

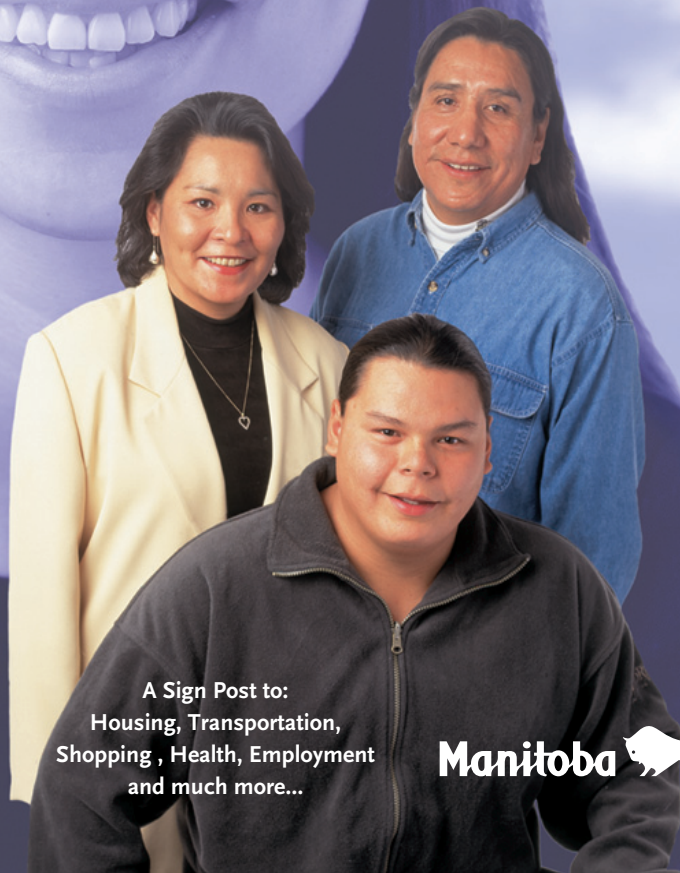
# A GUIDE

to Winnipeg for  
Aboriginal Newcomers



Compliments of  
**Partners @ 510 Selkirk Avenue**

A program of  
Partners for Careers



A Sign Post to:  
Housing, Transportation,  
Shopping, Health, Employment  
and much more...

Canada

Manitoba 



A GUIDE  
to Winnipeg  
for Aboriginal  
Newcomers

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Winter/Spring Edition 2009

# Welcome to Winnipeg!

## Tan'si, Tanishi, Boozho

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**P**artners for Careers and Partners @ 510 Selkirk are happy to present you with this Guide to Winnipeg. The Aboriginal community here in Winnipeg is a strong and vibrant one. Welcome to our city!

Whatever your reasons for coming to Winnipeg - school, work, family - we want you to know that Partners @ 510 Selkirk is here to help. We invite all Aboriginal (Status, Non-Status, Metis, Inuit) newcomers to drop by our centrally located resource centre (see map on back of Guide). From our office, we can direct you to all the employment, education and training opportunities in Winnipeg as well as many other services that can help make Winnipeg feel like home (even if it is just for a little while).

Drop by and see us at *Partners @ 510 Selkirk Avenue* and we will do our best to introduce you to people and places and services that can make your move to Winnipeg a smooth and happy one.

### **Roberta Hewson**

*Executive Director, Partners @ 510 Selkirk*  
Partners for Careers at the Murdo Scribe Centre  
510 Selkirk Avenue, Winnipeg, Manitoba  
945-0447  
1 800 883-0398  
Email: [roberta.hewson@gov.mb.ca](mailto:roberta.hewson@gov.mb.ca)

*P.S. Call us if you would like more guide books or have suggestions for our next edition.*

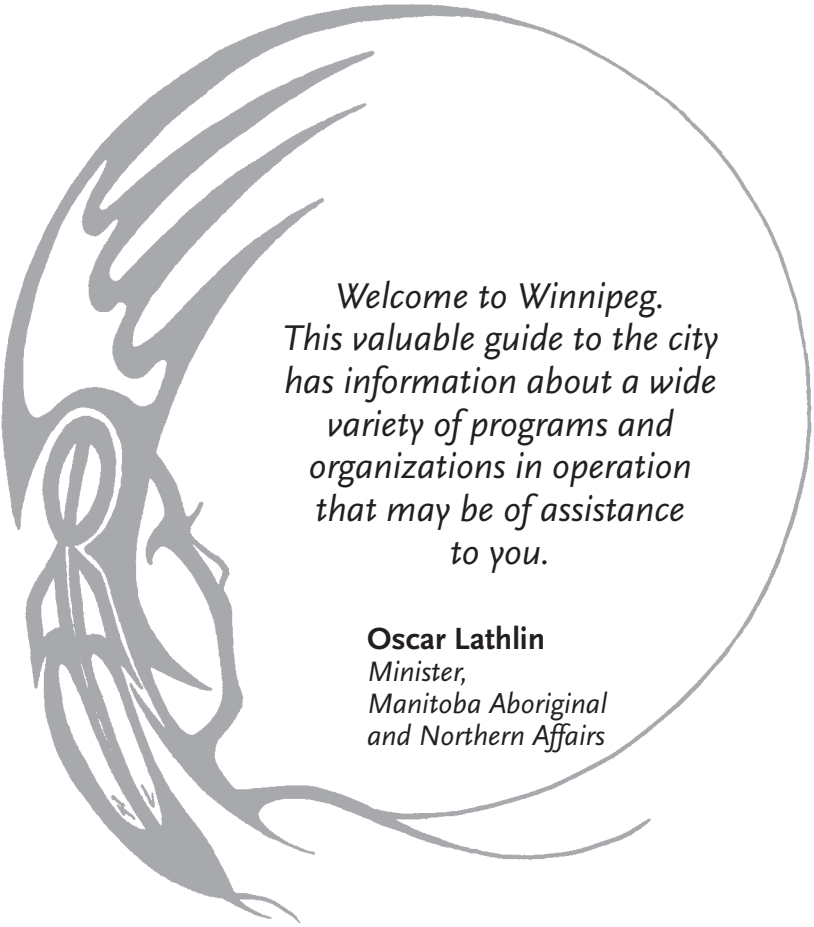
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*Illustrations  
by  
Ralph  
Linklater*





*Welcome to Winnipeg.  
This valuable guide to the city  
has information about a wide  
variety of programs and  
organizations in operation  
that may be of assistance  
to you.*

**Oscar Lathlin**  
*Minister,  
Manitoba Aboriginal  
and Northern Affairs*

# Housing

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## **Dial-a-Life Housing**

A service that provides accommodation for people coming into Winnipeg for Dialysis.

Call 694-9170

## **Rooms / Shared Accommodations**

The least expensive form of housing available is room rentals / shared accommodations. Accommodations such as these are available in private homes, rooming houses and boarding houses. To find this type of housing, look in the newspapers under “Rooms for Rent” or “Shared Accommodations”, in the Home Renters Guide or [www.homebase.ca/cityscape](http://www.homebase.ca/cityscape)

## **Renting a House or Apartment**

The simplest and most direct way of finding rental housing is in the newspaper, which is listed by neighbourhood, or in the Renters Guide, which is available free of charge at a variety of locations such as Mac’s, 7-Eleven, and Safeway. As well, there are Aboriginal subsidized (income based) housing programs in addition to the Manitoba Housing Authority.

Once you do find a suitable place to live, most landlords will ask you to sign a lease. Initial payment is half a month’s rent for a damage deposit in addition to the first month’s rent. A lease can be a month to month arrangement or a 12-month arrangement. This is a binding, legal agreement between you and the landlord and will detail the rights and

responsibilities of both parties. Read it carefully before you sign! Usually you and the landlord will go through the rental property prior to moving in to examine the condition of the property and make a detailed list of any existing damages or repairs needed. This process is also done when you move out. This is very important as you will be charged for any damages not on the list when you move out and the landlord will keep your damage deposit plus any accumulated interest to pay for any damages. If a dispute arises, you should contact the Residential Tenancies Branch at 302-254 Edmonton St., 945-2476.

The Manitoba Housing Authority provides subsidized housing for low income and special needs families and elderly persons. Rental rates are based on 27% of the gross family monthly income and units are available throughout the city. Certain areas have longer waiting lists than others. Units in suburban areas tend to have longer waiting lists. As well, Manitoba Housing Authority offers other programs such as the Homeowner Emergency Loan Program, and the Shelter Allowances for Elderly / Family Renters (SAFFR). This last program is for renters who are not in subsidized housing.

### **Winnipeg Rental Sites**

<http://homebase.ca/main.asp?r=13&s=91>

<http://www.places4rent.com/finder.asp?LOCID=309>

<http://www.rentcanada.com/winnipeg/>

[http://www.apartmentcorner.com/search/apartments/  
ca/Manitoba/Winnipeg/Winnipeg-apartments.asp](http://www.apartmentcorner.com/search/apartments/ca/Manitoba/Winnipeg/Winnipeg-apartments.asp)

[http://www.myidealhome.com/mb/winnipeg\\_  
apartments.html](http://www.myidealhome.com/mb/winnipeg_apartments.html)

<http://www.rayinc.ca>

For information on subsidies and applications visit 102-114 Garry St. or call 945-2197.

**Manitoba Housing**

100-185 Smith St.  
945-4663

**Winnipeg Housing Rehabilitation Corporation**

60 Frances St.  
949-2880

**M.A.P.S.**

757 Henderson Hwy.  
1-800-543-6118  
982-2000

Provides housing based on income to single people and families. Houses are primarily in downtown, central and north end areas.

For information on applying for a shelter allowance for families or the elderly, call the Shelter Allowance Program at 945-2611 or 1-877-587-6224.

**Aboriginal-specific Housing Programs****Kanata Housing**

338-6261

Kanata Housing provides housing to Aboriginal families.

**Kekinan Centre Inc.**

100 Robinson St.  
582-0439

Kekinan Centre provides affordable apartment housing to First Nations Elders, those over the age of 55 and disabled / infirm who are able to live independently. The Centre also raises community awareness of health and social needs and delivery of resources to the aged.





### **Kinew Housing Corporation**

201-424 Logan Ave.

956-5093

Kinew Housing is a non-profit organization providing affordable housing to First Nations families. Rent is 27% of a working family's income, less deductions for dependants, heat and water. If the tenant is on Income Assistance, then the rent charged is the allotted rent allowance.

### **S.A.M. Management**

425 Elgin Ave.

942-0991

Provides affordable housing to Seniors and Aboriginal families.

### **Payuk Inter-Tribal Housing Co-op**

100-500 Balmoral Ave.

942-0991

### **Dakota Ojibway First Nations Housing Authority**

Box 7, 4820 Portage Ave.

985-5377

### **Emergency Shelters and Short Term Housing for Youth**

#### **Ndinwemaaganag Endaawaad**

Short term shelter for youth 11-17. Provides meals, clothing, access to medical assistance.

Call 586-2588 for Safe House

Call 589-5545 for Youth Resource Centre

## **MacDonald Youth Services**

Youth Resource Centre. Short term shelter for youth 12-17. Drop in counselling, clothing and food. Operates 24 hours a day.  
Call 477-1804

## **RaY Housing**

195 Young Street  
Winnipeg, Manitoba

Their program does not provide housing but can help you access emergency and long-term affordable housing for youth up to age 29. Also provides a foodbank for ages 17 and under, every 2 weeks. Directs you to emergency and long-term affordable housing for youth ages 0-29. Food bank for ages 17 and under every 2 weeks. Provides clothing, access to medical assistance, employment/resume help, one on one advocacy and support, workshops including anger management and suicide prevention.

Call 783-5617

## **Utilities and Services**

Most rental housing requires the tenant to pay some or all of the utilities such as heat, water, and electricity in addition to your rent. As a tenant, it is your responsibility to contact the utility agencies for which you are responsible for paying and inform them of your residency. It is not up to your landlord to do this for you. It is a good idea to find out right away what utilities you are responsible for and to contact the appropriate agencies as soon as possible to avoid possible overdue bills / charges.

## Gas

Most apartment rentals do not charge the tenant for the cost of gas, however most private house rentals and Manitoba Housing units have the tenant responsible for the gas bill. Most use Centra Gas, but check with your landlord first or look in the Yellow Pages under “Gas Companies”.

### **Centra Gas (part of Manitoba Hydro)**

444 St. Mary Ave.  
480-5900

## Hydro

Some homes use electric heat, which can be very expensive during the winter months. You may inquire about the Budget Plan and see if this would be a more affordable option for you. In most rental houses and apartments the cost of hydro is the responsibility of the tenant. Contacting the appropriate hydro company once you secure a home is vital if you want electricity once you move in!

If you are a first time customer you may be required to provide a deposit, usually around \$25.

### **Manitoba Hydro**

820 Taylor Ave.  
474-4990

## Water

Unless you are renting a private house, it is unlikely you will be expected to pay the water costs. The cost of water is normally included in the rent.

### **City of Winnipeg Water Department**

510 Main St.  
986-5858

## Telephone

MTS provides residential and business service in Winnipeg. For long distance services there are several competing companies. Applying for service can be done at any Phone Centre and you may rent or buy a phone from MTS or a retail store. Acceptable identification is required to apply for phone service. Acceptable forms of identification include a driver's license, status card or a Manitoba Health Card.

A deposit is usually required and is reimbursed after a few months if you pay your bill on time. Phone Centers are located in Polo Park Shopping Centre, St.Vital Centre, Kildonan Place, and Garden City Shopping Centre. Or you may call 225-5687 for further information.

### **MTS**

Call - MTS (255-5687)  
[www.mts.mb.ca](http://www.mts.mb.ca)

OR

### **Canada Reconnect**

1-800-930-6644  
[www.canadareconnect.com](http://www.canadareconnect.com)

## Cable Television

If you don't watch cable TV, there are four stations that provide programming free of charge. Some rental accommodations include cable in the rent.

If you choose cable call:

### **Shaw Cable**

480-7429 (480 SHAW)  
[www.shaw.ca](http://www.shaw.ca)

OR

### **MTS TV**

941-4545  
[www.mts.mb.ca](http://www.mts.mb.ca)

# Transportation

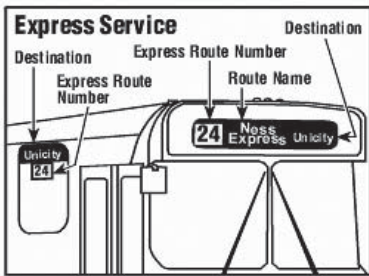
## Winnipeg Transit

(fares will be raised by 5 cents as of January 1, 2009).

Call 986-5700 for route, schedule and fare information or visit the Web site at [www.winnipegtransit.com](http://www.winnipegtransit.com)

### Ride By Route Number

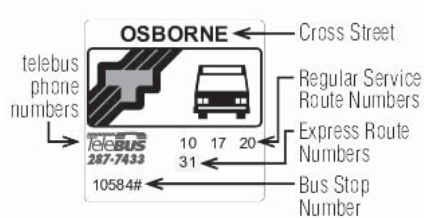
Winnipeg Transit identifies bus routes by a route number, route name and route destination. The route name is usually the major street on which the bus travels. The route destination shows where the bus is going.



### Bus Stop Signs

Bus stop signs show this information:

- The nearest cross street or destination
- The bus stop number
- The Telebus phone number
- The route numbers for stop location



### Tele bus

Each bus stop in Winnipeg shows a five digit bus stop number. When you call Telebus at 287-7433, and enter the five digit number, a recorded message will tell you when the bus will arrive at that bus stop.

You can also find Telebus information in the Winnipeg Yellow Pages directory, Transit Guide, Telebus Directory and maps. Also view the Web site at [www.winnipegtransit.com](http://www.winnipegtransit.com) and click on "navigo" for an individual map.

## Transfers

Ask for a transfer when you pay your fare. Transfers are valid on the date they are issued. They allow you to ride the bus until the expiry time shown on the transfer. This includes a return trip on the same route.

<b>Full Fare</b>	<b>2008</b>
Cash	\$2.25
Tickets (10)	\$19.50
Monthly pass	\$71.25
Superpass (Mon-Sun)	\$19.50
Max 5 (Mon-Fri)	\$17.50

<b>Reduced Fare</b>	<b>2008</b>
Cash	\$1.75
Tickets (10)	\$13.50
Monthly pass	\$48.15
Superpass (Mon-Sun)	\$13.50

### Reduced Fare applies to:

- Youths 6-16
- High School Students 17-21 with GoCard (Photo ID must be shown to operator when boarding)

**Children 5 and under ride free when accompanied by a fare paying adult.**

<b>Senior Fare*</b>	<b>2008</b>
Cash	\$1.75
Tickets	\$9.70
Monthly pass	\$35.65
Superpass (Mon-Sun)	\$9.75

\*Federal Government Blue Card or Transit issued Photo ID must be shown to Operator when boarding.

**Post-Secondary Student**  
Monthly Pass

**2008**  
\$57.00

- Passes and validated ID available at participating Post-Secondary Institutions only.
- Pass and validated Student ID must be shown to Operator when boarding.

## Shopping and Banking

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There are many large supermarkets throughout Winnipeg offering a large selection of food and household items. These large stores offer the most competitive prices and many offer “member discount” cards at no cost. As well, most neighbourhoods have small corner stores but prices are usually higher than the large supermarkets. Many are open seven days a week and some stay open until 11pm or midnight.

Winnipeggers love a bargain and the city has a large selection of second hand stores where you can find everything from baby clothes to a “new” sofa. There are several Value Village and Goodwill outlets throughout the city in addition to many others. Look in the Yellow Pages under “Second Hand Stores”.

In Winnipeg summer is Garage Sale season. Watch the newspaper for sales in your area. Also check for private sales and auctions.

## **Koats for Kids**

Operating between October to January, Koats for Kids provide FREE coats and winter clothing for children and infants. Call 586-5628 for more information.

## **Some Great Stores to Check Out**

### **The Winnipeg Trading Post**

Supplies for craft projects, regalia, hides, tobacco and more. Open 10:30 to 4:00 Monday through Saturday.  
1128 Main St. 947-0513

### **Neechi Foods Community Store**

Specializing in bannock and wild blueberry jams and syrups. Yummy.  
325 Dufferin Ave. 586-5597

### **Bessie's Indian Craft Supplies**

Beads, fur, leather, cloth and needles and much more.  
1562 Arlington St. 582-6962

### **The Up Shoppe**

Provides quality used clothing and accessories at reasonable prices.  
382 Selkirk Ave. 582-3494

### **MCC Thrift Store**

Provides excellent used clothing, furniture, electronics, antiques and toys at reasonable prices.  
511 Selkirk Avenue 586-2527

## **Banking**

There are lots of banks, credit unions and trust companies in Winnipeg. You will need three pieces of identification in order to open an account. Identification such as your Status



card, valid Driver's License, or Manitoba Liquor Control Commission (MLCC) card. Secondary ID to supplement providing one of the above are a credit card, student card, or a bank card from another institution. As well, you will need to provide proof of residency with government letters or any type of bill statement mailed to your current address printed on the letter/statement is sufficient.

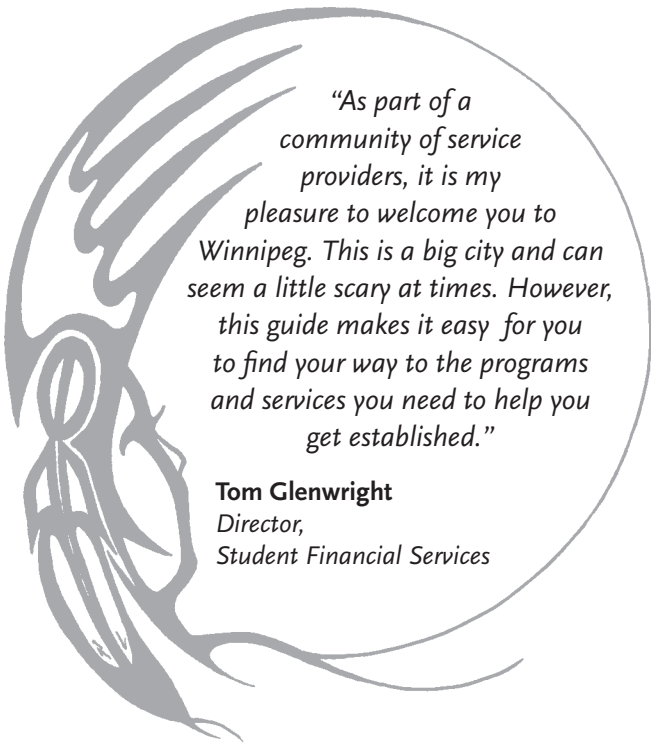
### **Me-Dian Credit Union**

*"Serving Manitoba's Aboriginal Community"*

102-338 Broadway                      943-9111

### **Peace Hills Trust Company**

244 Portage Ave.                      943-8093



*"As part of a community of service providers, it is my pleasure to welcome you to Winnipeg. This is a big city and can seem a little scary at times. However, this guide makes it easy for you to find your way to the programs and services you need to help you get established."*

**Tom Glenwright**

*Director,  
Student Financial Services*

# Health and Safety

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The emergency line for police, fire or ambulance is of course, 911. Please use only in life threatening situations as ambulance rides are very expensive and must be paid for out of your own pocket. For non-emergencies please contact the Police Services Non-Emergency at 986-6222.

If you do not already have a Manitoba Health Services card, it is very important that you register in order to access medical services. You need this card when you see a doctor, go to the hospital or when purchasing prescriptions. To apply, you will need proof of Manitoba residency. Usually a copy of your lease or a bill with your name and current address is enough to prove residency.

## **Manitoba Health**

300 Carlton St.  
786-7101

## **Looking for a Family Doctor?**

Call the **Family Doctor Connection**,  
Monday to Friday, 8:30 to 4:30 pm.  
Phone 786-7111

An up-to-date comprehensive list of Winnipeg family doctors who are accepting new patients. You will be assisted personally and given the names and telephone numbers of family physicians accepting new patients in your area of residence.

There is a 26-page insert in the Winnipeg phone book called A Health Services Directory. This directory has information on ALL health services in the city. This valuable directory can also be accessed on-line at [www.wrha.mb.ca](http://www.wrha.mb.ca). Services

for children, people with disabilities, Moms and Seniors and more as well as a section for Health Services specific to Aboriginal people.

## Health Links

Is a telephone health information line. Call to find out about services available to you.

1-888-315-9257

788-8200 (*extended hours of service*)

### Klinic

Non-emergency help line 784-4070

### Osborne House

Shelter for abused women  
and their children 942-3052

### Ikwe - Widdjiitiwin Inc.

Shelter for abused Aboriginal  
women and their children 987-2780

**Elder Abuse Resource Centre** 945-1884

**Addictions Foundation** 944-6235

**Kids Help Phone** 1-800-668-6868

**Klinic Crisis Line** 1-888-322-3019  
786-8686

**Klinic Sexual Assault Crisis Line** 1-888-292-7565  
786-8631

**Teen Touch** 1-800-563-8336  
783-1116

**MacDonald Youth Resource Centre** 477-1804  
161 Mayfair

### Nine Circles Community Health Centre

This is a community-based, multi-faceted, primary health care centre which provides advocacy, care, treatment and support for people living with, affected by and at risk for HIV/AIDS.

705 Broadway 940-6000

## Crisis Resources

Domestic violence is not tolerated in Winnipeg and Manitoba has a “zero tolerance” policy towards domestic violence which applies to everyone young and old, woman and man. If you or someone you know is being or have been assaulted by their partner, call the police or one of the help lines listed below. See also the section on Family Supports.

## Teen Health Clinics

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### Monday

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**4:30 to 8 pm**

**Klinik, 870 Portage Ave.**

**784-4090**

Drop-in Teen Clinic, STD, HIV & Pregnancy Testing, Birth Control, Morning After Pill, Referrals.

### Tuesday

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**1 to 4 pm**

**Adolescent Clinic**

**Children’s Hospital**

**840 Sherbrook St.**

**787-2401**

General Teen Health,  
Reproductive Health,  
STI Testing, Birth Control  
*(Call for appointment)*

**4 to 7 pm**

**Youville Centre, St. Vital**

**6-845 Dakota St.**

**255-4840**

Drop-in Teen Clinic *(for St. Vital and St. Boniface youth)*

**4 to 8 pm**

**Elmwood Teen Clinic**

**Elmwood High**

**505 Chalmers Ave.**

Drop-in or Appointment  
*(for youth living in area)*

**12noon to 4 pm**

**R.B. Russell High School**

**364 Dufferin Ave.**

Drop-in Teen Clinic  
*(for R.B. Russell students)*

## Wednesday

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**4 to 5:30 pm**  
**Nor'West Co-op**  
**103-61 Tyndall Ave.**  
**940-2020**

Drop-in Teen Clinic, STI, HIV  
& Pregnancy Testing, Birth  
Control, Morning After Pill,  
Referrals

**2:30 to 6 pm**  
**St. John's High School**  
**401 Church Avenue**  
*(for St. John's students)*

## Thursday

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**3:30 to 8 pm**  
**Women's Health Clinic**  
**3rd floor, 419 Graham Ave.**  
**947-1517**

Drop-in Teen Clinic, (*Focus  
on girls, but boys welcome!*)  
STI, HIV & Pregnancy Testing,  
Birth Control, Morning After  
Pill, Referrals

## Friday

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**1 to 4 pm**  
**Adolescent Clinic - Children's Hospital**  
**840 Sherbrook St.**  
**787-2401**

General Teen Health, Reproductive Health, STI Testing,  
Birth Control. (*Call for appointment*)

## Saturday

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**Noon to 4 pm**  
**Mount Carmel Clinic, 886 Main St.**  
**582-2311**

Drop-in Health Care, Birth Control, STI, HIV &  
Pregnancy Testing, Morning After Pill, Referrals  
(*Closed Long Weekends*)

### **The Sexuality Education Resource Centre (SERC)**

Call for a listing of Teen Health Clinics held in your neighbourhood or visit their website at [www.serc.mb.ca](http://www.serc.mb.ca)  
2nd Floor, 555 Broadway Ave.  
Winnipeg, MB R3C 0W4  
Phone: (204) 982-7800  
Email: [info@serc.mb.ca](mailto:info@serc.mb.ca)

### **The Facts Of Life Line (operated by SERC)**

The Facts of Life Line is an information and referral service. It is province-wide, toll-free, confidential, anonymous, accurate and non-judgmental. Our trained staff and volunteers are available Tuesday and Thursday, from noon to 4:00 p.m.  
In Winnipeg: 947-9222  
Toll Free: 1-800-432-1957  
email: [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca)

### **Aboriginal Health and Wellness Centre of Winnipeg Inc.**

215-181 Higgins Ave.  
925-3700  
Provides programs in primary care, community development, and outreach and education. They also offer access to Traditional Healers. Programs offered are as follows:

### **Abinotci Mino-Ayawin (Children's Healing)**

Provides family and one on one support in providing a healthy environment for Aboriginal families with children 6 years of age and under through such services as sharing circles, Native parenting programs, nutrition classes, and access to Elders and Traditional Healers.

### **Healthy Child Program**

To attain and maintain a healthy balance in the lives of Winnipeg's Aboriginal children through a health and wellness program based on the Medicine Wheel. This program offers assessments, immunizations, teaching, health promotion, developmental testing and counselling to name just a few.

### **Head Start Program**

A pre-school program for Aboriginal children aged 3 to 5 years to promote nutritional and educational needs, to prepare children for entry into school and promote self-esteem and a love of learning.

### **Fetal Alcohol Syndrome / Effects Prevention Program**

Offers contemporary and traditional approaches to support Aboriginal women who are using alcohol during their current pregnancy or who have a history of alcohol use in past pregnancies. The program offers support in alcohol / drug issues and assistance in getting treatment, access to prenatal and infant care, concerns around child custody and welfare issues, safety issues and access to traditional resources.

### **Other programs available include:**

- Healthy Women's Program
- Prenatal Program
- Women's Healing Program
- Men's Healing and Wellness Program

# Getting Started on Computers

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Nowadays computer skills are often a 'must' when looking for a job. There are several organizations that offer computer classes for free, or for a very minimal charge. So if you're looking to get started in your computer training or brush up on skills you already have, check out the following computer sites.

## **Osborne Village Resource Centre**

107 1/2 Osborne St.

989-6503

Fax: 477-0903

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

Free public access to computers for self-directed job search.

Computer training for a very small charge:

- Introduction to Personal Computers
- Basic Microsoft Word
- Basic Microsoft Excel
- Basic Internet and Email
- One-on-one tutoring

## **Neeginan Institute**

421-181 Higgins Avenue

989-8860

FREE computer training for aboriginal adults

- 5-day course
- Receive a free computer at the end of course
- Small and large group instruction



## **Wii Chiiwaakanak Learning Centre**

509-511 Ellice Avenue

789-1431

FREE computer training for anyone

- Computer Workshops
- Computer Basics
- Monday Evenings
- Microsoft Word, Excel, PowerPoint
- Receive a certificate at the end of training

## **Opportunities for Employment**

2nd floor-352 Donald Street

925-3490

Computer Literacy Program

- Available FREE minimal criteria may apply

## **Power UP Computer Course**

103-150 Henry Avenue

Louis Riel Inst. 984-9480

Provides FREE computer training for all women

- Provides basic knowledge of computers
- FREE to all women in need of basic computer skills
- Upgrade women's skills for employment

## **BUILT Network**

Suite 403-83 Garry Street

942-7459

Customer Service Representative Program

FREE computer course for people with a mental disability

- Open to anyone Computer courses start every 8 weeks
- Read and write English
- 18 years or over

# Employment and Training Services

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## Centre for Aboriginal Human Resources Development Inc. (CAHRD)

304- 181 Higgins Ave.

989-7110

[www.cahrd.org](http://www.cahrd.org)

CAHRD has been providing quality education, training and employment services to the Aboriginal (Status, Non-status, Metis and Inuit) people of Winnipeg for over 30 years.

### **Employment** services include:

- *Staffing Solutions* delivers job placement services for Aboriginal graduates of High School, College, University or Specialized training.  
989-7122
- *Central Services Employment* services for all Aboriginal people of any age.
- *Employment Services for Aboriginal People with Disabilities*

For more info and/or to register for an orientation session call 989-7110.

**Education** services include High School Diploma from the Aboriginal Community Campus, Upgrading and Literacy Programming.

**Training** services include in-house training through the Neeginan Institute of Applied Technology, as well as referrals to community programs. CAHRD training programs are done in partnership with industry, business, and training & education institutions. Some program partners are the Industrial Training Centre (Welding, Sheet Metal, Industrial Spray Painting), Manitoba Aerospace, Canadian Manufacturers and Exporters Association and Manitoba Apprenticeship (Carpentry and Cabinet Making). Introduction to computer technology (software and hardware) and the internet are also available at the Cyber Centre.

### **Urban Circle Training Centre**

519 Selkirk Ave.

589-4433

[www.urbancircletraining.com](http://www.urbancircletraining.com)

Offers a culturally relevant, intensive life skills program coupled with training in the following areas:

1. Adult Basic Education
2. Adult Employment & Education
3. Family Support Worker Program
4. Health Care Aide – Mature Grade XII
5. Health Care Aide/Health Unit Clerk

### **Ka Ni Kanichihk**

455 McDermot Avenue

953-5920

“Ka Ni Kanichihk provides Aboriginal programs and services that focus on wholeness and wellness and that build on the strengths and resilience of Aboriginal Peoples.”

### **Training Programs**

- The Self Employment Program for Aboriginal Women
- Information and Office Administrative Assistant Program 12 month microcomputer application training program.
- Life Skills Coach Training

### **Other Programs and Activities/Resources**

- Aboriginal Women Responding to the AIDS Crisis
- Aboriginal Women and Smoking Cessation: Protecting the Sacred Breath of Our Children
- Family Court Diversion Research Project
- Aboriginal and Immigrant People's Experiences with Health and Health Care in Winnipeg Research Project
- United Against Racism/Aboriginal Youth Circle
- Restoring the Sacred-Youth Mentorship Program
- Aboriginal Mother Centre- for women in the community
- At Our Relatives-specialized foster care program for "sexually exploited youth"

### **Manitoba Metis Federation Inc. (MMF)**

150 Henry Ave.

586-8474

[www.manitobametisfederation.com](http://www.manitobametisfederation.com)

Department of Human Resource Development and Training has job postings and offers training programs and funding for other approved training or education.

## **Y.E.S. (Youth Employment Services)**

614 - 294 Portage Ave.

987-8661

[www.youthemploymentservices.com](http://www.youthemploymentservices.com)

YES provides free employment counselling services, information and referrals, job search workshops and an employment resource centre for people 16-29 years of age.

## **Opportunities for Employment**

352 Donald St., 2nd Floor

925-3490

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

Offers a variety of free employment readiness training programs and job placement Services for EI, EIA clients as well as clients who are unemployed or underemployed. Some programs offered are PC technician, forklift/Warehouse/air tools training, office/computer skills as well as first air/CPR Training.

## **Job Solution**

400-491 Portage Ave.

786-7051

[www.newdirections.mb.ca](http://www.newdirections.mb.ca)

Program offered by New Directions intended for people on Income Assistance. It provides pre-employment workshops, training and job placements.

## **Elmwood Community Resource Centre-Elmwood Youth Employment Experience Project**

Program focusing on youth aged 16-30 who are unemployed, not receiving EI benefits, not attending school but seeking life skills for acquiring and retaining a job.

Please call: Carissa Neufeld @ 982-1720

### **P.E.P.**

#### **Personalized Employment Preparation**

929 Main St.

982-4948

This program through the Winnipeg Boys and Girls Club, assists youth 16-29 to prepare for and find employment.

### **P.A.T.H. Centre**

627 Selkirk Ave.

927-2300

Email: [pathnecr@mts.net](mailto:pathnecr@mts.net)

[www.pathcentre.org](http://www.pathcentre.org)

*Planning Alternative Tomorrows with Hope.*

Providing career counselling, resume writing and personal development support.

### **Apprenticeship Training**

1010-401 York Ave.

945-3337

1-800-282-8069

[www.gov.mb.ca/tradecareers](http://www.gov.mb.ca/tradecareers)

If you are interested in becoming a certified trades person, look into the 'learn and earn' potential of becoming an apprentice.

## **Human Resource Centres of Canada and Manitoba Employment Centres**

Provide faxing, photocopying of resumés and public access computers for resumé writing. This is also where you apply for your Social Insurance Number and Employment Insurance benefits.

From May until August, the Student/Youth Human Resource Centres are also open at these locations:

- 391 York Ave.
- 1031 Autumnwood Dr.
- 3338 Portage Ave.
- 1122 Henderson Hwy.
- 510 Selkirk Avenue

For information on services available through **Human Resource Centres of Canada** visit [www.hrsdc-rhdcc.gc.ca](http://www.hrsdc-rhdcc.gc.ca) or call 1 800 O CANADA.

For information on **Manitoba Employment Centres** and other government programs visit [www.edu.gov.mb.ca](http://www.edu.gov.mb.ca) or call 945-8341.

## Temporary Job Placement Offices

Check the Yellow Pages under **Employment – Employment Contractors, Temporary**. There are several agencies that offer temporary employment in a wide range of fields.

If you have access to the Internet here are some good places to start for Manitoba - specific opportunities:

### **[www.mb.workinfont.ca](http://www.mb.workinfont.ca)**

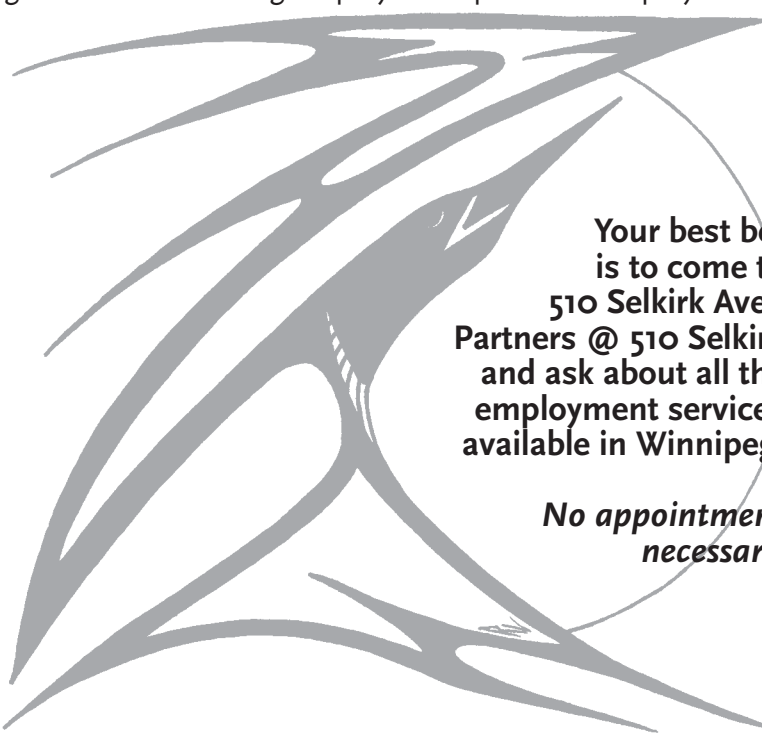
Workinfont also has a page listing all employment service providers in Manitoba.

### **[www.mb4youth.ca](http://www.mb4youth.ca)**

Another great web-site connecting youth to services and programs offered by the government of Manitoba.

### **[www.jobbank.gc.ca](http://www.jobbank.gc.ca)**

A great web-site linking employers to potential employees.



**Your best bet  
is to come to  
510 Selkirk Ave -  
Partners @ 510 Selkirk  
and ask about all the  
employment services  
available in Winnipeg.**

***No appointment  
necessary.***



# Pre-school, Elementary, K-12 and Post-Secondary Education

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For a list of all Winnipeg schools, grades offered and location, visit [www.edu.gov.mb.ca/ks4/schools](http://www.edu.gov.mb.ca/ks4/schools)

## **Little Red Spirit Head Start Program**

185 Young St.  
783-8116

## **Aboriginal Head Start Program**

215 - 181 Higgins Avenue  
925-1201

## **Oshki-Majahitowiin**

220 Andrews St.  
982-4980

## **Four Feathers Inc. Head Start Program**

45B Gilbert Avenue  
982-4425

## **Niji Mahkwa School (*Kindergarten to Grade 8*)**

450 Flora Ave.  
589-6742

[www.wsd1.org/nijimahkwa](http://www.wsd1.org/nijimahkwa)

An elementary program complementary to programming at Children of the Earth.

## Children of the Earth High School (*Senior 1 to 4*)

100 Salter St.

589-6383

[www.wsd1.org/cote](http://www.wsd1.org/cote)

Cultural teachings integrated with the standard high school curriculum. Students participate in Medicine Wheel teachings, pipe ceremonies and a grand council. Staff is predominately Aboriginal.



***“Welcome to Winnipeg!***

*You will soon discover  
that our city is not too big,  
not too small but just the right size  
with so many fun things to do and  
people who genuinely care about  
helping you feel at home.”*

**Christine Pierre**  
*Recruitment Officer  
University of Manitoba,  
Enrolment Services*

# Alternative/Transitional High Schools

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## **Songide'ewin**

484 Selkirk Ave.

582-4577

An alternative high school program for 14–21 year olds which seeks to offer academic achievement based on individual needs, abilities, personal goals and commitment.

## **Ndinawe Youth Transitional School**

586-2588

A transitional school program offering free training for high school for students aged 12-21 who are not registered for school (suspended, waiting to be registered, or out of school for any reason).

## **Fresh Start**

330 Ellice St.

783-6806 or 774-5401

An education and job training program for young Aboriginal adults aged 19-29.

## **Rising Sun**

Elgin House

429 Elgin Avenue

942-0694

An alternative program providing First Nation and Métis students, between the ages of 15-20 years old, an opportunity to gain their grade 12 diploma in a small group setting.

## Adult Learning Centres (ALCs)

If you are an adult thinking about completing your High School education, Adult Learning Centres are ready to meet your needs. Located throughout Winnipeg - call the organizations below for more information.

<b>Aboriginal Community Campus</b> 403-181 Higgins Ave.	989-8860
<b>Adult Education Centre (AEC) Inc.</b> 1240 Main St.	953-0818
<b>Crossroads Learning Centre Inc.</b> Unit H - 2211 McPhillips St.	953-2030
<b>Faith Learning Centre</b> 220 Pritchard Ave.	586-1416
<b>Horizons Learning Centres</b> Lower Level, 222 Furby St.	772-1234
<b>JobWORKS Adult Learning Centre</b> 1175 Pembina Hwy.	453-8351
<b>Louis Riel Institute Adult Learning Centre</b> 103-150 Henry Ave.	984-9480
<b>McLeod Adult Learning Centre</b> 530 McLeod Ave.	667-6193
<b>Red River College Adult Learning Centre</b> 400-123 Main St.	945-0345
<b>St. Norbert Adult Education Centre</b> Box 250, 35H ave, de la Digue	261-3312
<b>St. Vital Adult Education Centre</b> 533 A St. Anne's Rd.	254-1618
<b>Seven Oaks Adult Learning Centre</b> 2nd floor, Maples Collegiate 1330 jefferson Ave.	632-1716

<b>Stevenson-Britannia Adult Literacy Program Inc.</b> 1 Braintree Cresc.	837-3521
<b>Transcona Community Learning Centre</b> 130 Regent Ave. East	958-9297
<b>UFCW Training Centre</b> 2nd Floor – 880 Portage Ave.	775-8329
<b>Urban Circle Training Centre Inc.</b> 519 Serlkirk Ave.	589-4433
<b>Winnipeg Adult Education Centre - Off Campus</b> 310 Vaughan St.	947-1674
<b>Yellowquill College Inc.</b> 340 Assiniboine Ave.	953-2800

## **Manitoba Student Aid**

401-1181 Portage Avenue  
945-6321; toll free 1-800-204-1685  
[www.manitobastudentaid.ca](http://www.manitobastudentaid.ca)

Manitoba Student Aid administers several programs to assist Aboriginal and northern students with the cost of post-secondary education. You may be eligible for loans, grants and bursaries, even if you have other sources of funding. Loans will need to be paid back while bursaries and scholarships do not need to be paid back.

In the long run, the lower the amount of your student loans the better. So make sure you take advantage of all other sources of funding before considering student loans.

If you have moving costs to relocate from a northern community, you can request assistance to cover those costs.

Full-time students:

- Prince of Wales/Princess Anne Awards
- Canada Student Loan (CSL)
- Manitoba Student Loan (MSL)
- You may be eligible for Aboriginal, disability or low-income bursaries

Part-time students:

Part-time students may also be eligible for loans and bursaries

For information on other funding sources please visit us our office or contact Rick Lavalley at 945-6339.



# University of Manitoba

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Manitoba's largest university, located in suburban Fort Garry, offers many excellent programs and supports to Aboriginal students. The University has over 2000 Aboriginal students enrolled. The following is a list of Aboriginal programs offered, but we recommend that your first step in exploring opportunities at the U of M is to call one of our Recruitment Officers:

**Jennifer Wood** (204-474-9983) or (204-474-8929)

**Aboriginal Student Centre (ASC)** 474-8850  
Provides academic, social, personal, and cultural supports to Aboriginal students at the U of M. The ASC has an Elder-in-residence and an Aboriginal Students Association. It hosts the Elders Gathering, the Graduation PowWow, and many social, cultural, and recreational events throughout the year.

**University of Manitoba ACCESS Programs (UMAP)** 474-8000  
These programs provide supports to students who would not normally be able to pursue post-secondary education due to economic, geographic, or social restrictions. Supports include: personal & academic counseling, tutors, and limited financial supports. The program supports students seeking a degree in any program.  
[www.umanitoba.ca/coned/access](http://www.umanitoba.ca/coned/access)

**Health Careers Access Programs (HCAP)** 474-8000  
For Aboriginal students pursuing careers in medicine, dentistry, dental hygiene, pharmacy, and medical rehabilitation.

**Engineering Access Program (ENGAP)** 474-9872  
For Aboriginal students pursuing careers in engineering.

**Education Access Program (EAP)** 474-6638  
For Aboriginal students pursuing a career in teaching.

**Inner City Social Work Program (ICSWP)** 668-8160  
For students pursuing a career in social work. Newly located at 485 Selkirk Avenue.

**Department of Native Studies** 474-9266  
This department in the Faculty of Arts offers degree programs at the undergraduate and graduate levels. Cree and Ojibway language courses are offered as well.

**Aboriginal Business Education Program (ABEP)** 474-7401  
Support program for students pursuing careers in the business field. Supports include tutors, bursaries, and summer internships.

**Aboriginal Focus Programs (AFP)** 982-4233  
These diploma and certificate programs are offered through extended Education and are intended for adult learners who wish to develop themselves further.

*Diplomas:* Community Wellness, Environmental Stewardship and Aboriginal CFS

*Certificates:* Counselling Skills, Child Sexual Abuse intervention and Treatment and Special Education and Educational Assistant



*Seminars:* Indigenous Knowledge seminars,  
Nametwaawin Video Workshop  
Transition Year and Support Programs: Health Careers  
Transition Year, Children of the Earth Transition Year,  
Basic University Skills and Tutorial Support Program

Located in the Aboriginal Education Centre on Place  
Promenade (behind Portage Place).

# University of Winnipeg

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Located in downtown Winnipeg, the campus offers a small, close knit community of students and professors. The environment is warm and friendly and the small size of the campus enables students and professors to communicate and get to know one another. The University offers courses with Aboriginal content in many departments such as Anthropology, History, and Political Science to name just a few. In addition, they also offer language courses in Cree and Ojibway. To enhance the Aboriginal students' experience the University offers several supports.

- Visiting Elders Program
- Aboriginal Student Advisor
- First Nations Student Council
- Aboriginal Students Lounge
- Aboriginal Initiatives Committee
- Red Roots: Theatre in Residence

For more information contact:

**Andrea McCluskey**, *Aboriginal Academic Advisor*

786-9865

Email: [a.mccluskey@uwinnipeg.ca](mailto:a.mccluskey@uwinnipeg.ca)

*Transition Year Program Coordinator*  
786-9983  
Email: i.krenn@uwinnipeg.ca

**Jeff Booth**, *Aboriginal Liaison Officer*  
786-9922  
Email: j.booth@uwinnipeg.ca

**Aboriginal Educational Assistant Diploma Program**

Course and workshops that provide students with the knowledge and skills needed to work as educational assistants in the school system. Cultural components, career counselling and a school placement practicum are included in the course curriculum as well. Please contact:

**University of Winnipeg**

The Division of Continuing Education  
294 William Ave.  
982-6633



# Red River College

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## **Aboriginal Student Support Centre & Community Relations**

The *Aboriginal Student Support Centre (ASSC)* offers support services to prospective and current students of Aboriginal ancestry (Métis, Inuit, First Nations, Non-Status). The Centre is a place where students can feel comfortable in an environment and atmosphere that is a home away from home with facilities that offer everything from a computer lab, kitchen, lounge, phone area to exciting events held each week in the conference area. While at the college, students need to feel that they have a place to come where any question is a valid inquiry and when you need someone to talk to; there is always someone ready to listen.

The *Aboriginal Student Support* team will also assist students in finding their way around the campus and to know where and how to access all college supports and services. Current programs and events include:

- Elders in Residence: book an appointment , drop by for a visit or attend various weekly cultural teaching sessions
- Personal Counselling Services: discuss the adjustment to a post-secondary institution, financial management, or any matter of concern
- Academic advising: available to assist students with program planning, registration, interpretation of academic policies and procedures, and curriculum requirements
- Weekly events: guest speakers, student feasts, traditional teachings, Industry presentations, movies, arts and crafts
- Information about Aboriginal awards, bursaries and scholarships

- Student programs include internships, mentorship's, tours, sample sessions of various academic programs around the college, employment opportunities, time out from studies by attending free events around the city and welcome circles for Inuit students from Nunavut
- Aboriginal Student volunteer group called the R-Crew (Resource Crew)

For more information, please contact:

**Aboriginal Student Support & Community Relations**

Angie Hutchinson, Team Communicator

Room 214, Building F

204-632-3773

ahutchinson@rrc.mb.ca

## **Red River College Programs:**

### **Aboriginal Language Specialist**

Interpreting and translating provides an opportunity to bring together cultures and communities by facilitating communication. If you have a strong working knowledge of Cree or Ojibwe, this program will provide you with the translating and interpreting skills to be successful

### **Aboriginal Self-Government Administration**

Make a difference in your community-realize your potential in the planning of Aboriginal Self-Government by gaining knowledge of present political systems and existing/traditional model of self-government. You will learn skills in administration, finance, management, and policy analysis.

### **Introduction to Trades**

The program introduces Aboriginal student to and prepare them for entry into existing RRC trades programs.

### **Information and Office Administration**

The program provides Aboriginal students with training in computer software applications, business and economics, introductory accounting, office administration, communication skills for business, research, reporting, and presenting.

### **Biindigen College Studies**

The program assists Aboriginal students to achieve the appropriate prerequisites and skills to transfer into other College programs of their choice.

### **ACCESS Model Programs**

The ACCESS Model Program provides admission to specific Red River College programs for low-income residents of Manitoba who have not had the opportunity to participate or succeed in a college education because of social, economic, or cultural factors, formal education, or geographical location (inaccessibility to post-secondary institutions).

### **ACCESS Southern Nursing**

The program prepares students with the academic and developmental skills necessary to enter the Joint Baccalaureate (JBN) program.

### **ACCESS Business Administration Integrated**

The program provides a broad business background so that the graduate may choose a career from a variety of job opportunities in the business community.

### **ACCESS Civil/CAD Technology**

The program is designed for Aboriginal applicants who do not meet the regular admission requirements of the Civil/CAD technology program or who choose to take it over a longer period of time.

# **Yellowquill College**

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Manitoba's original First Nation-controlled College offers such courses as

- First Nation Governance Diploma Program
- Certified Aboriginal Financial Manager
- Administrative Assistant Certificate Program

For information on these and other courses contact:

### **Yellowquill College**

340 Assiniboine Ave.

953-2800

Fax: 953-2810

Email: [administration@yellowquillcollege.ca](mailto:administration@yellowquillcollege.ca)

[www.yellowquillcollege.mb.ca](http://www.yellowquillcollege.mb.ca)

# Inner City Campus

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Offers the Inner City Social Work Program and Aboriginal Child Welfare Initiative Bachelor of Social Work Program and Bachelor of Education ACCESS programs to Aboriginal residents of the Inner City of Winnipeg.

## **Inner City Campus / Bill Norrie Centre**

Offers the Inner City Bachelor of Social Work Program and Bachelor of Education ACCESS programs to Aboriginal residents of the City of Winnipeg;  
Inner-city Campus/William Norrie Centre  
485 Selkirk Ave  
Telephone: 668-8160 ext 50  
Email: [icswp@umanitoba.ca](mailto:icswp@umanitoba.ca)  
[www.umainitoba.ca/faculties/social\\_work/wec](http://www.umainitoba.ca/faculties/social_work/wec)

# Income Support Services

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There are a variety of government income supports available with varying eligibility criteria. Please contact the service or program directly to determine if you qualify.

## **Employment and Income Assistance**

General Information line: 948-4000

[www.gov.mb.ca/fs/assistance/eai.html](http://www.gov.mb.ca/fs/assistance/eai.html)

A program of last resort to provide basic needs to those unable to support themselves. Applicants must attend an orientation session prior to meeting with a worker to determine assistance eligibility.

## **EIA Job Centre**

206-111 Rorie Street

Employment and Income Assistance operates a Job Centre at 111 Rorie St. It is available to people who are financially eligible and are looking for work. In order to attend they must first register by calling 948-4000 or go to the front desk of 111 Rorie St.

## **Social Assistance Appeal Board**

7th floor, 175 Hargrave St.

1-800-282-8069

945-3003 or 945-3005

An independent appeal board for decisions regarding provincial and municipal social assistance and other programs offered by Family Services.

## **Manitoba Child Benefit**

### **Manitoba Family Services**

Killarney, MB

1-800-563-8793

The Manitoba Child Benefit (MCB) provides monthly benefits to low-income Manitoba families needing assistance with the cost of raising children.

You may be eligible if:

- you reside in Manitoba;
- you have dependent children under the age of 18;
- your Manitoba Health card lists your dependent children;
- you receive Canada Child Tax Benefit payments for your dependent child(ren);
- your total family income is below a specific level.



## **Child Tax Benefit**

### **Canada Revenue Agency**

325 Broadway

1-800-387-1193 or visit [www.cra-arc.gc.ca/menu/html](http://www.cra-arc.gc.ca/menu/html)

A Federal government program providing monthly payments to assist in the cost of raising children up to the age of 18. Benefits are paid to the child's primary caregiver who must reside with the child. To receive the benefit, you and your spouse, if applicable, must file an income tax return.

## **Shelter Allowances for Family Renters Program**

### **Manitoba Housing Authority**

Room 102-114 Garry St.

945-2197

The SAFFR program is to assist low income families with dependent children with their rent costs if they are renting from the private market. Families in subsidized housing or on Income Assistance are not eligible. Benefits are payable monthly to a maximum of \$200.00.

## **Healthy Baby Prenatal and Community Support Program**

945-1301

Toll free 1-888-848-0140

This program assists income-eligible pregnant women with a monthly cheque to meet their extra nutritional needs. It also offers community based programs and provides information to pregnant and new mothers on pregnancy, child development and healthy eating.

# Family Support Services

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Winnipeg has a wide variety of family support services and organizations ranging from cultural, health to adolescent parent programs. The following is a small sample of services available. For more information, come down to the Murdo Scribe Centre, Partners @ 510 Selkirk Ave.

## **Connect 2 Community Voicemail**

The Connect 2 Voicemail box service lets you have a FREE phone answering service even if you don't have a telephone. To get your messages, you can use the phone of a friend or relative. Also, many agencies, businesses and churches have phones you can use for free. Your pass code keeps your messages confidential.

To receive your free mailbox you will have to go to connect with an agency that will help you set up your voice mailbox. For a list of partner agencies come to Partners @ 510 Selkirk Avenue.

## **The West Central Women's Resource Centre**

583 Ellice Ave. (lower level)

774-8975

The Centre provides advocacy and information to community women, provides recreational and skills development opportunities, operates the Community Cupboard, holds craft programs with free access to sewing machines, sharing circles and much more.

## **First Steps to Employment Project**

This is a program for adults between the ages of 30-50 who live alone, are willing to volunteer for one of our centres. You must also be willing to participate in counselling for personal growth. You receive a furnished apartment but must be referred by a worker or agency (Ma Mawi, AFM, Pritchard House, Native Women's Transition Centre etc.)

For more information call Susan Currie@ 942-8682.

## **Youth Fathering Group**

Sponsored by the Spence Neighbourhood Association, this group is for dads between 14 and 21 who have a desire to build parenting skills. Call 783-5000 for a schedule of meeting times.

## **Neah Kee Papa: Every Child Deserves a Father**

150 Henry Ave., 3rd Floor  
586-8474 ext. 305

A parenting program developed by the Manitoba Metis Federation Child and Family Support Services. The goal of this program is to increase the active involvement of young fathers in the lives of their children and to support the healthy development of children.

## **Better Fathering**

A series of 8 workshops for men in a fathering role who want to increase their fathering skills and involvement with their children.

Call 782-7987 or email [better\\_fathering@mts.net](mailto:better_fathering@mts.net) or [lcoelho@gov.mb.ca](mailto:lcoelho@gov.mb.ca) for more information.

## **Ma Mawi Wi Chi Itata Centre Inc.**

94 McGregor St. 925-0300

318 Anderson Ave. 925-0349

743 Ellice Ave. 925-0348

The name means “We all work together to help one another.” The Ma Mawi Wi Chi Itata Centre provides supports and resources for Aboriginal children and families within the city of Winnipeg. Some programs offered are: parent support groups, family violence, homemaking services, child development and nutrition and the W.I.N. program.

### **Adolescent Parent Support Project**

330 Blake Street ‘H’ Block

925-0320

### **Circle of Care**

610 Spence St.

925-4477

### **Honouring the Spirit of Our Little Sisters**

Mentor a “little sister” (7-18)

Call Candace Penner 988-9204

### **Healthy Baby Winnipeg Community Support Programs**

The Healthy baby program helps new mothers learn more about pregnancy, health, nutrition and your baby’s development. They offer cooking activities, bonding with your baby, milk coupons, bus tickets, and parenting tips.

For more information about programming, or to be referred to a program near you **within the city** call 945-1301 for more information.

For community support programs in **First Nation Communities**, please call (204) 983-4199 for more information.

## **Indian Family Centre**

470 Selkirk Ave.

586-8393

The Indian Family Centre is dedicated to the development and maintenance of the Aboriginal community in a spiritual and social way. They have a multipurpose room and kitchen facilities as well as pastoral services, sharing circles, worship/healing circles and seasonal ceremonies with Anishinaabe and Christian traditions.

## **Rossbrook House**

658 Ross Ave.

949-4090 / 949-4093

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

Rossbrook house is a highly regarded inner city drop in centre for youth aged 5 to 24. It is open Monday to Thursday from 7:30am to midnight, Friday and Saturday 24 hours and Sunday as well if Monday is a holiday. During Christmas, spring and summer school holidays the centre is open 24 hours daily. There are educational, cultural, recreational, social and employment opportunities available for all ages.

## **NorthEnd Stella Community Ministry**

470 Stella Avenue

586-8137

The Northend Stella Community Ministry is committed to helping others and does so through their centre. They offer a babysitting/respice/daycare program offering a break to parents who need a few hours to shop or keep appointments, monthly suppers for families, a family camp, the Connect 2 Voicemail program, monthly fun nights, summer day camping, income tax preparation, as well as an elder in residence.

## **North End Women's Resource Centre**

394 Selkirk Ave.

589-7347

[www.weblife2000.com/newc](http://www.weblife2000.com/newc)

The centre's mandate is to assist women in gaining control over their lives. They offer parenting programs, anger management, grief and healing programs, referral services, information sessions and operate the 'Opportunity Shop' selling quality used clothing and housewares.

## **Indian and Métis Friendship Centre**

45 Robinson St.

586-8441

Recreational and social activities, bingo, hall rentals, and community information.

## **Métis Cultural Resource and Activity Centre**

504-63 Albert St.

956-7767

[www.metisresourcecentre.mb.ca](http://www.metisresourcecentre.mb.ca)

Provides cultural, educational and social programming for Métis peoples and others interested in Métis culture and history.

## **Aboriginal Law Centre**

416-294 Portage Ave.

985-5230

This is a branch of Legal Aid Manitoba with a staff of two lawyers. They can provide service in Cree and Ojibwe and handle criminal and family cases with a focus on mediation and diversion from the court system in accordance with Aboriginal concepts of justice.

## **Andrews Street Family Centre**

220 Andrews St.

589-1721

Family and neighbourhood support centre offering a wide range of programs such as parenting classes, homework tutoring program, drop-in centre, Head Start program, food co-op, support group for residential school attendees, girls club and community kitchen. For more information on these programs or other available programs contact the centre.

## **Winnipeg Boys and Girls Club**

929 Main St.

982-4940

[www.wbgc.mb.ca](http://www.wbgc.mb.ca)

The mission of the Winnipeg Boys and Girls Club is to offer children and youth of diverse social and cultural backgrounds a safe and challenging environment and the opportunities necessary to acquire skills which will enable them to realize their potential. Boys and Girls clubs operate throughout Winnipeg. Phone for a great program near you.

## **Wolseley Family Place**

691 Wolseley Ave.

788 8052

[wfp@mts.net](mailto:wfp@mts.net)

[www.wolseleyfamilyplace.com](http://www.wolseleyfamilyplace.com)

Wolseley Family Place is a drop-in centre for families. You can choose from the many classes on parenting, lifeskills and/or just meet friends and make connections to the community.

## **Broadway Neighbourhood Centre**

185 Young St.

772-9253

The Broadway Neighbourhood Centre provides a number of recreational, social, health, education and training programs and services to all ages.

## **Winnipeg Harvest**

1085 Winnipeg St.

982-3663

Crisis Food Line: 982-3660

[www.winnipegharvest.org](http://www.winnipegharvest.org)

This is Winnipeg's food bank for people who need emergency food services. Please call a day ahead of time in order for Winnipeg Harvest to collect the required food. You may also inquire about food banks in your area and make an appointment to attend. You may be requested to show a Manitoba Health card indicating the number of children in the family.

## **Christmas Cheer Board**

669-5369

Provides food hampers to low income families or single people and gifts for children at Christmas. The Cheer Board usually starts taking names in early November.

## **Native Women's Transition Centre**

105 Aikins St.

989-8240

[www.angelfire.com/ok/nativewomen](http://www.angelfire.com/ok/nativewomen)

This is a long-term safe house for Native women and their children who have been victimized and who desire to make positive lifestyle changes. The Centre provides culturally appropriate programs and resources in a residential setting.



## **New Directions for Children, Youth, Adults and Families**

400-491 Portage Ave.

786-7051

[www.newdirections.mb.ca](http://www.newdirections.mb.ca)

This organization offers a vast array of services ranging from education and training, crisis intervention, counselling and therapy. There are day and residential programs for mentally handicapped adults. As well, they have an on site Elder. The following lists some of the programs offered by New Directions. Some programs may require a referral from Child and Family Services.

**Resources for Adolescent Parents:** assists single teenaged parents to become self-sufficient through lifeskills training, academic upgrading, job search skills and assistance in securing child care.

**Support Group for Parents of High Risk Youth:** a support group for parents whose children are street involved, such as criminal or gang activity, substance abuse and prostitution.

**Parent Support:** intensive in home support, counselling and advocacy to parents when physical, emotional or sexual abuse are a concern. Requires a referral from a Child and Family Services worker.

**Family Therapy:** a resource to families experiencing stressful or difficult situations that impact on their children.

**Families Affected by Sexual Assault:** a crisis intervention and short-term therapy program for children (and their families) who have experienced or recently disclosed sexual assault by a non-family member.

**Transition, Education and Resources for Females (TERF):** safe and supportive learning environment for young women and transgendered individuals as well as adults who have been exploited through prostitution.

**Ndaawin (Our Home):** community resource to prevent sexual exploitation of children located at 33-273 Dufferin Ave.

### **Springs Inner City Family Services**

Call 586-6213 for more information

Kid's Club (ages 4-11)

648 Burrows Ave.

Saturday at 1pm and Sunday at 4pm

Fun games and puppet shows, drama and art

Ages 12-18

193 McGregor

Saturday at 1pm

A safe club like atmosphere for innercity teens to build positive relationships and develop leadership skills

Food Resources

648 Burrows

Thursday at 8:30am

Meet neighbours and access emergency food.

Register at 982-3663

### **Ikwe-Widdjiitiwin Inc.**

987-2780

A crisis shelter providing safe accommodation for abused Aboriginal women and their children. The Centre offers counselling, advocacy, a non-residential program and follow up.

## **Pregnancy and Family Support Services Inc.**

555 Spence St.

772-9091

Provides counselling, support, practical assistance, advocacy and referral to pre and post natal women and their partners having difficulty with the pregnancy or their relationship. As well, they offer supports and respite care to parents and caregivers of children aged 0-6 years. They also operate the Spence Street Thrift Shop.

## **Family Community Centre**

100-475 Sargent Ave.

775-9934

E-mail: [pfssinc@shaw.ca](mailto:pfssinc@shaw.ca)

## **Native Addictions Council of Manitoba**

160 Salter St.

586-8395

Email: [nacm@escape.ca](mailto:nacm@escape.ca)

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

Works with other agencies to provide assistance, counselling and referral for Aboriginal people regarding substance abuse problems.

## **Fort Garry Women's Resource Centre**

1150 – A Waverley St.

Phone: 477 – 1123

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

The Centre is open to women of all cultural, racial, economic, social and religious affiliations, to women with differing abilities, ages and sizes as well as to women who are heterosexual, bisexual, lesbian and is committed to women and their children's safety, health and empowerment.

Programs and services offered include:

Information and Referral,

Individual and Group Counselling,  
Public Education workshops  
Child Counselling programs

## **Child Day Care Branch**

102-114 Garry St.

945-0776

[www.gov.mb.ca/childcare](http://www.gov.mb.ca/childcare)

Provides subsidies for families in need of day care for education, employment or seeking employment, medical needs and special social needs. They can provide you with a list of licensed day cares in your area after which it is up to you to apply to the day care of choice and to apply for a subsidy. Most day cares in Winnipeg have long waiting lists so it is a good idea to start your search for a quality day care as soon as possible and to place your child on as many waiting lists as possible. Subsidy is based on family income and in many cases will cover all costs. However, many day cares charge \$2.40 per day, per child in addition to the subsidy and this additional amount is your responsibility to pay.

## **Ganawenimig Safety and Prevention Program**

### **Child Find Manitoba**

343-800 Portage Ave.

945-5735

Email: [mail@childfind.mb.ca](mailto:mail@childfind.mb.ca)

[www.childfind.mb.ca](http://www.childfind.mb.ca)

To provide culturally sensitive programs on child and personal safety, expand and expose the Aboriginal community to the services of Child Find, and assist in locating missing/runaway Aboriginal children and youth. Also provides an excellent resource pamphlet for youth called S.O.A.R. with Youth.

## Hospice & Palliative Care Manitoba

2109 Portage Avenue R3J 0L3

Toll Free (in Manitoba) 1-800-539-0295

Manitoba's resource for linking quality end-of-life care services and grief services to those who need them.

# Elder and Senior Supports

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The Indian Residential Schools (IRS) Health support Program, a program of Health Canada, provides eligible former students and their families with access to emotional health and wellness support services.

The IRS Resolution Health Support Program provides:

- Professional counselling
- Emotional supports by support workers
- Cultural support by Elders
- Assistance with cost of transportation

Also, a crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, 7 days a week – 1 866 925 4419

Their offices are on the 3rd floor of 391 York in Winnipeg.

Region Coordinator: 984 4632

Region Assistant: 984 7094

Or call toll free 1 866 818 3505

There are a number of agencies providing services to Elders/ Seniors including health, employment, and just plain having fun. Most of these can be found on a website called the Seniors Guide at [www.gov.mb.ca/sd/guide/information.html](http://www.gov.mb.ca/sd/guide/information.html).

## **Manitoba Seniors Directorate**

822-155 Carlton St.

945-2127

1-800-665-6565

Provides information and referral for seniors and their families about programs and services related to health, housing and abuse.

## **Seniors Information Line**

945-6565

1-800-665-6565

The Seniors Information Line is designed to provide seniors with easy access to programs and information on issues affecting seniors.

## **Seniors Abuse Line**

945-1885

1-888-896-7183

A confidential line for assistance and information.

## **Contact Community Information**

*(also see back of this Guide)*

287-8827

1-866-266-4636

This is a community information referral service and has information on services including cultural and recreational resources throughout the Province.

## **Age and Opportunity Centre Inc.**

956-6440

[www.ageopportunity.mb.ca](http://www.ageopportunity.mb.ca)

Programs and Services:

- Information and Referral
- Counselling
- Elder Abuse Services
- Friendly Visiting Services
- English for Seniors

- Legal Services
- Older Victim Services
- Winnipeg Seniors Housing Directory
- Safety Aid Program
- ABCs of Fraud

## Fun Stuff

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There are lots of fun things to do in Winnipeg; many of them are free or very reasonably priced. Many neighbourhoods are very interesting to simply wander about in. Winnipeg has a world class zoo, the historic Forks, a Children's Museum and Festivals galore. The following list is of some of the more affordable or free things to do in Winnipeg.

### Art City

616 Broadway

775-9856

E-mail: [artcity@mts.net](mailto:artcity@mts.net)

[www.artcityinc.com](http://www.artcityinc.com)

Art City is an community art centre located in the West Broadway neighbourhood but is open to all. They provide high-quality, free art programming to participants of all ages.

The **Community Artist Series** accepts proposals from artists and creative individuals who want to provide workshops. Proposals are accepted on an on-going basis.

**Professional Artist Series:** this series is open to artists from anywhere and AC accepts proposals in June of every year. During workshops, guest artists run workshops alongside staff and volunteers.

Check out their calendar of events, workshops: masks, textiles, pottery, comics etc on their website.

## **The Sunshine Fund**

194A Sherbrook St.

784-1130

Provides summer camp opportunities for low-income families. Includes day camps for children 4 to 12 years of age and overnight and week long camps for children over the age of 8. Applications are accepted beginning in March of every year and request that parents pay a portion of the costs, usually around 25%. Those unable to pay may make other arrangements.

## **Assiniboine Park**

2355 Corydon Ave.

The jewel of Winnipeg, the park boasts a miniature railway, world class zoo, gardens, picnic areas and extensive walking and biking trails. In the winter, you can enjoy cross country skiing, skating and a toboggan slide. In addition, there is the Assiniboine Forest with more than three kilometers of nature trails. No admission fee.

### **Assiniboine Park Zoo**

986-2327

Admission Costs: Change with season.

## **Manitoba Museum of Man and Nature**

190 Rupert Ave.

Call 956-2830 for seasonal admission rates.

[www.manitobamuseum.mb.ca](http://www.manitobamuseum.mb.ca)

Seven large galleries explore the history and geography of Manitoba from the Arctic coast to the southern grasslands. The new Hudson's Bay Company gallery is a tribute to the role of the fur trade in Manitoba's history and is a wonderful display. The museum also boasts a replica of the Nonsuch, the ship whose voyage in 1668 led to the founding of the Hudson Bay Company.



## **Planetarium**

190 Rupert Ave.

Call 956-2830 for admission rates.

[www.manitobamuseum.mb.ca/sg\\_info.html](http://www.manitobamuseum.mb.ca/sg_info.html)

Located in the same building complex as the museum, the planetarium offers multimedia shows unveiling the wonders of the universe and many excellent children's shows and astronomy programs.

## **Science Centre**

Call 956-2830 for admission rates.

190 Rupert Ave.

956-2830

Located in the same complex as the Museum and Planetarium, this place is lots of fun for kids and grown-ups alike! The Science Centre is a hands-on exploration of science, technology, art and illusion. Almost 100 exhibits encourage exploration in a fun, interactive environment. You can operate a robot, enter the Matrix, and talk to a computer that will talk back, or ride a stationary bike to generate enough electricity to see yourself on TV! Very cool.

## **The Forks National Historic Site**

[www.theforks.com](http://www.theforks.com)

Located at the junction of the Red and Assininiboine Rivers, the Forks has been a gathering place for thousands of years. The Forks is host to more than 100 festivals every year, many of them free. The Forks has canoe rentals, a large market, a pedestrian bridge and a six story high tower for a spectacular view of the rivers and Winnipeg skyline. As well, there are several miles of riverside walkways leading to and from the Forks and in winter, skating and skiing trails are cleared on the river ice. Watch for Aboriginal Day Celebrations June 21st.

## **Manitoba Children's Museum**

Located at The Forks

956-KIDS (5437)

[www.childrensmuseum.com](http://www.childrensmuseum.com)

The only Children's museum in Western Canada, it features a turn of the century train, the chance to sit inside a beaver lodge, drive a car, broadcast the news, or climb into an oak tree. Lots of fun for the whole family. Reasonable admission cost.

## **Louis Riel's Tomb**

190 ave. de la Cathédral

The founder of Manitoba and famous Métis leader, Riel's tomb is located at St. Boniface Cathedral Cemetery.

## **Riel House National Historic Site**

330 River Rd.

257-1783 / 233-4888

The Riel family home, restored to its 1886 appearance.

Open May 15 to September 5, 10am to 6pm.

Call for seasonal admission costs.

## **Lower Fort Garry National Historic Site**

Highway 9, 32 kilometers north of Winnipeg.

1-877-534-3678

Original and intact, this stone fort has been restored to its 1850 appearance when it was a supply fort for the Hudson's Bay Company. Staff in period costume recreate the fur trade era when the fort was the social centre of the Red River settlement.

Open every day, 9am to 5pm

Call for seasonal admission costs.

## **Western Canada Aviation Museum**

958 Ferry Rd.

786-5503

[www.wcam.mb.ca](http://www.wcam.mb.ca)

Lots of neat old bush planes, an interactive children's exhibit and Spaceways, a simulated trip to Mars. Also has an observation tower to watch planes come in to Winnipeg International Airport.

Open 10am-4pm Monday to Saturday,

1 - 4 pm Sundays.

Call for admission costs.

## **Fort Whyte Centre**

1961 McCreary Rd.

989-8355

[www.fortwhyte.org](http://www.fortwhyte.org)

200 acres of forest, lakes, walking trails, wildlife and marshland. A 100,000 square foot interpretive centre features the "Touch Museum" and the "Aquarium of the Prairies". Open year round, it offers snowshoe rentals in the winter as well as ice fishing facilities and toboggan slides.

Call for admission costs.

## **Oak Hammock Marsh Interpretive Centre**

Located 15 minutes north of Winnipeg on

Hwy. 67 and 220

467-3300

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

One of North America's finest bird viewing areas in a 36 acre marsh and tall grass prairie setting. Open year round, it offers an observation deck, exhibits, canoe rides, hiking trails, theatre, guided programs and more.

Call for seasonal hours of operation and costs.

## **Fun Mountain Waterslide Park**

Hwy. 1 East at Murdock Rd.

255-3910

Lots of fun with 10 waterslides, bumper boats, miniature golf, play structure, picnic area, gas barbecues, paddle boat rentals and concession stands. Please note that they do not take Interac.

Call for seasonal rates and hours.

## **Tinkertown**

Hwy. 1 East at Murdock Rd.

257-8095

[www.tinkertown.mb.ca](http://www.tinkertown.mb.ca)

A great way to spend the day! Has a miniature train, over 20 rides and attractions including an arcade, mini-golf, bumper cars, food concessions, picnic area (no barbecues allowed) and Western Canada's only "antique Tin Lizze" car ride. Look for their coupon in the front of the Yellow Pages.

Call for seasonal hours and prices.

## **Grand Prix Amusements**

Hwy 1 East at Symington Rd.

254-3644

[www.grandprixamusements.com](http://www.grandprixamusements.com)

Super-exciting fun! Three tracks of go-carts, kiddie carts, Formula and Sprint carts. Also has mini-golf, batting cages, bumper cars and boats, a haunted house, concessions and lots more.

Open daily (in season) from 10am-10pm

## Community Centres

### Community Services Department

475-5008

Community Centres are a good place to go for recreational and leisure activities. They are also a good place to meet people. The **Leisure Guide** is delivered to every home in Winnipeg three times a year so check out the courses offered. There are small fees for some of these courses but you can make a formal request for reduced fees. Maybe you want to consider teaching a course in your local community centre. Or just walk into your nearest community centre and see what is happening. Visit the City of Winnipeg website at [www.winnipeg.ca](http://www.winnipeg.ca) or call 986-5663 for further information on activities, locations, schedules, fees, etc.

### Leisure Guides

986-8099

[www.gcwcc.mb.ca](http://www.gcwcc.mb.ca)

## GAP INC., Graffiti Art Programming Inc.

Stephen Wilson, Coordinator

109 Higgins Ave.

667-9960

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

A very exciting place where you will feel welcome and be able to express your artistic talents. GAP INC. offers FREE visual arts instruction. GAP INC. is a great way to get connected to the Aboriginal Art and Cultural community in Winnipeg.

## Winnipeg Public Library

The Library is more than just books! Every branch has children's programs. You can get free Internet access, videos and much more. If you're looking for work ask the folks at the Reference Desk for the section on job-finding. The Native Studies Collection is housed at St. John's Library at 500 Salter St.

Phone 986-6432 with enquiries about branch locations or visit [www.winnipeg.ca/library](http://www.winnipeg.ca/library).

# Other Resources

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## **Vital Statistics**

Birth, death, marriage certificates and licences, name changes.

254 Portage Ave.

945-3701

## **SIN Card**

Main floor - 391 York

1-800-206-7218

## **Manitoba Metis Federation**

Provides a range of services to Manitoba Metis. To obtain your Metis Status card, you must obtain a genealogy research report from either the St. Boniface Historical Society (233-4888) or from the Metis Cultural Resource Centre at 63 Albert St. (957-7767).

Go to MMF Winnipeg Local at 412 McGregor St. (586-4327) with your genealogy to obtain your card.

150 Henry St.

586-8474

## **Indian and Northern Affairs Canada**

For contact information to any individual or department call 1 800 567 964 or for Treaty Card applications and local administrative issues call Winnipeg 983 5910

## **Motor Vehicle Branch**

1075 Portage Ave.

985-7000

## **Manitoba Health**

300 Carlton St.  
786-7101

## **Liquor Control Commission Head Office**

1555 Buffalo Pl.  
284-2501

## **Contact - Community Information**

This is an information centre with information on a broad spectrum of community services available throughout Manitoba.

1-866-266-4636  
287-8827

## **E.A.G.L.E. Urban Transition Centre**

501-286 Smith St.

Winnipeg, BM

954-3050

[www.eagleutc.com](http://www.eagleutc.com)

Provides leadership and resources to First Nation Aboriginal people that have relocated or are residents of the City of Winnipeg. Through the Assembly of Manitoba Chiefs the transition centre is for people in need of support and service

## **Aboriginal Court Worker Program**

2nd Floor, 405 Broadway

945-3909

Services for Aboriginal peoples involved in the criminal court process requiring guidance on the best course of action. Workers act as liaisons with police, advise and assist in obtaining legal counsel, and a variety of other assistance as may be required.

## Aboriginal Single Window

100 - 181 Higgins Ave.

984-1415

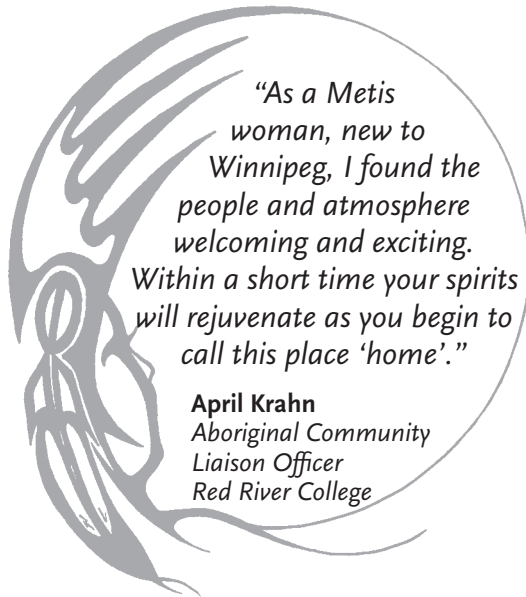
Functions as a “one stop shop” for organizations and individuals needing access to information regarding government programs and services for Aboriginal people. Also provides free telephone and Internet access.

## First Nations disAbility Office

305B-260 St. Mary Ave.

953-0310

Provides peer-support and referral services to First Nation persons living with visible and invisible disabilities.



*“As a Metis woman, new to Winnipeg, I found the people and atmosphere welcoming and exciting. Within a short time your spirits will rejuvenate as you begin to call this place ‘home’.”*

**April Krahn**  
Aboriginal Community  
Liaison Officer  
Red River College



# Great websites for more information

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**[www.mb4youth.ca](http://www.mb4youth.ca)**

Government of Manitoba youth information

**[www.youth.gc.ca](http://www.youth.gc.ca)**

Government of Canada youth information

**[www.gov.mb.ca](http://www.gov.mb.ca)**

Government of Manitoba

**[www.canada.gc.ca](http://www.canada.gc.ca)**

Government of Canada

**[www.pwd-online.ca](http://www.pwd-online.ca)**

Information for person with disabilities

**[www.labourmarketinformation.ca](http://www.labourmarketinformation.ca)**

Information on employment prospects

**[www.mb.jobfutures.org](http://www.mb.jobfutures.org)**

Manitoba occupational profiles

**[www.aymb.ca](http://www.aymb.ca)**

An on-line directory of all the services that exist to help you get started or grow your business. The best on-line list of existing Aboriginal businesses in Manitoba as well as an opportunity to meet the young Aboriginal entrepreneur of the month.

**www.winnipeg.ca**

City of Winnipeg Services for aboriginal newcomers –  
click on Municipal Aboriginal Pathways.

We hope you find this guidebook useful in your transition to urban life. The services, resources and organizations listed here are just a few of the many available in Winnipeg and **Partners @ 510 Selkirk Avenue** welcomes a visit from you if we can be of further assistance.

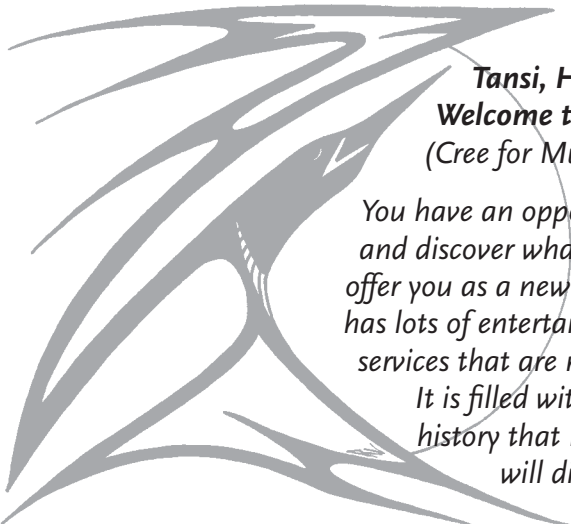
We wish you success in your new home and hope our *Guide to Winnipeg* makes your move here easier.

We would like to thank our government partners for their on-going support:

- Manitoba Education Citizenship and Youth,  
MB4Youth Division
- Manitoba Aboriginal and Northern Affairs,  
Aboriginal Affairs Secretariat
- Human Resources and  
Skills Development Canada

**Partners for Careers**

Program Information Centre  
Partners @ 510 Selkirk Avenue  
The Murdo Scribe Centre  
Winnipeg, MB R2W 2M7  
Telephone: 945-0447  
1-800-883-0398  
Fax: 948-2714



***Tansi, Hello and  
Welcome to Winnipeg  
(Cree for Muddy Waters)***

*You have an opportunity to explore  
and discover what Winnipeg has to  
offer you as a new resident. Winnipeg  
has lots of entertainment options and  
services that are more than helpful.  
It is filled with culture and  
history that I am sure you  
will discover.*

*This book will most  
definitely be of use to you when you  
are looking for answers. Enjoy your new  
home and get out there and make  
a difference in your community.*

***Egosay!***

**Ron Castel**  
*Recruitment Advisor  
University College of the North*

For more information contact  
**Partners @ 510 Selkirk Avenue**

945-0447  
1-800-883-0398

