

National Association of Adult Survivors of Child Abuse www.NAASCA.org

Note: Please send corrections, additions and updates to: maudnmildred@hotmail.com

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
MANITOBA			
National Helpline	Hotline 1-800-4-A-CHILD Hotline 1-800-422-4453 Crisis counselors available 24/7 Founded in 1957 by Sara O'Meara and Yvonne Fedderson. Childhelp is a leading national non-profit organization dedicated to helping victims of child abuse and neglect. Serving the United States, it's Territories and Canada, our hotline is staffed 24 hours a day 7 days a week with professional counselors who, through interpreters can provide assistance in 170 languages. We also offer a range of programs, please see our website for regional details.	Childhelp Prevention and Treatment of Child Abuse	www.childhelp.org info@childhelp.org Email support form on the website
Province Wide	Hotline 1-877-977-0007 If you are a victim of domestic violence contact us to be connected to a crime victim service in your area Province of Manitoba justice - Domestic Violence Support Service (gov.mb.ca)	Domestic Violence Support Service (DVSS)	www.gov.mb.ca
Altona	Understanding anxiety and the options for treatment is the first vital step in recovery.	Anxiety Disorders Association 145 Centre Avenue Altona Manitoba R0G 0B1 204-304-0271 Office.	www.adam.mb.ca central@adam.mb.ca
Ashern	Lakeshore Women's Resource Centre assists women and youth to implement change towards personal growth, increased independence and empowerment. Counseling available	Lakeshore Women's Resource Centre 1-2nd Avenue North Ashern Manitoba 204-768-3016 Office	lwrc@mymts.net
Brandon	Understanding anxiety and the options for treatment is the first vital step in recovery.	Anxiety Disorders Association PO Box 22046 Brandon Manitoba R7A 6Y9 204-725-8550 Office	www.adam.mb.ca westman@adam.mb.ca
Brandon	Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning	Victim Services - Manitoba Brandon Manitoba 204-726-7400 Office www.gov.mb.ca/justice/victims/index.html	www.gov.mb.ca mgi@gov.mb.ca
Brandon	Provincial Hotline 1-800-977-0007 The Brandon YWCA Westman Women's Shelter is an emergency shelter offering a short-term safe	YWCA - Brandon 148 11th Street Brandon 204-571-3680 Office	www.ywcabrandon.ca/ ywca2@wcgwave.ca

and supportive environment for physically, emotionally or sexually abused women and their children 24 hours a day, 365 days a year. In addition to our safe environment the following services are offered. Individual and Group Counseling for women and children. Crisis intervention and referrals. Support/information for medical, housing, financial, legal and employment needs. Public education program. All services are provided FREE of charge and are completely safe, private and confidential.

204-727-3644 Shelter Info
www.facebook.com/YWCABrandon/

Dauphin	<p>Provincial Hotline 1-877-977-0007 Local Hotline 204-638-9484 The Parkland Crisis Centre and Women's Shelter has a mission to open doors of hope for women and children fleeing domestic abuse. Services include: 24 hour Toll Free crisis line. Emergency shelter for women and their children for as long as needed. Transportation to the shelter. Support groups, crisis counseling. Child & youth program. Referrals to medical, legal and social service agencies. Follow up services. All services are FREE and confidential.</p>	<p>Parkland Crisis Centre and Women's Shelter. PO Box 651 Dauphin Manitoba R7N 3B3 204-622-4626 Office</p>	<p>www.parklandcrisiscentre.ca/pkndcris@mts.net</p>
Dauphin	<p>Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning</p>	<p>Victim Services - Manitoba Dauphin Manitoba 204-622-5080 Office www.gov.mb.ca/justice/victims/index.html</p>	<p>www.gov.mb.ca/mgi@gov.mb.ca</p>
Flin Flon	<p>Understanding anxiety and the options for treatment is the first vital step in recovery.</p>	<p>Anxiety Disorders Association Box 834 Flin Flon Manitoba R8A 1N6 204-371-0600 Office</p>	<p>www.adam.mb.ca/flinflon@adam.mb.ca</p>
Flin Flon	<p>After Hours Line 204-271-5375 We provide services within Flin Flon and it's surrounding area, that will protect and empower women and youth without discrimination. Emergency short term housing Community based 2nd stage prog Information and referrals Counselling services Various support groups</p>	<p>Women's Safe Haven Resource Service Inc 60 Hapnot Street Flin Flon Manitoba R8A 1L6 204-681-3105 Office www.facebook.com/womensresourceflinflon/</p>	<p>womensresourcecentre@mts.net</p>
Gimli	<p>Provincial Hotline 1-877-977-0007 The purpose of the Interlake Women's Resource Centre is to provide front line services to abused women and their children. These</p>	<p>Interlake Women's Resource Ctr 87-5th Avenue Box 1991 Gimli Manitoba R0C 1B0</p>	<p>www.iwrc.ca/iwrc@mymts.net</p>

services include and are not limited to crisis intervention, information and referrals, advocacy, single and group counselling and outreach programs. The centre works with outside resources in order to ensure a continuum of service.

Lac du Bonnet Understanding anxiety and the options for treatment is the first vital step in recovery.

204-642-8264 Office

Anxiety Disorders Association
PO Box 429
Lac du Bonnet
Manitoba R0E 1A0
204-345-8511 Office

www.adam.mb.ca
eastman@adam.mb.ca

Lac du Bonnet Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning

Victim Services - Manitoba
Lac du Bonnet
Manitoba
204-785-5213 Selkirk Office
www.gov.mb.ca/justice/victims/index.html

www.gov.mb.ca
mgi@gov.mb.ca

Morris Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning

Victim Services - Manitoba
Morris
Manitoba
204-746-8249 Office
www.gov.mb.ca/justice/victims/index.html

www.gov.mb.ca
mgi@gov.mb.ca

Portage la Prairie Local Hotline 204-239-5233 Provincial Hotline 1-877-977-0007 The Portage Family Abuse Prevention Centre is a community organization dedicated to Prevention Intervention and Advocacy for families experiencing abuse and violence. Our services include: 24 Hour crisis line. Free residential services. Safe shelter. Intake and assessment. Counselling. Referral services. Domestic violence education. Advocacy. Protection Orders. Safety planning. Case management and Transportation.

Portage Family Abuse Prevention Centre
PO Box 1541
Portage la Prairie
Manitoba R1N 3P1
204-239-5234 Office

director@abuseprevention.ca

Portage la Prairie Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning

Victim Services - Manitoba
Portage la Prairie
Manitoba
204-239-3378 Office
www.gov.mb.ca/justice/victims/index.html

www.gov.mb.ca
mgi@gov.mb.ca

Selkirk Local Hotline 204-482-1200 Or 1-877-977-0007 Toll Free TEXT Hotline 204-805-6682 Nova House is a shelter for abused women and children in the Interlake Region of Manitoba. We provide temporary shelter, counselling, support groups and referral to community resources for women and their children. Interim housing is also available for women and children to use until they become independent. Services Include: A 24 Hour, 7 days a week crisis

Nova House, Inc
Po Box 337
Selkirk
Manitoba R1A 2B3
204-482-7882 Office

www.novahouse.ca
info@novahouse.ca

line. Safe and secure short term emergency accommodation for abused women and their children. Individual short or long term counselling. One to one counselling for women with childhood sexual abuse issues. Assistance in accessing community resources. Weekly support groups to encourage women to share, heal and grow as individuals. Individual and group counselling for children. Follow up programs and ongoing support. Speakers to visit schools, agencies or community organizations to provide information about abuse and services for abused women and their children

Selkirk	<p>Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning</p>	<p>Victim Services - Manitoba Selkirk Manitoba 204-785-5213 Office www.gov.mb.ca/justice/victims/index.html</p>	<p>www.gov.mb.ca mgi@gov.mb.ca</p>
Steinbach	<p>Local Hotline 204-346-0028 Or 1-877-977-0007 Toll Free Agape House is a charitable, non profit organization serving the area that extends north to Beausejour, south to the US border, west to Winnipeg and east to the Ontario border. Our services include: 24 Hour Toll Free crisis line. Emergency shelter for women and children. A children's program with play therapy and children's counselling. Crisis counselling, assistance and referral to medical, legal and social service agencies. Interim housing. Counselling for women and children through our non-residential program. (You do not have to stay in the shelter to receive counselling). Outreach services to remote communities. Presenters for schools, agencies or community organizations on abuse, healthy relationships and Agape services.</p>	<p>Agape House Box 3130 Steinbach Manitoba R5G 1P5 204-326-6062 Office www.facebook.com/agapehousewomensshelter/</p>	<p>www.agapehouse.ca/</p>
The Pas	<p>Local Hotline 204-623-5497 Or 1-877-977-0007 Toll Free The Pas Committee for women in crisis operates 2 facilities. An emergency shelter and "My sister's House" a small apartment complex for women establishing themselves in a violence free life. We address domestic violence in the Norman region through support and education. The emergency</p>	<p>Aurora House PO Box 3779 The Pas Manitoba R9A 1S4 204-623-7427 Office www.aurorahouse-sharethecare.com</p>	<p>auroratp@mts.net</p>

shelter operates 24/7 throughout the year. A 24 hour crisis line is operated and we refer calls beyond our domestic violence mandate

The Pas	Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning	Victim Services - Manitoba The Pas Manitoba 204-627-8483 Office www.gov.mb.ca/justice/victims/index.html	www.gov.mb.ca mgi@gov.mb.ca
Thompson	Understanding anxiety and the options for treatment is the first vital step in recovery.	Anxiety Disorders Association PO Box 803 Thompson Manitoba R8N 0S4 413-754-6720 Office	www.adam.mb.ca burntwood@adam.mb.ca
Thompson	Local Hotline 204-778-7273 Or 1-800-442-0613 Toll Free The Thompson Crisis Centre is dedicated to providing a holistic range of services to women and their children who experience physical, sexual or psychological abuse. The Emergency Floor has 28 beds, women and children arrive at the shelter after assessment by phone or referral and immediately have basic needs addressed. Client-based safety case management plans are created during the average stay of seven to ten nights, via counselling, group work, advocacy and sharing services with collateral agencies. Men are provided the same services off site. Transition program up to six months stay in transitional housing. Children's program - counseling & supportive parenting programming are provided by the Children's counselor for clients on the Emergency Floor. Follow up programs and support groups. Plus community outreach.	Thompson Crisis Centre Box 1226 Thompson Manitoba 204-677-9668 Office	tcc9668@mymts.net
Thompson	Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning	Victim Services - Manitoba Thompson Manitoba 204-677-6368 Office www.gov.mb.ca/justice/victims/index.html	www.gov.mb.ca mgi@gov.mb.ca
Winkler	Local Hotline 204-325-9800 Or 1-877-977-0007 Toll Free Genesis House exists so that the people of South Central Manitoba will be free from family and intimate partner abuse. We provide a confidential service, which includes a shelter for abused women and their children, residential and non residential programs and prevention	Genesis House PO Box 389 Winkler Manitoba R6W 4A6 204-325-9957 Office	www.geneshouseshelter.ca admin@genesis-house.ca

through public education. Offering:
A 24 Hour crisis line. Residential
and non residential services.
Support groups - these are held
several times a year and are
designed to develop life skills, child
care will be provided. Counselling
we offer short and long term
counselling and support services
services on an individual basis.
Child and teen counselling.
Advocacy: accompanying you to your
lawyer, doctor or to the court.
Follow up services. 2nd stage
housing. Referrals for financial
assistance, CFS, lawyers, education,
employment ect..

Winnipeg

Alpha House provides protective,
affordable, longer term housing
for women and children leaving
abusive relationships. Our mandate
is to not only provide a place for
families to live while transitioning
away from violence, but to work
closely with the women to build
back their self confidence and self
reliance so they can live
independently and flourish.

Alpha House
PO Box 37015
RPO St Vital Centre
Winnipeg
Manitoba R2M 5R3
204-982-2011 Office

www.alphahouseproject.ca
info@alphahouseproject.ca

Winnipeg

Toll Free Line 1-800-805-8885
Understanding anxiety and the
options for treatment is the first
vital step in recovery.

Anxiety Disorders Association
100 - 4 Fort Street
Winnipeg
Manitoba R3C 1C4
204-925-0600 Office

www.adam.mb.ca
adam@adam.mb.ca

Winnipeg

We provide support and legal
services for women who have left
or are leaving an abusive relation-
ship.
Legal representation
Advocacy and support counselling
Counselling for children who have
witnessed family violence
Support groups available
For details of our services please
call 204-940-6624

A Women's Place - Domestic
Violence Support
785 Keewatin Street
Winnipeg
Manitoba R2X 3B9
204-940-6624 Office

Winnipeg

Bravestone provides women and
their children affected by domestic
violence with secure and safe on-
site housing, individual and group
therapeutic counselling, support
program, advocacy and connection
with community resources. The
Bravestone Centre has 14 client
suites including 13 two bedroom
and 1 four bedroom suites. During
our 12 month program, families live
independently in their program suite
and are responsible for their own
daily needs.

Bravestone Centre
St Norbert PO 202
Winnipeg
Manitoba R3V 1L6
204-275-2600 Office

www.bravestonecentre.ca
info@bravestonecentre.ca

Winnipeg	<p>Hotline 1-877-977-0007 Toll Free The Fort Gary Women's Resource Centre is committed to creating a community where women and children are safe, healthy, valued and empowered. FGWRC provides FREE support and services for women and children, including supportive counselling for a variety of issues, information and referrals, workshops and outreach programs</p>	<p>Fort Garry Women's Resource Centre 1150A Waverley Street Winnipeg Manitoba R3T 0P4 204-477-1123 Office</p>	<p>www.fgwrc.ca info@fgwrc.ca</p>
Winnipeg	<p>Crisis Hotline 1-800-362-3344 Provincial hotline 1-877-977-0007 Our mission is to support Aboriginal women and their children end family violence by offering shelter during crisis and nurturing hope, change and empowerment for tomorrow. Our crisis line provides 24 hour crisis intervention, counselling and information on a 24 hour 7 days a week basis to individuals experiencing domestic violence and to arrange access to safe shelter services. 30 Day shelter. Individual and group counselling. Assistance accessing affordable housing, medical and legal services. Advocacy & referral services. Children's individual or group counselling. Interim housing program - interim housing residents receive individual counseling, weekly support groups, home visits, advocacy, referrals, safety planning ect. We also provide outreach services in to schools and other agencies and the local community.</p>	<p>Ikwe - Widdjiitiwin PO Box 1056 Winnipeg Manitoba R3C 2X4 204-987-2780 Office</p>	<p>www.ikwe.ca</p>
Winnipeg	<p>Hotline 204-786-8631 Sexual Asslt Or 1-888-292-7565 Toll Free Crisis counselling program Post traumatic Counselling program Sexual assault crisis program Counselling for domestic abuse survivors & children who have witnessed violence. Drop-in counselling services</p>	<p>Klinik Community Health Centre Winnipeg Manitoba R3G 0P1 204-784-4090 Office</p>	<p>www.klinik.mb.ca info@klinik.mb.ca</p>
Winnipeg	<p>Any woman who is experiencing the traumatic effects of childhood sexual abuse is welcome to contact us for help and support. Short term crisis intervention Individual adult counselling Group counselling Positive Coping support group meets Wednesdays 1.30 - 3.30pm Yoga to the Rescue group meets Thursdays 4.30 - 5.30 pm</p>	<p>The Heartwood Centre 104 Roslyn Road Winnipeg Manitoba R3L 0G6 204-783-5460 Office</p>	<p>www.thelaurelcentre.com info@thelaurelcentre.com Home - Heartwood Healing Centre (heartwoodcentre.ca)</p>

Winnipeg	<p>Hotline 1-888-962-6294 Toll Free We are a community mandated, Aboriginal directed and supported human service organization. Community drop-in Computer lending program Home-based crisis intervention Groups and workshops Sites in McGregor, Anderson and Spence area's.</p>	<p>Ma Mawi Wi Chi Irara Centre 363 McGregor Street Winnipeg Manitoba R2W 4X4 204-925-0300 Office</p>	<p>www.mamawi.com info@mamawi.com</p>
Winnipeg	<p>Toll Free Line 1-855-672-6727 The Men's Resource Centre is a program of the Laurel Centre that provides supportive and therapy services to men who have experienced trauma and stressors in their lives including intimate and family violence. All therapy services at MCR are FREE of charge. We welcome all men from 16 years and above. Our services are short term individual therapy, group therapy, male childhood sexual abuse therapy and an Emergency shelter program.</p>	<p>The Men's Resource Centre 115 Pulford Street Winnipeg Manitoba R3L 1X8 204-415-6797 Office</p>	<p>www.thelaurelcentre.com info@thelaurelcentre.com</p>
Winnipeg	<p>Hotline 1-877-977-0007 Toll Free 24 Hour crisis helpline We offer open & closed counselling groups for victims of domestic violence.</p>	<p>North End Women's Centre 394 Selkirk Avenue Winnipeg Manitoba R2W 2M2 204-589-7347 Office</p>	<p>info@newcentre.org</p>
Winnipeg	<p>Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning</p>	<p>Victim Services - Manitoba Winnipeg Manitoba 204-954-6851 Office www.gov.mb.ca/justice/victims/index.html</p>	<p>www.gov.mb.ca mgi@gov.mb.ca</p>
Winnipeg	<p>A safe place that provides culturally based services to Aboriginal families in Winnipeg who have experienced violence and or any form of victimization. Advocacy services Crisis counselling Women's counselling Art therapy Domestic violence workshops.</p>	<p>Wahbung - Abinoonjiiag, Inc 225 Dufferin Avenue Winnipeg 204-925-4610 Office 204-582-9508 Office www.facebook.com/wahbung225/</p>	<p>www.wahbung.org reception@wahbung.org</p>
Winnipeg	<p>Local Crisis Line 204-615-0311 Provincial Hotline 1-877-977-0007 Text Crisis Line 204-792-5302 Willow Place is open for shelter 24 hours a day and 7 days a week. Our services for women and children include: Short term housing, counselling, advocacy and referrals to other community services. Our website is still under construction as of 06/15 so please call for more</p>	<p>Willow Place shelter Box 1786 Winnipeg MB R3C 2Z9 Office 204-615-0313.</p>	

information.

Winnipeg

Hotline 1-866-947-1517 Toll Free
Our counsellors will work with you to help you develop a sense of your own power and to manage your life in healthy ways. Some issues you may wish to talk about included: Family violence, sexual assault or childhood abuse. For more details call 204-947-2422 ext 204.

Women's Health Clinic
419 Graham Avenue
Unit A
Winnipeg
Manitoba R3C 0M3
204-947-2422 ext 204 counsel
204-947-1517 Office

www.womenshealthclinic.org
whc@womenshealthclinic.org

Winnipeg Beach

Understanding anxiety and the options for treatment is the first vital step in recovery.

Anxiety Disorders Association
PO Box 385
Winnipeg Beach
Manitoba R0C 3G0
204-785-5213 Office.

www.adam.mb.ca
interlake@adam.mb.ca