skills, job search and job maintenance skills. For employers, REES offers recruitment services, training seminars and consultation, as well as information and resources related to employing people with disabilities.

305-1200 Portage Avenue

Winnipeg, MB R3G 0T5

**P** 204-832-7337 **F** 204-947-2932

**TTY** 204-947-3480

**E** info@re-es.org

**W** re-es.org

### RESOURCE ASSISTANCE FOR YOUTH (RaY) ●

Supports youth and young adults seeking a way back from life on the streets. RaY's Resource Centre provides basic needs for homeless youth including food, clothing, and housing referrals. RaY also offers prevention workshops, intervention, outreach and advocacy.

#### Drop-In/Resource Centre

125 Sherbrook Street

Winnipeg, MB R3C 2B5

**P** 204-783-5617 **F** 204-775-4988

**E** info@rayinc.ca

**W** rayinc.ca

#### RaY Level Up! Gift & Thrift

415 Graham Avenue

**P** 204-774-1418

**E** cwall@ray.ca

**W** rayinc.ca/gift-and-thrift

### ROSE & MAX RADY JEWISH COMMUNITY CENTRE ●●

Provides a broad range of social, recreational, cultural and educational opportunities for all members of the community. United Way Winnipeg supports the Centre's community development activities, youth leadership programs, single-parent family and mental health services, special-needs buddy program, as well as programs for older adults and new Canadians.

123 Doncaster Street

Winnipeg, MB R3N 2B3

**P** 204-477-7510 **F** 204-477-7530

**E** inquiry@radyjcc.com

**W** radyjcc.com

### ROSSBROOK HOUSE ●

Offers youth a safe alternative to the streets 365 days a year. United Way Winnipeg supports a range of educational, recreational, cultural and pre-employment activities that include crisis intervention and counselling.

658 Ross Avenue  
Winnipeg, MB R3A 0M1  
**P** 204-949-4090 **F** 04-949-4095  
**E** mail@rossbrookhouse.ca  
**W** rossbrookhouse.ca

## S

### SEED WINNIPEG (SUPPORTING EMPLOYMENT & ECONOMIC DEVELOPMENT) ●

Offers supports and resources for individuals and families in low-income situations as they work toward financial independence. Programs are designed to help participants secure a job, start a small business, save money and manage their finances for long-term stability, and include business training and planning assistance, access to loans, financial counselling, money management and matched savings programs.

80 Salter Street  
Winnipeg, MB R2W 4J6  
**P** 204-927-9935 **F** 204-927-9930  
**E** info@seedwinnipeg.ca  
**W** seedwinnipeg.ca

### SEXUALITY EDUCATION RESOURCE CENTRE (SERC) ●

Promotes sexual and reproductive health (SRH) by offering educational programming for youth, parents and professionals. Services include information and referral, a resource library, an immigrant health program that helps newcomers access reproductive health care, and the White Wolf Speaking program, which provides culturally appropriate SRH resources and materials to Indigenous communities. The WWS Program is a collaboration between Ka Ni Kanichihk and SERC.

Ste 200-226 Osborne Street North  
Winnipeg, MB R3C 1V4  
**P** 204-982-7800 **F** 204-982-7819  
**E** info@serc.mb.ca  
**W** serc.mb.ca

### SOCIAL PLANNING COUNCIL OF WINNIPEG c

Acts as a bridge between government and the community – identifying and promoting awareness of social issues, human service needs and community resources, developing policies and program options, improving the delivery of social services, and supporting neighbourhood initiatives.

432 Ellice Avenue  
Winnipeg, MB R3B 1Y4  
**P** 204-943-2561 **F** 204-942-3221  
**E** info@spcw.mb.ca  
**W** spcw.mb.ca

### SOUTH WINNIPEG FAMILY INFORMATION CENTRE ●

Provides parenting and anger management programs, babysitting courses, support groups and workshops on family-related issues. The Centre's Dress for Success Winnipeg program provides work-appropriate clothing, free of charge, to women who have either left an abusive situation or are in a job training program.

800 Point Road (lower level)  
Winnipeg, MB R3T 3L8  
**P** 204-284-9311 **F** 204-284-9315  
**E** registrar@swfic.org  
**W** swfic.org

### SPENCE NEIGHBOURHOOD ASSOCIATION ●

Encourages neighbours to take part in the revitalization and renewal of their community, and work together to address issues related to housing, safety, and health. United Way Winnipeg supports the Building Belonging Program, which aims to improve the social and developmental outcomes of neighbourhood children and youth by engaging them in their community.

**Head office**  
615 Ellice Avenue  
Winnipeg, MB R3G 0A4  
**P** 204-783-5000 **F** 204-986-7092  
**E** liaison@spenceneighbourhood.org  
**W** spenceneighbourhood.org

### Youth programming

Magnus Eliason Recreation Centre  
430 Langside Street  
Winnipeg, MB R3B 2T5  
**P** 204-783-5000  
**E** youth@spenceneighbourhood.org

### SCI MANITOBA (SPINAL CORD INJURY MANITOBA) (FORMERLY CANADIAN PARAPLEGIC ASSOCIATION MANITOBA) ●

Works to promote independence, self-reliance and full community participation for persons with spinal cord injuries and other physical disabilities. United Way Winnipeg supports rehabilitation counselling, peer support, vocational and employment services, community advocacy, case management, and information services.

211-825 Sherbrook Street  
Winnipeg, MB R3A 1M5  
**P** 204-786-4753 **F** 204-786-1140  
**E** winnipeg@canparaplegic.org  
**W** cpamanitoba.ca

### ST BONIFACE STREET LINKS – MORBERG HOUSE ●

Provides 12 transitional beds to men overcoming homelessness, addictions, and mental health challenges.

311 Provencher Blvd  
Winnipeg, MB R2H 0G8  
**P** 204-615-5557  
**E** info@stbonifacestreetlinks.com  
**W** stbonifacestreetlinks.com/

### STROKE RECOVERY ASSOCIATION OF MANITOBA ●

Supports stroke survivors, their families and caregivers with a range of programs aimed at helping individuals return to full participation in their community following a stroke.

Unit B-247 Provencher Boulevard  
Winnipeg, MB R2H 0G6  
**P** 204-942-2880 **F** 204-944-1982  
**E** info@strokerecovery.ca  
**W** strokerecovery.ca

**T****TEEN STOP JEUNESSE ●**

Provides youth with a safe and positive place during the critical hours when they are not in school. The drop-in centre offers recreation and volunteer opportunities, as well as hot meal and homework programs.

533A St. Anne's Road  
Winnipeg, MB R2M 3E8  
**P** 204-254-1618 **F** 204-255-2129  
**E** patrick@teenstop.ca  
**W** www.teenstop.ca

**THRIVE COMMUNITY SUPPORT CIRCLE ●**

Promotes healthy pregnancy outcomes and responsible parenting by providing comprehensive age-appropriate early childhood educational experiences for children aged three months to six years, emergency supplies, individual, couple and family counselling, and pregnancy testing. Thrive also provides respite child care, parenting classes and operates a thrift shop.

5-505 Sargent Avenue  
Winnipeg, MB R3B 1V9  
**P** 204-772-9091 **F** 204-774-2161  
**E** info@thrivewpg.com  
**W** thrivecommunitysupportcircle.com

**Thrive Thrift Shop**

555 Spence Street  
**P** 204-783-9281  
**E** thrivethriftshop@thrivewpg.com

**Thrive Child Care**

100-475 Sargent Avenue  
**P** 204-779-5093  
**E** jesssmith@thrivewpg.com

**U****URBAN CIRCLE TRAINING CENTRE ●**

Provides culturally appropriate education and training to Indigenous women and men in Winnipeg, including certified programming that connects to both cultural teachings and labour-market demands. A partner in Empower Manitoba, Urban Circle Training Centre offers money management training and matched savings programs that help individuals and families in low-income situations achieve financial stability and independence.

519 Selkirk Avenue  
Winnipeg, MB R2W 2M6  
**P** 204-589-4433 **F** 204-582-6439  
**W** urbancircletraining.com

**V****VILLA ROSA ●**

Provides care, support and shelter to young, pregnant women. Services include counselling and parenting programs, an in-house high school, and pre- and post-natal housing. United Way Winnipeg supports the Parent/Child Centre and the Toddler Program. A partner in Empower Manitoba, Villa Rosa offers money management training and matched savings programs that help individuals and families in low-income situations achieve financial stability and independence.

784 Wolseley Avenue  
Winnipeg, MB R3G 1C6  
**P** 204-786-5741 **F** 204-786-1077  
**E** intake@villarosa.mb.ca  
**W** villarosa.mb.ca

**VOLUNTEER MANITOBA (VM) c**

Helps volunteers identify and meet community needs. Programs include a resource library and referral service that matches agencies and volunteers. Training is also available to build volunteers' skills in areas such as board development, fundraising and volunteer management.

410-5 Donald Street  
Winnipeg, MB R3L 2T4  
**P** 204-477-5180 **F** 204-284-5200  
**TF** 1-888-922-4545  
**E** info@volunteermanitoba.ca  
**W** volunteermanitoba.ca

**W****WABUNG ABINOONJIIAG ● \***

Empowers children and their families to end the cycle of domestic violence. The organization provides opportunities for holistic healing through culturally relevant teachings, programs, advocacy, and counselling.

The Mental Health Cultural Program for Children and Youth adds an inclusive gender identity program for Indigenous youth ages 12-24 focusing on providing culturally appropriate mental health supports. The program provides weekly cultural programming, ceremonies, and wellness capacity building opportunities.

Wahbung Abinoonjiiag Inc.  
22 Dufferin Ave  
Winnipeg, MB R2W 5N7  
**P** 204-925-4610  
**E** reception@wahbung.ca

**WEST BROADWAY YOUTH OUTREACH ●**

Offers a safe place for youth ages four to 12 in the West Broadway area. Programs respond to the emotional, educational, social and recreational needs of youth. Staff and volunteers provide positive role models and support healthy behavior while working to build young people's leadership and social skills. United Way Winnipeg supports a range of services including a homework club, day trips and summer camps.

646 Portage Avenue  
Winnipeg, MB R3C 0G6  
**P** 204-774-0451  
**E** wbyokidz@gmail.com  
**W** westbroadwayyouthoutreach.com

**WEST CENTRAL WOMEN'S RESOURCE CENTRE ●**

Offers women support, training, and opportunities to work together to address community issues related to safety, poverty and child care. Resources include Indigenous programming, immigrant settlement services, housing supports, craft and volunteer programs, a child play area, clothing exchange, educational and health information sessions.

640 Ellice Avenue  
Winnipeg, MB R3G 0A7  
**P** 204-774-8975 **F** 204-783-3173  
**E** info@wcwrc.ca  
**W** wcwrc.ca

## WINNIPEG CENTRAL PARK WOMEN'S RESOURCE CENTRE ●

Provides information, peer support, and skills training to improve the lives of women and their families by offering drop-in, childminding, mentorship, settlement services and Indigenous programming.

400 Edmonton Street  
Winnipeg, MB R3B 2M2  
**P** 204-944-8685  
**E** melrose@wcpwrc.org  
**W** wcpwrc.org

## WOLSELEY FAMILY PLACE ●●

Provides services to build supportive relationships within and between families, including education related to effective parenting and child care, and child development. Services include a breakfast club, drop-in space, cooking workshops, clothing depot, music circle and health educator. United Way Winnipeg supports the Food Connection program which provides employment training through the agency's catering social enterprise.

202-222 Furby Street  
Winnipeg, MB R3C 2A7  
**P** 204-560-3141 **F** 204-772-6035  
**E** admin@wfpwpg.ca  
**W** wolseleyfamilyplace.com

## WOMEN'S HEALTH CLINIC ●

Provides health services to women, with a focus on education, prevention and action. Medical and nutritional services are available along with individual and group counselling. Support groups focus on reproductive health, preoccupation with weight, smoking cessation and stress. A resource centre also provides women with access to a wide range of health information and resources.

3rd Floor – 419 Graham Avenue  
Winnipeg, MB R3C 0M3  
**P** 204-947-1517 **F** 204-943-3844  
**E** whc@womenshealthclinic.org  
**W** womenshealthclinic.org

## Y

### YMCA-YWCA OF WINNIPEG ●●

Provides a range of programs to strengthen the health and well-being of individuals, families and communities. United Way Winnipeg supports youth leadership development, volunteer training, specialized programs for women, seniors, and isolated mothers, as well as health, fitness and safety programs for all ages. United Way Winnipeg also supports the Y's community development initiatives, and helps subsidize families who are financially unable to access services.

#### Main Office

3550 Portage Avenue  
Winnipeg, MB R3K 0Z8  
**P** 204-889-8052  
**E** info@ymcaywca.mb.ca

#### Downtown Branch

301 Vaughan Street  
Winnipeg, MB R3B 2N7  
**P** 204-947-3044 **F** 204-943-6159  
**W** ymcaywca.mb.ca

#### South Branch

5 Fermor Avenue  
**P** 204-233-3476

#### Elmwood Kildonan Branch

454 Kimberly Avenue  
**P** 204-668-8140

#### Employment Training Services

604-428 Portage Avenue  
**P** 204-989-5860

#### North Y Centre

363 McGregor Street  
**P** 204-989-4109

# United Way Winnipeg Programs, Partnerships, Networks and Strategies

## ORGANIZATIONAL DEVELOPMENT

### THE LEARNING CENTRE

A strong nonprofit sector needs strong and knowledgeable human capital—both paid and voluntary. Professional development is an important element of building that human capital to enable organizations to achieve their goals. In partnership with subject matter experts, The Learning Centre at United Way Winnipeg offers high-quality, capacity-building opportunities at low cost. Participants return to their workplaces with new knowledge and skills and can demonstrate continuous improvement against recognized sector standards for nonprofits and charities in Canada.

## WORKPLACE ENGAGEMENT PROGRAMS

### BRAIN ARCHITECTURE GAME

What happens to us in life, particularly in the early years, can have long-term impact, both positive and negative. The Brain Architecture Game is a new and innovative hands-on opportunity for participants to learn how a child's brain develops. A great activity for collaboration, experiential learning and team-building.

## COLLECTION DRIVE

Donations of new products and gently used items are put to good use by community agencies to meet their programming needs and to provide to participants. United Way Winnipeg helps workplaces organize collection drives for needed items and can even arrange for the workplace to deliver them to the agency to see, first-hand, the impact in the community.

If employees are not able to leave the workplace to do a Day of Caring, we can bring a Pop Up Day of Caring to you. For a budget, we will purchase the supplies so that people can put together kits of needed items (e.g., hygiene supplies) to benefit participants at one of United Way Winnipeg's agency partners.

## DAY OF CARING

A United Way Winnipeg Day of Caring is a unique opportunity for employees, students or organizations to come together and make a difference in our community by taking part in meaningful, hands-on volunteer projects with local community organizations. A rewarding way to build awareness, teamwork and morale.

## GENNEXT

GenNext makes it easy for employees to continue their involvement outside of the annual campaign by providing tailored involvement opportunities and unforgettable experiences.

A great way to engage with other leaders, learn about the issues facing our community, and have fun in the process.

## LIVING ON THE EDGE

Living on the Edge: Taking a Look at Poverty is a unique experience designed to provide a glimpse into what it might be like to live in a low-income family trying to survive from

month to month. A half-day commitment that's guaranteed to change perceptions and provide a lifetime of perspective.

## MAKE THE MONTH

A digital poverty simulation that presents Winnipeggers with some of the same decisions people living in poverty face. This interactive experience shows the realities of surviving day to day, paycheque to paycheque and the impact that has on your overall well-being.

## POP UP DAY OF CARING

A Day of Caring that comes to you! We will work with you to determine a budget, and we will purchase the supplies for staff to assemble packages of needed items (like hygiene supplies) to benefit people accessing United Way Winnipeg agency partners.

## WHAT'S NEXT

What's Next is an opportunity for retirees to stay involved with United Way Winnipeg through volunteering, gathering, and giving.

## PARTNERSHIPS

### 211 MANITOBA

211 Manitoba is a comprehensive database of social and health services in Manitoba. Led by United Way Winnipeg and Volunteer Manitoba, the system is designed to provide Manitobans with access to the right help at the right time. It is part of a network of 211s across the country.

### END HOMELESSNESS WINNIPEG

End Homelessness Winnipeg (EHW) is the organization that coordinates actions to further Winnipeg's comprehensive Ten Year Plan to End Homelessness. EHW brings together those experiencing homelessness, service providers,

and other stakeholders to work collaboratively and coordinate their efforts, specifically related to preventing homelessness, increasing housing supply, providing supports, and using evaluation and shared measurement to report on progress. EHW utilizes a collective impact approach.

## KOATS FOR KIDS

A seasonal partnership that collects and distributes gently used winter outerwear free of charge to Winnipeg children and families. Partners include CTV, 103.1 Virgin Radio, 99.9 BOB FM, TSN 1290, Winnipeg Sun, Winnipeg Fire Paramedic Service, AMJ Campbell, Holiday Inn Winnipeg Airport West, Perth's, Motel 6, PUPS Containers, Access Storage.

## PEG

Led by United Way Winnipeg and the International Institute for Sustainable Development, Peg is an interactive website that allows users to compare, analyze, and learn about the issues that matter most to our community. By tracking key aspects of our city's well-being, we can celebrate the results of our collective efforts and determine where we need to work harder together. Peg also incorporates the United Nations 17 Sustainable Development Goals. By seeing how our measures align with this global standard, we can see how our local priorities compare to communities across the globe.

## THE WINNIPEG BOLDNESS PROJECT

The Winnipeg Boldness Project works alongside the North End community to improve outcomes for young children in the Point Douglas area. By bringing together community wisdom, research, cross-sectoral partners, and a social lab-type approach, The Winnipeg Boldness Project works with community partners to test new, child-centred responses to issues identified by community members.

## WINNIPEG POVERTY REDUCTION COUNCIL

Grounded in the understanding that no one sector can successfully address the complex issue of poverty on its own, United Way Winnipeg established the Winnipeg Poverty Reduction Council (WPRC). The Council brings together leaders from all sectors to, in consultation with the community, develop and implement a comprehensive Framework for Action. With backbone support provided by United Way Winnipeg, the WPRC utilizes the theory and tools of collective impact and social innovation to co-create, action and evaluate innovative solutions to reduce poverty in our community.

## YOUTH AGENCIES ALLIANCE (YAA) <sup>c</sup>

Coordinates a collaborative network of 15 youth-serving agencies, YAA works in partnership to create programs that benefit youth. YAA helps improve direct services by offering support and shared training to member agencies. As well, it enhances existing programs and services by acting as a resource to agencies, policymakers, and the public. United Way Winnipeg supports program coordination and a joint summer camp.

300-61 Juno Street

Winnipeg, MB R3A 1T1

**P** 204-982-4946 **F** 204-982-4950

**E** [director@youthagenciesalliance.com](mailto:director@youthagenciesalliance.com)

**W** [youthagenciesalliance.com](http://youthagenciesalliance.com)



## STRATEGIES

### INDIGENOUS RELATIONS

United Way Winnipeg has been on a learning path in support of truth, inclusion and reconciliation for some time. Over the years, this journey has been guided by many Indigenous leaders, including those who today form United Way Winnipeg's Council for Indigenous Relations (CIR). Our Indigenous Relations Strategy focuses specifically on cultivating relationships, knowledge and capacity within and between Indigenous communities, United Way Winnipeg and the community at large, as well as involving youth in meaningful ways. We do this in order to gain a better understanding of the values, history, interests and legacy unique to the original peoples of this land.

### YOUTH UNITED

United Way Winnipeg's youth engagement strategy, guided by the Youth United Council, brings together young volunteers to create positive social impact on issues important to young people. For these volunteers, it's an opportunity to learn about our community, enhance leadership skills, and shape the future of our city. For many, Youth United is the start of what will be a lifelong relationship with United Way Winnipeg and a commitment to making a difference in our community.

## NETWORKS

### ABORIGINAL VISION FOR THE NORTH END ●

Provides a safe place for Indigenous residents to connect with leadership development opportunities to strengthen Indigenous voices within the community, based on renewal efforts in the North End.

Aboriginal Vision for the North End is guided by a steering committee with representation from 13 agencies located in the North End:

- Aboriginal Seniors Resource Centre
- Bear Clan Patrol
- Community Education Development Association
- Indigenous Women's Healing Centre
- Ma Mawi Wi Chi Itata Centre
- Ndinawemaaganag Endaawaad
- North End Community Renewal Corporation
- North End Women's Centre
- North Point Douglas Women's Centre
- Urban Circle Training Centre
- Wahbung Abinoonjiiag

445 King Street  
Winnipeg, MB R2W 2C5

**P** 204 586-5940

**E** info@aboriginalvision.org

**W** AboriginalVision.org

## FOR EVERY FAMILY

The For Every Family initiative is a multi-sectoral partnership led by United Way Winnipeg, and includes the Winnipeg Foundation, the Province of Manitoba, a number of foundations including the Moffat Family Foundation and the Asper Foundation, and private donors. This collaboration is united with a single mission: to raise \$7.5M, with every dollar matched by the Province of Manitoba, to support and strengthen children and families by enhancing 24 United Way Winnipeg-funded Family Resource Centres (FRCs). The FRCs are located throughout Winnipeg in some of our most challenged neighbourhoods.

### MANITOBA FINANCIAL EMPOWERMENT NETWORK (MFEN)

The Manitoba Financial Empowerment Network (MFEN) is a cross-sectoral collaboration designed to financially empower low-income families. Comprising government, business, and nonprofit organizations, and made possible by United Way Winnipeg donors, MFEN focuses on programs in support of five initiatives: financial information education, coaching, and counselling; access to income-boosting benefits and tax credits; access to safe and affordable financial products and services; opportunities to reduce debt, grow savings and build assets; and consumer awareness and protection.

## Empower Manitoba

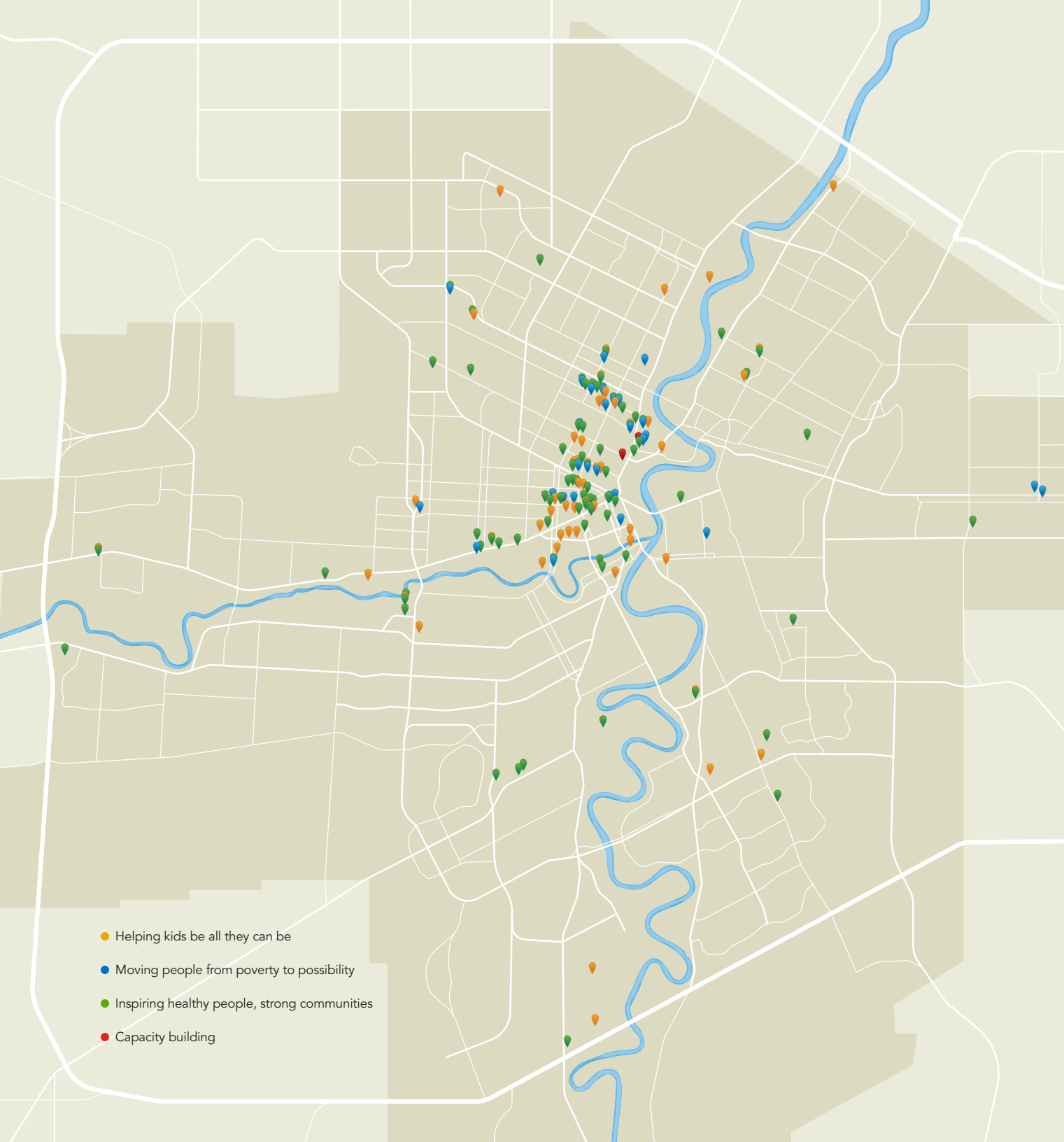
(formerly the Winnipeg AssetBuilders Partnership) is a partnership of organizations that work to deliver financial empowerment programs and services, including financial information, education and coaching, tax filing and benefit assistance, saving and asset building, and access to safe and affordable financial products and services. Current members of Empower Manitoba are IRCOM, Society of Manitobans with Disabilities, Ma Mawi Wi Chi Itata Centre, Macdonald Youth Services, Nor'West Co-Op Community Health, Pluri-elles, Urban Circle Training Centre, Villa Rosa, SEED Winnipeg, and Assiniboine Credit Union.

### UNITED MENTORING NETWORK

The United Mentoring Network (UMN) provides mentorship opportunities for young people in need of positive adult relationships. The network is a collaboration of nine Winnipeg child- and youth-serving agencies. UMN uses a website as its central hub (winnipegmentors.ca) where people can request a mentor or volunteer to be a mentor. Child- and youth-serving agencies interested in joining the network can connect through the website and share effective practices and approaches to help enhance mentorship experiences.

# Investment at a Glance

This map is a snapshot of United Way Winnipeg's investment in our community. For a more detailed view, including investment by impact area, visit [UnitedWayWinnipeg.ca](http://UnitedWayWinnipeg.ca).



- Aboriginal Health & Wellness Centre of Winnipeg ●
  - African Communities of Manitoba Inc. (ACOMI) ●
  - A & O: Support Services for Older Adults ●
  - Andrews Street Family Centre (ASFC) ●●
  - Art City ●
  - Arthritis Society, Prairie Division – Manitoba/Nunavut ●
  - Aurora Family Therapy Centre ●
  - Big Brothers Big Sisters of Winnipeg ●
  - Boys & Girls Clubs of Winnipeg ●
  - Canadian Community Economic Development Network – Manitoba (CCEDNet) C
  - Canadian Mental Health Association, Manitoba and Winnipeg (CMHA) ●
  - Canadian Muslim Women's Institute (CMWI) ●●
  - Canadian Red Cross Society (Manitoba Region) ●
  - Centre Renaissance Centre ●
  - Clan Mothers Healing Village ●\*
  - CNIB ●
  - Community Education Development Association (CEDA) ●
  - Community Financial Counselling Services (CFCS) ●
  - Community Unemployed Help Centre (CUHC) ●
  - EAGLE Urban Transition Centre ●\*
  - Elizabeth Fry Society of Manitoba (EFSM) ●
  - Elmwood Community Resource Centre (ECRC) ●
  - Evermore Gather Grow Lead Inc. ●
  - Family Dynamics ●
  - Fort Garry Women's Resource Centre (FGWRC) ●
  - GAIN (Gang Action Interagency Network) ●
  - Girl Guides of Canada, 3 Areas of Winnipeg ●
  - Good Neighbours Active Living Centre ●
  - Graffiti Art Programming (GAP) ●
  - ImagineAbility ●
  - Immigrant and Refugee Community Organization of Manitoba (IRCOM) ●●
  - Immigrant Centre Manitoba Inc. ●
  - Inclusion Winnipeg ●
  - Independent Living Resource Centre (ILRC) ●
  - Indigenous Women's Healing Centre ●
  - Jewish Child and Family Service ●
  - The John Howard Society of Manitoba (JHS) ●
  - Kā Ni Kānichihk ●●
  - Kidthink Children's Mental Health Centre Inc. ●●\*
  - Kildonan Youth Activity Centre (KYAC) ●
  - Knowles Centre ●
  - L'Arche Winnipeg ●
  - The Laurel Centre ●
  - Learning Disabilities Association of Manitoba (LDAM) ●
  - Ma Mawi Wi Chi Itata Centre ●●●
  - Macdonald Youth Services (MYS) ●●
  - Main Street Project (MSP) ●
  - Manitoba Association for Rights and Liberties (MARL) ●
  - Manitoba Interfaith Immigration Council (Welcome Place) ●
  - Manitoba Possible ●●
  - Manitoba School Improvement Program – The Peaceful Village Inc. ●
  - Maples Youth Activity Centre (MYAC) ●
  - Marlene Street Community Resource Centre ●
  - Marymount ●
  - Meals on Wheels of Winnipeg ●
  - Mediation Services – A Community Resource for Conflict Resolution ●C
  - Mood Disorders Association of Manitoba ●
  - Mount Carmel Clinic ●
  - Multiple Sclerosis Society of Canada – Winnipeg Chapter ●
  - Ndinawemaaganag Endaawaad ●
  - New Directions for Children, Youth, Adults and Families ●
  - New Life Ministries ●
  - North End Community Renewal Corporation (NECRC) ●
  - North End Women's Centre ●●
  - North Point Douglas Women's Centre ●●
  - NorWest Co-op Community Health ●●
  - Ogjiita Pimatiswin Kinamatawin (OPK) ●
  - Opportunities for Employment (OFE) ●
  - Oshki-Giizhig Inc. ●\*
  - Oyate Tipi Cumini Yape ●●
  - Palliative Manitoba ●
  - Pluri-elles (Manitoba) ●
  - Rainbow Resource Centre ●
  - Reaching E-Quality Employment Services (REES) ●
  - Resource Assistance for Youth (RaY) ●
  - Rose & Max Rady Jewish Community Centre ●
  - Rossbrook House ●
  - SEED Winnipeg (Supporting Employment & Economic Development) ●
  - Sexuality Education Resource Centre (SERC) ●
  - Social Planning Council of Winnipeg C
  - South Winnipeg Family Information Centre ●
  - Spence Neighbourhood Association ●
  - Spinal Cord Injury Manitoba ●
  - St. Boniface Street Links – Morberg House ●\*
  - Stroke Recovery Association of Manitoba ●
  - Teen Stop Jeunesse ●
  - Thrive Community Support Circle ●
  - Urban Circle Training Centre ●
  - Villa Rosa ●
  - Volunteer Manitoba (VM) C
  - Wahbung Abinoonjiiag Inc. ●\*
  - West Broadway Youth Outreach ●
  - West Central Women's Resource Centre ●
  - Winnipeg Central Park Women's Resource Centre ●
  - Wolsley Family Place ●●
  - Women's Health Clinic ●
  - YMCA-YWCA of Winnipeg ●●
- Programs, Partnerships & Strategies**
- 211 Manitoba
  - Aboriginal Vision for the North End ●
  - Empower Manitoba
  - End Homelessness Winnipeg
  - For Every Family Initiative
  - GenNext
  - Indigenous Relations
  - Koats for Kids
  - The Learning Centre
  - Manitoba Financial Empowerment Network
  - Peg
  - United Mentoring Network
  - What's Next
  - Winnipeg Boldness Project
  - Winnipeg Poverty Reduction Council
  - Youth Agencies Alliance (YAA) C
  - Youth United
- Workplace Engagement Initiatives**
- Brain Architecture Game
  - Collection Drive
  - Day of Caring
  - Living on the Edge Poverty Simulation
  - Make the Month Online Poverty Simulation
  - Pop Up Day of Caring
- \*Time-limited funding  
All information accurate as of June 2019



**United Way**  
Winnipeg



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580 Main Street, Winnipeg MB R3B 1C7

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