

| AREA COVERED             | SERVICES INCLUDED  | GROUP OR ORGANIZATION   | WEB ADDRESS / EMAIL ADDRESS  |
|--------------------------|--|---|--|
| <b>MANITOBA</b>          |  |   |  |
| <b>National Helpline</b> | <p>Hotline 1-800-4-A-CHILD<br/>                     Hotline 1-800-422-4453<br/>                     Crisis counselors available 24/7<br/>                     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.</p> | <p>Childhelp<br/>                     Prevention and Treatment of<br/>                     Child Abuse</p>  | <p><a href="http://www.childhelp.org">www.childhelp.org</a><br/> <a href="mailto:info@childhelp.org">info@childhelp.org</a><br/>                     Email support form on the website</p> |
| <b>Statewide</b>         | <p>Hotline 1-866484-2846 Toll Free<br/>                     If you are a victim of domestic violence contact us to be connected to a crime victim service in your area</p>   | <p>Domestic Violence Support<br/>                     Service (DVSS)<br/> <a href="http://www.gov.mb.ca/justice/victims/domestic/index.html">www.gov.mb.ca/justice/victims/domestic/index.html</a></p>  | <p><a href="http://www.gov.mb.ca">www.gov.mb.ca</a></p>  |
| <b>Altona</b>            | <p>Understanding anxiety and the options for treatment is the first vital step in recovery.</p>  | <p>Anxiety Disorders Association<br/>                     145 Centre Avenue<br/>                     Altona<br/>                     Manitoba R0G 0B1<br/>                     204-324-6110 Office.</p>   | <p><a href="http://www.adam.mb.ca">www.adam.mb.ca</a><br/> <a href="mailto:adamaltona@mts.net">adamaltona@mts.net</a></p>  |
| <b>Ashern</b>            | <p>Lakeshore Women's Resource Centre assists women and youth to implement change towards personal growth, increased independence and empowerment.</p>  | <p>Lakeshore Women's Resource<br/>                     Centre<br/>                     1-2nd Avenue North<br/>                     Ashern<br/>                     Manitoba<br/>                     204-768-3016 Office</p>                                  | <p><a href="mailto:lwrc@mymts.net">lwrc@mymts.net</a></p>  |
| <b>Brandon</b>           | <p>Understanding anxiety and the options for treatment is the first vital step in recovery.</p>  | <p>Anxiety Disorders Association<br/>                     PO Box 22046<br/>                     Brandon<br/>                     Manitoba R7A 6Y9<br/>                     204-725-8550 Office</p>  | <p><a href="http://www.adam.mb.ca">www.adam.mb.ca</a><br/> <a href="mailto:adambrdn@mts.net">adambrdn@mts.net</a></p>  |
| <b>Brandon</b>           | <p>Hotline 1-866-484-2846 Toll Free<br/>                     Court &amp; criminal justice information<br/>                     Counselling referrals<br/>                     Court preparation<br/>                     Safety and protection planning</p>  | <p>Victim Services - Manitoba<br/>                     Brandon<br/>                     Manitoba<br/>                     204-726-6515 Office<br/> <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a></p> | <p><a href="http://www.gov.mb.ca">www.gov.mb.ca</a><br/> <a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a></p>  |
| <b>Brandon</b>           | <p>Provincial Hotline 1-800-977-0007<br/>                     The Brandon YWCA Westman<br/>                     Women's Shelter is an emergency</p>  | <p>YWCA - Brandon<br/>                     148 11th Street<br/>                     Brandon</p>   | <p><a href="http://www.ywcabrandon.com">www.ywcabrandon.com</a><br/> <a href="mailto:ywca2@wcgwave.ca">ywca2@wcgwave.ca</a></p>  |

shelter offering a short-term safe 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.

Manitoba R7A 4J4  
204-727-3644 Shelter

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| <b>Dauphin</b>   | <p>Provincial Hotline 1-877-977-0007<br/>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 &amp; 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.<br/>PO Box 651<br/>Dauphin<br/>Manitoba R7N 3B3<br/>204-622-4626 Office</p>  | <p><a href="http://www.parklandcrisiscentre.ca/pkndcris@mts.net">www.parklandcrisiscentre.ca/pkndcris@mts.net</a></p>             |
| <b>Dauphin</b>   | <p>Hotline 1-866-484-2846 Toll Free<br/>Court &amp; criminal justice information<br/>Counselling referrals<br/>Court preparation<br/>Safety and protection planning</p>   | <p>Victim Services - Manitoba<br/>Dauphin<br/>Manitoba<br/>204-622-5080 Office<br/><a href="http://www.gov.mb.ca/justice/victims/domestic/index.html">www.gov.mb.ca/justice/victims/domestic/index.html</a></p> | <p><a href="http://www.gov.mb.ca/mgi@gov.mb.ca">www.gov.mb.ca/mgi@gov.mb.ca</a></p>   |
| <b>Flin Flon</b> | <p>Understanding anxiety and the options for treatment is the first vital step in recovery.</p>   | <p>Anxiety Disorders Association<br/>Box 834<br/>Flin Flon<br/>Manitoba R8A 1N6<br/>204-371-0600 Office</p>   | <p><a href="http://www.adam.mb.ca/norman@adam.mb.ca">www.adam.mb.ca/norman@adam.mb.ca</a></p>                                     |
| <b>Flin Flon</b> | <p>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<br/>Community based 2nd stage prog<br/>Information and referrals<br/>Counselling services<br/>Various support groups</p>  | <p>Women's Safe Haven Resource Service Inc<br/>60 Hapnot Street<br/>Flin Flon<br/>Manitoba R8A 1L6<br/>204-681-3105 Office</p>  | <p><a href="http://www.womensresource.ca/womensresourcecentre@mts.net">www.womensresource.ca/womensresourcecentre@mts.net</a></p> |
| <b>Gimli</b>     | <p>Provincial Hotline 1-877-977-0007<br/>The purpose of the Interlake Women's Resource Centre is to provide front line services to abused</p>   | <p>Interlake Women's Resource Ctr<br/>87-5th Avenue<br/>Box 1991<br/>Gimli</p>  | <p><a href="http://www.iwrc.ca/iwrc@mymts.net">www.iwrc.ca/iwrc@mymts.net</a></p>   |

women and their children. These 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.

Manitoba R0C 1B0  
204-642-8264 Office

**Lac du Bonnet**

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

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

[www.adam.mb.ca](http://www.adam.mb.ca)  
[eastman@adam.mb.ca](mailto: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  
204-345-9752 Office  
[www.gov.mb.ca/justice/victims/domestic/index.html](http://www.gov.mb.ca/justice/victims/domestic/index.html)

[www.gov.mb.ca](http://www.gov.mb.ca)  
[mgi@gov.mb.ca](mailto: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/domestic/index.html](http://www.gov.mb.ca/justice/victims/domestic/index.html)

[www.gov.mb.ca](http://www.gov.mb.ca)  
[mgi@gov.mb.ca](mailto: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

[www.abuseprevention.ca](http://www.abuseprevention.ca)  
[director@abuseprevention.ca](mailto: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/domestic/index.html](http://www.gov.mb.ca/justice/victims/domestic/index.html)

[www.gov.mb.ca](http://www.gov.mb.ca)  
[mgi@gov.mb.ca](mailto:mgi@gov.mb.ca)

**Selkirk**

Local Hotline 204-482-1200  
Or 1-877-977-0007 Toll Free  
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

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

[www.novahouse.ca](http://www.novahouse.ca)  
[anna@novahouse.ca](mailto:anna@novahouse.ca)

independent. Services Include:  
 A 24 Hour, 7 days a week crisis 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

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| <b>Selkirk</b>   | Hotline 1-866-484-2846 Toll Free<br>Court & criminal justice information<br>Counselling referrals<br>Court preparation<br>Safety and protection planning  | Victim Services - Manitoba<br>Selkirk<br>Manitoba<br>204-785-5213 Office<br><a href="http://www.gov.mb.ca/justice/victims/domestic/index.html">www.gov.mb.ca/justice/victims/domestic/index.html</a> | <a href="http://www.gov.mb.ca">www.gov.mb.ca</a><br><a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a> |
| <b>Steinbach</b> | Local Hotline 204-346-0028<br>Or 1-877-977-0007 Toll Free<br>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:<br>24 Hour Toll Free crisis line.<br>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. | Agape House<br>Box 3130<br>Steinbach<br>Manitoba R5G 1P5<br>204-326-6062 Office  | <a href="http://www.agapehouse.ca">www.agapehouse.ca</a>   |
| <b>The Pas</b>   | Local Hotline 204-623-5497<br>Or 1-877-977-0007 Toll Free<br>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  | Aurora House<br>PO Box 3779<br>The Pas<br>Manitoba R9A 1S4<br>204-623-7427 Office<br><a href="http://www.aurorahouse-sharethecare.com">www.aurorahouse-sharethecare.com</a>                          | <a href="mailto:auroratp@mts.net">auroratp@mts.net</a>   |

in a violence free life.  
We address domestic violence in the Norman region through support and education. The emergency shelter operates 24/7 throughout the year. A 24 hour crisis line is operated and we refer calls beyond our domestic violence mandate

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| <b>The Pas</b>  | Hotline 1-866-484-2846 Toll Free<br>Court & criminal justice information<br>Counselling referrals<br>Court preparation<br>Safety and protection planning   | Victim Services - Manitoba<br>The Pas<br>Manitoba<br>204-627-8483 Office<br><a href="http://www.gov.mb.ca/justice/victims/domestic/index.html">www.gov.mb.ca/justice/victims/domestic/index.html</a>  | <a href="http://www.gov.mb.ca">www.gov.mb.ca</a><br><a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a>   |
| <b>Thompson</b> | Understanding anxiety and the options for treatment is the first vital step in recovery.   | Anxiety Disorders Association<br>PO Box 803<br>Thompson<br>Manitoba R8N 0S4<br>204-778-6306 Office  | <a href="http://www.adam.mb.ca">www.adam.mb.ca</a>   |
| <b>Thompson</b> | Local Hotline 204-778-7273<br>Or 1-800-442-0613 Toll Free<br>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<br>Box 1226<br>Thompson<br>Manitoba<br>204-677-9668 Office   | <a href="http://www.thompsoncrisiscentre.org">www.thompsoncrisiscentre.org</a>   |
| <b>Thompson</b> | Hotline 1-866-484-2846 Toll Free<br>Court & criminal justice information<br>Counselling referrals<br>Court preparation<br>Safety and protection planning   | Victim Services - Manitoba<br>Thompson<br>Manitoba<br>204-677-6368 Office<br><a href="http://www.gov.mb.ca/justice/victims/domestic/index.html">www.gov.mb.ca/justice/victims/domestic/index.html</a> | <a href="http://www.gov.mb.ca">www.gov.mb.ca</a><br><a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a>   |
| <b>Winkler</b>  | Local Hotline 204-325-9800<br>Or 1-877-977-0007 Toll Free<br>Genesis House exists so that the people of South Central Manitoba   | Genesis House<br>PO Box 389<br>Winkler<br>Manitoba R6W 4A6  | <a href="http://www.geneshouseshelter.ca">www.geneshouseshelter.ca</a><br><a href="mailto:sccfv@genesis-house.ca">sccfv@genesis-house.ca</a> |

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 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..

204-325-9957 Office

**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](http://www.alphahouseproject.ca)  
[info@alphahouseproject.ca](mailto:info@alphahouseproject.ca)

**Winnipeg**

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](http://www.adam.mb.ca)  
[adam@adam.mb.ca](mailto:adam@adam.mb.ca)

**Winnipeg**

We provide support and legal services for women who have left or are leaving an abusive relationship. 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  
[www.norwestcoop.ca/mind-spirit/a-womans-place/](http://www.norwestcoop.ca/mind-spirit/a-womans-place/)

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

**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

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

[www.bravestonecentre.ca](http://www.bravestonecentre.ca)  
[info@bravestonecentre.ca](mailto:info@bravestonecentre.ca)

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.

**Winnipeg**

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

Fort Garry Women's Resource Centre  
1150A Waverley Street  
Winnipeg  
Manitoba R3T 0P4  
204-477-1123 Office

[www.fgwrc.ca](http://www.fgwrc.ca)  
[info@fgwrc.ca](mailto:info@fgwrc.ca)

**Winnipeg**

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.

Ikwe - Widdjiitiwin  
PO Box 1056  
Winnipeg  
Manitoba R3C 2X4  
204-987-2780 Office

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

**Winnipeg**

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

Klinik Community Health Centre  
Winnipeg  
Manitoba R3G 0P1  
204-784-4090 Office

[www.klinik.mb.ca](http://www.klinik.mb.ca)  
[klinik@klinik.mb.ca](mailto:klinik@klinik.mb.ca)

**Winnipeg**

Any woman who is experiencing the

The Laurel Centre

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

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

104 Roslyn Road  
 Winnipeg  
 Manitoba R3L 0G6  
 204-783-5460 Office

[info@thelaurelcentre.com](mailto:info@thelaurelcentre.com)

**Winnipeg**

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.

Ma Mawi Wi Chi Irara Centre  
 363 McGregor Street  
 Winnipeg  
 Manitoba R2W 4X4  
 204-925-0304 Office

[www.mamawi.com](http://www.mamawi.com)  
[info@mamawi.com](mailto:info@mamawi.com)

**Winnipeg**

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.

The Men's Resource Centre  
 115 Pulford Street  
 Winnipeg  
 Manitoba R3L 1X8  
 204-415-6797 Office

[www.mens-resource-centre.ca](http://www.mens-resource-centre.ca)

**Winnipeg**

Hotline 1-877-977-0007 Toll Free  
 24 Hour crisis helpline  
 We offer open & closed counselling groups for victims of domestic violence.

North End Women's Centre  
 394 Selkirk Avenue  
 Winnipeg  
 Manitoba R2W 2M2  
 204-589-7347 Office

[www.newcentre.org](http://www.newcentre.org)  
[info@newcentre.org](mailto:info@newcentre.org)

**Winnipeg**

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

Victim Services - Manitoba  
 Winnipeg  
 Manitoba  
 204-954-6851 Office  
[www.gov.mb.ca/justice/victims/domestic/index.html](http://www.gov.mb.ca/justice/victims/domestic/index.html)

[www.gov.mb.ca](http://www.gov.mb.ca)  
[mgi@gov.mb.ca](mailto:mgi@gov.mb.ca)

**Winnipeg**

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.

Wahbung - Abinoonjiiag, Inc  
 225 Dufferin Avenue  
 Winnipeg  
 Manitoba R2W 5N7  
 204-582-9508 Office

[www.wahbung.org](http://www.wahbung.org)  
[reception@wahbung.org](mailto:reception@wahbung.org)



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| <b>Winnipeg</b>       | <p>Local Crisis Line 204-615-0311<br/>         Provincial Hotline 1-877-977-0007<br/>         Willow Place is open for shelter<br/>         24 hours a day and 7 days a week.<br/>         Our services for women and<br/>         children include: Short term housing,<br/>         counselling, advocacy and referrals<br/>         to other community services. Our<br/>         website is still under construction<br/>         as of 06/15 so please call for more<br/>         information.</p> | <p>Willow Place shelter<br/>         Box 1786<br/>         Winnipeg<br/>         MB R3C 2Z9<br/>         Office 204-615-0313.</p>  | <p><a href="http://www.willowplaceshelter.ca">www.willowplaceshelter.ca</a></p>   |
| <b>Winnipeg</b>       | <p>Hotline 1-866-947-1517 Toll Free<br/>         Our counsellors will work with you<br/>         to help you develop a sense of your<br/>         own power and to manage your<br/>         life in healthy ways. Some issues<br/>         you may wish to talk about included:<br/>         Family violence, sexual assault or<br/>         childhood abuse. For more details<br/>         call 204-947-2422 ext 204</p>   | <p>Women's Health Clinic<br/>         419 Graham Avenue<br/>         Unit A<br/>         Winnipeg<br/>         Manitoba R3C 0M3<br/>         204-947-2422 ext 204 counsel<br/>         204-947-1517 Office</p> | <p><a href="http://www.womenshealthclinic.org">www.womenshealthclinic.org</a><br/> <a href="mailto:whc@womenshealthclinic.org">whc@womenshealthclinic.org</a></p> |
| <b>Winnipeg Beach</b> | <p>Understanding anxiety and the<br/>         options for treatment is the first<br/>         vital step in recovery.</p>   | <p>Anxiety Disorders Association<br/>         PO Box 385<br/>         Winnipeg Beach<br/>         Manitoba R0C 3G0<br/>         204-389-5030 Office</p>  | <p><a href="http://www.adam.mb.ca">www.adam.mb.ca</a><br/> <a href="mailto:interlake@adam.mb.ca">interlake@adam.mb.ca</a></p>                                     |