

## MANITOBA

### COVID Social Resource Connector

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This listing of resources complements the "COVID-19 Social Care Guidance" (available at [upstreamlab.org/covid19](https://upstreamlab.org/covid19)) developed in partnership with the Centre for Effective Practice and the Department of Family and Community Medicine at the University of Toronto. These resources have been compiled and maintained by a team of volunteers and we are grateful for their time and effort. This list of resources is intended to support Canadians during the COVID-19 pandemic. Listing here does not mean the Upstream Lab, or other entities endorse the resources listed or their services. Use at your own risk. Please contact us immediately ([upstreamlab@smh.ca](mailto:upstreamlab@smh.ca)) if you are aware of new resources or have concerns about any specific resource.

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## Resources

### Food Resources

#### **Grocery and Delivery**

#### **Help Next Door Manitoba**

Description: This is a network of helpers coming together as a community. If you are a volunteer ready to provide your support or someone who needs a helping hand through these difficult times, this platform can connect you. This includes grocery delivery.

<https://helpnextdoormb.ca/>

**Meals on Wheels**

Winnipeg: 204-956-7711

Outside of Winnipeg: <https://www.mealswinnipeg.com/get-meals/meals-outside-of-winnipeg/>

**Food Banks**

Please use this link to find a food bank in your area:

<https://mb.211.ca/>

[211@volunteermanitoba.ca](mailto:211@volunteermanitoba.ca);

<https://mb.211.ca/contact-211/>

**Homelessness Resources****Emergency Shelters**

Please use this link to find an emergency shelter in your area:

<https://mb.211.ca/>

[211@volunteermanitoba.ca](mailto:211@volunteermanitoba.ca)

<https://mb.211.ca/contact-211/>

**Main St. Project**

Description: Emergency Shelter and Drop-In Services. We are offering modified drop-in services. MSP's Emergency Shelter provides food, access to showers, clean clothing, access to phones, medical support and information on housing resources.

Location: 75 Martha St, Winnipeg, MB

Contact: 204-982-8229; [admin@mainstreetproject.ca](mailto:admin@mainstreetproject.ca)

<https://www.mainstreetproject.ca/>

**Legal Resources****Legal Aid**

Online applications only.

Contact: Call 204-985-8511

<https://www.legalaid.mb.ca/how-to-apply/application-centres/>

**Well-being Resources****Social Isolation****311 A&O: Support Services for Older Adults - United Way Winnipeg**

Description: Just a quick call to 311 is all it takes for isolated seniors to connect with healthy food and a daily wellness check. Phone line available 24/7.

Contact: 311

<https://unitedwaywinnipeg.ca/helping-winnipeg-seniors-covid19/>

**Student Senior Isolation Prevention Partnership (SSIPP)**

Description: The program pairs U of M medical students with those aged 65+ for check-ins via weekly phone calls to provide social connection and improve health literacy around COVID-19. The program is accepting referrals from Health Care Providers through the SSIPP Client Referral Form.

<https://forms.gle/CG1PPhJdtrUmAja39>

**Interpersonal Violence****A Woman's Place**

Description: Provides supportive counselling and legal services for women who have exited/are exiting a violent relationship

Hours: Mon-Fri 9am-5pm

Contact: 204-940-6624

[https://norwestcoop.ca/program\\_service/a-womans-place/](https://norwestcoop.ca/program_service/a-womans-place/)

**Kids Help Phone**

Description: Offers professional counselling, information and referrals and volunteer-led support to young people in both English and French. Available by phone, text or live-chat.

Contact: 1-800-668 6868

<https://kidshelpphone.ca/>

**ShelterSafe**

Description: Website that can help women and children fleeing violence find shelter in their area. Call a shelter for support, information, referrals or just to talk. Most shelters on this site have staff available 24 hours, 7 days per week to answer your call.

<https://www.sheltersafe.ca/>

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

Description: Offers immediate, culturally competent telephone-based crisis intervention counselling and support for Indigenous people. Available 24/7 in English and French. Cree, Ojibway and Inuktitut may also be available. Call or online chat.

Contact: 1-855-242-3310

<http://hopeforwellness.ca>

**Manitoba Association of Women's Shelters**

Description: MAWS provides support for women experiencing abused by an intimate partner and/or a relative in the home only through a 24 hours crisis line.

Contact: 1-877-977-0007

<http://maws.mb.ca/>

**Willow's Place**

Description: Protective housing, with a private confidential address. Daily support & meals. Willow Place services can be accessed by calling the 24-hour Crisis Line.

Contact: 204-615-0311

<https://willowplaceshelter.ca/>

**Province-wide Family Violence Helpline**

Description: Domestic violence information and crisis line - available 24/7.

Contact: 1-877-977-0007

**Klinic Sexual Assault Hotline**

Contact: 1-888-292-7565

<http://klinik.mb.ca/in-person-counselling/sexual-assault-crisis-counselling/>

**Survivor's Hope Crisis Centre**

Description: SARAH sexual assault crisis intervention workers are still available 24/7 through the COVID-19 pandemic. We provide emotional support, information on options, referrals, and support services for survivors and victims of sexual assault of sex, gender, or background who are 16 and older. You can connect with a worker 24/7 through local RCMP and hospitals.

Contact: <https://survivors-hope.ca/>

**Seniors' Abuse Support Line**

Description: 24 hour support line staffed by trained and caring counsellors. You can call the Seniors Abuse Support Line even when you are not sure that what you are experiencing is abuse. All calls are free & confidential.

Contact: 1-888-896-7183

[https://www.gov.mb.ca/seniors/docs/abuse\\_support\\_line.pdf](https://www.gov.mb.ca/seniors/docs/abuse_support_line.pdf)