

24 Hour Manitoba Crisis Services

Adult Crisis Unit – (204) 940-1781

First Nations and Inuit Mental Health and Wellness - 1(855) 242-3310

Kids Help Phone (National line available to MB youth) – 1(800) 668-6868 / Text line: 686868 (Text CONNECT for a crisis responder)

Klinic Community Health Centre Crisis Line – (204) 786- 8686 / 1(888) 322-3019 / TTY: (204) 784-4097

Klinic Sexual Assault Crisis Line – (204) 786-8631 / 1(888) 292-7565 / TTY: (204) 784-4097

Klinic Youth Mobile Crisis Unit – (204) 949-4777

Manitoba's Domestic Violence Information/Crisis Line – 1(877) 977-0007

Manitoba Farm & Rural Support Services: 1-866-367-3276

Manitoba Suicide Line – 1(877) 453-7170 / TTY (204) 784-4097

Trans Lifeline (National line) - (877) 330-6366 (Available 10 a.m. to 4 a.m.)

TTY Deaf Access Counselling - (204) 784-4097

Manitoba Crisis Service Response:

Canadian Mental Health Association - Manitoba Division

2633 Portage Avenue, Winnipeg, MB R3J 0P7

T: (204) 953-2350

E: info@cmhamanitoba.ca Canadian

Mental Health Association - Winnipeg Division

930 Portage Avenue, Winnipeg, MB

T: (204) 982-6100

E: office@cmhawpg.mb.ca

Ongoing Resources and Youth Programs

Rainbow Resource Center – www.rainbowresourcecentre.org

170 Scott Street, Winnipeg, MB

T: (204) 474-0212

A community center and resource center for the gay, lesbian, transgender, two-spirit, queer and ally communities within Winnipeg, throughout Manitoba and north-western Ontario. The centre provides counselling, anti-homophobia education and training, and

youth programming and services. The center also provides meeting spaces for community groups, peer support groups and offers community programming at free/ low cost.

The following are **additional resources/supports** at Rainbow Resource Center:

- **FTM Gender Alliance of Winnipeg** - Peer support group; Meet the 1st Tuesday of each month, 7:00 to 9:00 PM
- **Peer Project for youth (PPY)** –A program for ages 13-21
- **Winnipeg Transgender Support Group** –Informal gatherings intended to offer an opportunity to meet and discuss with others who understand what it means to be transgender, share information and experiences and to learn from and support each other. The group is an opportunity for people to present in their preferred gender in a safe and affirming place, open to the general public. Meets 3rd Friday of each month, 7:30 to 10:00 PM, <http://winnipegtransgendergroup.com>
- **Y.E.A.H. (Youth Educating against Homophobia)** - A youth education program that is designed to offer awareness on the impacts of homophobic bullying based on sexual orientation, gender identity, gender expression and those perceived as gay, lesbian, bisexual, transgender or two spirit. These workshops identify homophobia, biphobia and transphobia while examining the roots of oppression and discrimination. They also provide an opportunity to ask questions anonymously and come together to discover ways to combat homophobia in their school/ community.

Klinic Community Health Center – www.klinic.mb.ca

870 Portage Avenue, Winnipeg, MB

T: (204) 784-4090

The following is an **additional resource/support** at Klinic Community Health Center:

- **Trans Health Clinic at Klinic Community Health Center**

Camp Aurora – www.campaurora.ca

A four day summer camp for queer and allied youth ages 14-19, supported by community leaders and the Rainbow Resource Center.

Dignity Winnipeg – www.dignitycanada.org Augustine United Church, 444 River Avenue

Meet the 3rd Friday of every month at 6:00 PM

T: (204) 287-8583 or (204) 779-6446

Dignity Winnipeg works within the Catholic Church to promote the full personhood of those who belong to sexual minorities.

GDAAY Clinic – www.gdaay.ca

Health Sciences Center- Winnipeg, Pediatric Endocrinology, FE 307-685 William Avenue

T: (204) 787-7435

Gender dysphoria assessment and action for youth under 18 (self-referral program). For Manitoba and area (north-western Ontario and Saskatchewan).

Men's Resource Centre – www.mens-resource-centre.ca

115 Pulford Street, Winnipeg, MB

T: (204) 415-6797 or 1(855)-672-6727

Parents and friends of Lesbians and Gays (PFLAG)

Winnipeg Chapter, 170 Scott Street, Winnipeg, MB T: (204) 474-0212

PFLAG meets at the RRC on an as needed basis.

Rainbow Ministry

1622B St. Mary's Road, Winnipeg, MB

T: (204) 962-1060

E: rainbow@wpgpres.ca

An outreach ministry of the United Church working solely for and with the LGBTTTQ community in Winnipeg and surrounding areas. The ministry focuses on issues of faith, sexuality, gender expression, recognizing the hurt that has been done to the LGBTTTQ community historically from faith communities. The ministry is available for one on one conversations and workshops around bible interpretation and new possibilities that enable the LGBTTTQ community to be affirmed.

Sexuality Education Resource Centre (SERC) Manitoba – www.serc.mb.ca/lgbt

200-226 Osborne St. North, Winnipeg, MB

T: (204) 982-7800

SERC – MB provides inclusive, non-judgmental education about sexuality. SERC –MB is a community-based, non-profit, pro-choice organization dedicate

Two Spirited People of Manitoba Inc. (Winnipeg) – www.twospiritmanitoba.ca

To improve the quality of life of Two Spirit people in Manitoba, which includes raising funds for and assisting in providing appropriate advocacy, education, health services, housing, employment, training and cultural development.

