

## **Resource Guide**

## Winnipeg, MB

Service Telephone Address

| Rent Bank  |              |                              |  |
|--|--------------|------------------------------|--|
| Manitoba Rent Relief Fund Assistance with rent arrears  ☑ communityfinancialhelpline@seedwinnipeg.ca  ⊕ manitobahelps.com/ | 431-813-4357 |                              |  |
| (*) Utility Bank   |              |                              |  |
| Manitoba Rent Relief Fund Assistance with utility arrears  manitobahelps.com/  | 431-813-4357 |                              |  |
| 🍎 Food Bank  |              |                              |  |
| Winnipeg Harvest Assistance with food  ☑ info@calgaryfoodbank.com  ⊕ harvestmanitoba.ca/                                   | 204-982-3663 | 1085 Winnipeg Ave, Winnipeg  |  |
| Clothing Bank  |              |                              |  |
| The Salvation Army Thrift store  ☑ guestservices@salvationarmy.ca  ⊕ thriftstore.ca/                                       | 204-586-2556 | 1424 McPhillips St, Winnipeg |  |
| <b>j</b> Job Bank  |              |                              |  |
| Government of Canada Assistance with job search  www.on.jobbank.gc.ca/home   |              |                              |  |
| H Health Resources   |              |                              |  |
| Support Services to Seniors Health Service  ☑ seniors@wrha.mb.ca  ⊕ https://wrha.mb.ca/                                    | 204-788-8330 | 650 Main Street, Winnipeg    |  |





## **Resource Guide**

## Winnipeg, MB

Service Telephone Address

| Mental Health Resources  |  |  |  |
|--|--|--|--|
| CMHA  Mental Health resources  ☑ office@cmhawpg.mb.ca  ⊕ cmhaacrossmb.ca/winnipeg/ | 204-982-6100 930 Portage Ave, Winnipeg |  |  |
| Resource Directory   |  |  |  |
| 211 Manitoba Source of Information for Services  mb.211.ca                         | 211                                    |  |  |

