

Centralized Services in Winnipeg	
Manitoba Start 271 Portage Avenue, Wpg. R3B 2A8 Intake: 204-944-8833 Fax 204-944-8787 Email: frontdesk@manitobastart.com Web: www.manitobastart.com Contact Jonathan Bauer – Outreach Coordinator	 Centralized intake service for new immigrants in Winnipeg It is the first stop after newcomers arrive to MB, and the starting point for receiving info and referrals to employment and settlement services Employment Services – Offers employment preparation workshops; one-on-one career coaching; and a job matching unit
ENTRY Program 400 - 259 Portage Avenue. Wpg. R3B 2A9 Phone: 204-944-0133 Fax: 204-944-8062 Email: info@entryprogram.ca Web: www.entryprogram.ca Contact: Grace Eidse, Executive Director	 Clients must first go to Manitoba START to get a referral to the ENTRY Program Orientation and language for newcomers Newcomers learn about employment services, getting settled in Winnipeg, health services and the law Regular program is 4 weeks, but they also offer a 1 week express for those proficient in English Classes offered mornings, afternoons and evenings
Winnipeg English Language Assessment & Referral Centre (WELARC) # 400 - 275 Portage Avenue R3B 2B3 Phone: 204-943-5387 Fax: 204-943-9614 Email: info@welarc.net Web: www.welarc.net Contact: Debra Schweyer, Executive Director	 Clients must first go to Manitoba START to get a referral to WELARC English language assessments for adults before they can take English language classes or training programs Referrals to settlement services or employment preparation programs
Settlement Services	
Immigrant Centre Manitoba Inc. 100 Adelaide Street R3A 0W2 Phone: 204-943-9158 Fax: 204-949-0734 Email: info@icmanitoba.com Web: www.icmanitoba.com Contact: Linda Lalande, Executive Director	 Settlement and employment services for newcomer immigrants Language Bank offers free verification of translations, interpretation and notary public for landed immigrants who have lived in MB for less than 3 years Access English Centre offers new learners an opportunity to support their English language learning, and those who have no other opportunities to join EAL classes, such as TFWs, visitors, and those on a Working Visa Citizenship classes Neighbourhood Immigrant Settlement Worker Coordinator Computer lending library Nutrition Services
Welcome Place Manitoba Interfaith Immigration Council, Inc. 521 Bannatyne Avenue R3A 0E4 Phone: 204-977-1000 Fax: 204-956-7548 Email: sysadmin@miic.ca Web: www.miic.ca Contact: Rita Chahal, Executive Director	 Services provided in first language for Government Assisted Refugees, Privately Sponsored Refugees, Refugee Claimants and family members of all the above Reception Services, including temporary accommodation and assistance with permanent housing search Settlement Services - Orientation sessions, referrals, interpretation, advocacy, and supportive counseling Life Skill Training – One-on-one practical Canadian life lessons on household management, shopping, and getting around the city Sponsorship Services - Assistance with private sponsorships and family class sponsorship applications, and support for sponsoring groups Inland Protection Services - Para-legal assistance in support of refugee claim applications



Accueil francophone Unit 104 - 420 Des Meurons Street R2H 2N9 Phone : 204-975-4250 Fax: 204-948-3020 Email: accueil@sfm-mb.ca Web: www.accueilfrancophonemb.com Contact: Bintou Sacko, Executive Director	 Offers settlement services for French speaking immigrants, including initial welcome and orientation, needs assessment and referral to services. Resettlement Assistance Program (RAP)
Jewish Child and Family Services C200 - 123 Doncaster Street R3N 2R2 Phone: 204-477-7430 Fax: 204-477-7450 Email: jcfs@jcfswinnipeg.org Web: www.jcfswinnipeg.org Contact: Emily Shane, Executive Director	 Settlement services for newcomers of Jewish ancestry, including pre-migration assistance. Assessment, settlement and employment assistance, counselling and referral Volunteer programs match newcomers with Jewish families Individual and group counseling and support groups on topics such as family relationships and parenting Counseling open to the general public, not exclusive to Jewish people Services are offered in Hebrew, Russian, Slavic languages, Spanish and Ukrainian
Neighbourhood Immigrant Settlement Workers (NISWs)	Coordinator - Roselyn Advincula 943-9969 ext 292 radvincula@icmanitoba.com
Elmwood – 204-982-1720 ext. 205 Elmwood Community Resource Centre 200 Levis Street Email: nisw.elmwood@elmwoodcrc.com Inkster – 204-940-1697 Nor' West Community Health Centre #103-61 Tyndall Avenue Email: nisw.inkster@norwesthealth.ca River Heights/Tuxedo/Fort Rouge –204-489-9141 Tuxedo Family Resource Centre # 1 – 225 Doncaster Street	Fort Garry/Fort Richmond – 204-261-0163 Dalhousie School 262 Dalhousie Drive Email: nisw1@pembinatrails.ca River East / Transcona – 204-669-9412 ext. 2968 Bernie Wolfe Community School 95 Bournais Drive Email: vschroeder@retsd.mb.ca Seven Oaks – 204-632-1716 Seven Oaks Adult Learning and Settlement Services Centre 950 Jefferson Avenue
Email: nisw.tuxedo@hotmail.com St. James – Assiniboia – 204- 831-7405 Jameswood Community School 1 Braintree Crescent Email: St.James-diversity@hotmail.com	Email: nispreferral@7oaks.org St. Vital – 204-257-7308 ext 417 or 204-292-8229 René Deleurme Centre 511 St. Anne's Road Emails: iftu.ibrahim@lrsd.net_priya.sharma@lrsd.net melanie.gonzalez@lrsd.net
West Central -204- 774-7990 West Central Women's Resource Centre 640 Ellice Avenue Email: nisw@wcwrc.ca - 204-774-8975 ext 219 Email: nisw2@wcwrc.ca - 204-774-8975 ext 225	William Whyte – 204-582-9091 William Whyte Residents' Association 295 Pritchard Avenue Emails: nisw1wwra@gmail.com thlaywwra@gmail.com nisw3wwra@gmail.com



Youth and Family	
NEEDS Inc. 251 Notre Dame Avenue R3B 1N8 Phone: 204-940-1260 Fax: 204-940-1272 Email: needsinc@mts.net Web: www.needsinc.ca Contact: Margaret Von Lau, Executive Director	 Programs for immigrant and refugee children and youth, many of whom have been affected by war, to adapt to life in Manitoba Programs for computer training, homework help, youth recreational programs, and employment programs
IRCOM - Immigrant and Refugee Community Organization of Manitoba 95 Ellen Street R3A 1S8 Phone: 204-943-8765 Fax: 204-943-4810 Email: info@ircom.ca Web: www.ircom@shaw.ca Contact: Dorota Blumczynska - Executive Director	 Transitional housing for newcomer families for a period of one year, with the possibility of renewal for another two years After-school and recreation programs - free games, arts and crafts, reading and homework club, films and EAL tutoring for children, youth and adults Community groups can use the sports facilities assigned to IRCOM through the City of Wpg and Winnipeg School Division # 1 On-site community workers assist families with their adaptation to life in Canada through orientation to housing, social services and Winnipeg's wider community
Family Dynamics Family Supports for Refugees 401 - 393 Portage Avenue R3B 3H6 Phone: 204-947-1401 Email: info@familydynamics.ca Web: www.familydynamics.ca Contact: Holly Puckall, Executive Director	 Needs assessment and case management support addressing a variety of issues for high needs refugees Focus on families with limited support networks to aid in transition, build independence, and access resources In-home family and educational support to refugee families Services are available in several languages
MOSAIC Newcomer Family Resource Network 397 Carlton Street Wpg R3B2K9 Phone: 204-774-7311 Email: vcavers@mosaicnet.ca Web: www.mosaicnet.ca Contact: Valerie Cavers, Executive Director	 Part-time English classes with quality care for your child, in 4 locations – Fort Richmond, Fort Garry, River Heights, Downtown Nobody's Perfect Parent Groups and parenting programs for Newcomers Family Literacy Reading with your Kids
Life Employment Enhancement Program for War Affected Youth (LEEP) Salvation Army Multicultural Centre 51 Morrow Avenue R2M 1A5 Phone: 204-946-9137 Fax: 204-946-9154 Leep.mfc@mts.net Contact : Michelle Strain, Program Supervisor	 L.E.E.P. is a 20 week pre-employment training program for youth from war affected countries. The program helps newcomers to overcome the challenges of integrating into a new culture and in becoming contributing members of Canadian society The 20-week classroom-based program helps develop employment skills, and includes info about Canadian culture, health, safety, self-awareness, communication skills and confidence building Includes a 4-week job placement Participants are paid a training allowance during the 24 week program



Health & Wellness	
Aurora Family Therapy Centre Sparling Hall - 2nd floor , 515 Portage Avenue University of Winnipeg R3B 2E9 Phone : 204-786-9251 Fax: 204-772-2547 Web: http://aurora.uwinnipeg.ca Contact: John Smith, Executive Director	 Therapy program for immigrant and refugee individuals, couples, and families Works with immigrants and refugees regarding these issues: Family and relationship issues Issues of war related trauma Parenting in a new country Negotiating cultural differences Services are offered in several languages Staff can meet with clients in their homes, when needed
SERC (Sexuality Education Resource Centre) # 200 - 226 Osborne Street North R3C 1V4 Phone: 204-982-7800 Fax: 204-982-7819 Email: info@serc.mb.ca Web: www.serc.mb.ca Contact: Lori Johnson, Executive Director	 Reproductive health information on family planning, sexually transmitted infections, HIV/AIDS, sexuality education and family communication for newcomers. Provide ethno-specific workshops on intergenerational conflict and sexual reproductive health Referral to other services
Mount Carmel Clinic Multicultural Wellness Program 886 Main Street R2W 5L4 Phone: 204-589-9420 Email: cross_cultural@mountcarmel.ca Web: http://www.mountcarmel.ca/ Contact: Arlene Elliott, Program Coordinator	 Counseling and support for immigrants, refugees - victims of torture and other newcomers who are experiencing mental health difficulties and stresses resulting from culture change or traumatic events prior to coming to Canada Services are offered in several languages Community education
A & O Entry Program for Older Adult Immigrants 200 – 280 Smith Street R3C 1K2 Phone: 204-956-6440 Fax: 204-946-5667 Email: info@ageopportunity.mb.ca Web: www.ageopportunity.mb.ca Contact: Maureen Keelan, Manager	 Specialized Entry Program for older adults Learners are over 55 years and no longer working Conversation groups Participants are at varying levels of English, with diverse needs
SMD Services Society for Manitobans with Disabilities 825 Sherbrook Street R3A 1M5 Web: www.smd.mb.ca	
Ethnocultural Program Phone: 204-975-3121 or 1-866-282-8041 TTY: 204-975-3012 or 1-800-225-9108 Fax: 204-975-3073 Email: communityeducation@smd.mb.ca Contact: Traicy Robertson, Supervisor	 The Ethnocultural Program assists immigrant adults and children with disabilities to access appropriate services in the community They provide a wide range of rehabilitative supports, and have staff from various cultural groups who speak a variety of languages
Deaf and Hard of Hearing Services Phone: 204-975-3080 TTY: 204-975-3083 Fax: 204-975-3073 Email: slysachok@smd.mb.ca Contact: Sandy Lysachok, Adult Ed. Coordinator	The Deaf and Hard of Hearing Program offers language and math programs for Deaf and Hard of Hearing adult newcomers. They also offer classes in American Sign Language (ASL), EAL, English Literacy, Math and orientation to living in Canada



Healthy Start for Mom & Me 2nd floor, 400 Edmonton Street R3B 2M2 Phone: 204-949-5350 Fax: 204-949-4800 Email: healthystart@mts.net Web: www.hsmm.ca Contact: Gail Wylie, Executive Director	 Prenatal and postnatal classes for newcomers Clients learn about having a baby in Canada Interpreters available Babysitting provided for children up to 5 years of age Nurse and dietitian available There are 8 other Healthy Start Programs in Winnipeg. Call 949-5350 to find the one in your area.
Pluri-Elles 570 rue Des Meurons R2H 2P8 Phone: 204-233-1735 or 1-800-207-5874 Email: plurielles@shaw.ca Web: www.pluri-elles.mb.ca Contact: Mona Audet, Executive Director	 Counseling for women and therapy for children All services offered in French - service to all of MB
Immigrant Women's Counseling Services 200 - 323 Portage Avenue R3B 2C1 Phone: 204-940-2172 Fax: 204-940-1971 Contact Kim Storeshaw 785 Keewatin Winnipeg, MB R2X 3B9 Phone: 204-938-5900 Contact: Michelle Kirkbride Email: mkirkbride@norwestcoop.ca Web: www.norwesthealth.ca	 Counseling for immigrant women who face violence or trauma in their lives Group counseling on topics such as healthy relationships, anger management, parenting and self-esteem Support clients by accompanying them to court, lawyers, and doctor appointments Translation and interpretation services offered in African dialects, Chinese, Tagalog, Portuguese, Spanish, Tamil and Vietnamese - and other languages with advance notice Emergency Food Program for families in financial crisis. Information, referral, and public education - re. health, legal issues, immigration, social services, family violence etc. Legal services for women who are in or leaving abusive relationships at 940-6624
Nine Circles Community Health Centre 705 Broadway R3G 0X2 Phone: 204-940-6000 or 1-888-305-8647 Fax: 204-940-6027 Email: ninecircles@ninecircles.ca Web: www.ninecircles.ca Contact: Mike Payne, Executive Director	 Advocacy and support for people who are living with HIV/AIDS Testing and assessment for HIV and sexually transmitted infections (STIs) HIV/STI Information Line @ 945-2437 or 1-800-782-2437
YM/YWCA Family Recreation Project # 604 – 428 Portage Avenue R3C 0E2 Phone: 204-989-4106 Web: www.ywinnipeg.ca Contact: Ashley Maryk - Community Initiatives	A program of the downtown YW/YMCA offers: A free, four month membership for newcomer families who have lived in Canada for less than two years



Other Supports	
New Journey Housing 312 - 393 Portage Avenue R3B 3H6 (in Portage Place Mall, opposite IMAX) Phone: 204-942-2238 Fax: 204-942-2239 Email: info@newjourneyhousing.com Web: www.NewJourneyHousing.com Contact: Codi Guenther, Executive Director	 Not-for-profit housing resource centre for newcomers to Canada Training classes: Rental, Home Ownership, and Basic Budgeting Housing counselling and information about rental or home ownership Consult with landlords, caretakers and others regarding newcomer housing Education and advocacy
MFL Occupational Health Centre # 102 – 275 Broadway Winnipeg MB R3C 4M6 Phone: 204-949-0811 Email: mflohc@mflohc.mb.ca Contact: Karen Hamilton	 Trainers from the Philippines, India, El Salvador, Somalia and Vietnam offer health and safety workshops Physicians are available to see workers with work-related injuries and illnesses, and offer medical opinions about Worker Compensation claims
Global Welcome Centre University of Winnipeg Room 1E04 – 511 Ellice Avenue R3B 2E9 Phone: 204-258-2946 Email: globalwelcomecentre@uwinnipeg.ca Web: www.uwinnipeg.ca/index/gwc-index Contact: Miranda Santolini, Coordinator	 Support services for immigrants and EAL students addressing transition to post-secondary education Mentorship and tutoring programs available Bridging program for high-school students Academic advising for immigrants and refugees
Bilingual Service Centres St. Boniface/ St. Vital Region # 100 – 614 Des Meurons Street, Wpg.R2H 2P9 Phone: 204-945-2189 Fax: 204-948-3020 AND 100-1005 St. Mary's Road, Wpg. R2M 5S4 Phone: 204-945-6004 Fax 204-948-2628 Contact Nicole Young, A/Coordinator 204-945-1529 Web: www.csbsc.mb.ca	 Offers a wide range of information about federal, provincial and municipal services, as well as community based organizations – available in English and French For example – purchase bus tickets, order a birth certificate, obtain a street parking permit, contact Family Services & Housing, find information about Human Rights, register a business name, employment information, Business Gateway, Access Manitoba, tenant/landlord info, apply for a SIN card, apply or make changes to Health Card, to name a few

Regional Settlement Services 2011-12	
Arborg & Riverton Immigrant Settlement Services Box 582 337 River Road West Arborg MB R0C 2A0 Phone: 204- 376-3623 Fax: 204-376-5379 Email: ariss@mts.net Web: www.rivertoncanada.com/settlement-guide Contact: Koby Wiebe	Provides settlement assistance, such as information, orientation and referral to community resources for immigrants settling in the Arborg and Riverton areas.
Westman Immigrant Services 1001 Pacific Avenue Brandon MB R7A 0J2 Phone: 204-727-6031 Fax: 204-725-4786 Email: info@westmanimmigrantservices.ca Web: westmanimmigrantservices.ca Contact: Mulugeta Haile	Offers settlement and employment support services to newcomers Coordinates English as an Additional Language (EAL) classes in the Westman area, including Brandon, Boissevain, Kola and Rossburn .



for Older Adults	of October 51, 2015
Cartwright, Killarney, Boissevain Settlement Services Box190 - 485 Curwen Street Cartwright MB R0K 0L0 Phone: 204-529-2307 Fax: 204-529-2288 Email: cdo@cartwrightroblin.ca Contact: Yuriy Umansky	Provides general settlement services such as information, orientation and referral to community resources for newcomers settling in Cartwright, Killarney and Boissevain and surrounding areas.
Parklands Regional Settlement Services Box 516, 421 Main Street Grandview MB R0L 0Y0 Roblin, Grandview, Dauphin, Gilbert Plains Contact: Doris Schmidt-Laroche – 204-546-5100 Email: immigration@communityfuturesparkland.ca immigrationroblin@gmail.com Web: www.parklandimmigration.ca Rossburn Contact Ilse Ketelsen 204-859-2779 Email: immigration@town.rossburn.mb.ca Web: www.town.rossburn.ca	This service helps immigrants adjust to life in Manitoba and the local community by providing information and assistance with everyday tasks, and referral to community resources for English improvement, employment and education. Help with immigration-related issues and notary services are also offered. Grandview, Roblin, Rossburn, Dauphin and area.
Neepawa & Area Immigrant Settlement Services Box 598 342 Mountain Avenue Neepawa MB Phone: 204-476-2055 or 204-841-0229 (cell) Fax: 204 - 476-2188 Email: nadcoimmigrant@mymts.net Contact: Cheryl Campbell	Offers settlement information, orientation and referral to community resources for newcomers settling in Neepawa, Gladstone, Minnedosa and surrounding area.
Immigrant Resource Centre c/o Portage Learning and Literacy Centre 2nd floor, 110 Saskatchewan Avenue West Portage La Prairie MB R1N 0M1 Phone: 204-857-6304 ext. 229 Fax: 204-857-6358 Email: Luis.Luna@learningcentre.net Web: www.learningcentre,net Contact: Luis Luna	Offers services that support and assist people to integrate into the Portage la Prairie community and Canada. While their main job is to provide settlement services, it is also responsible for community tours for visitors.
Asessippi Parkland Settlement Services Box 1359, 178 Main Street Russell MB ROJ 1W0 Phone: 204-773-4792 Fax:204- 773-3370 Email: immigration@russellmb.com Web: www.asessippiparkland.com Contact: Lorraine Brown	Provides settlement assistance including information, orientation and referral to community resources for immigrants settling in the Russell, Inglis, Angusville, Binscarth, Birtle and surrounding area.
Eastman Immigrant Services D4, 284 Reimer Avenue Steinbach MB R5G 0R5 Phone: 204-346-6609 Fax: 204-346-3638 Email: Richard@eastmanimmigrantservices.com Web: www.eastmanimmigrantservices.com Contact: Richard Harder	Provides settlement support services for newcomers to Steinbach and the southeast area. Services include: • information, orientation, housing liaison, and integration support • interpretation and translation services • assessment and referral to community services • job search support • school and community liaison • host family and volunteer coordination



Settlement Services for New Immigrants in Manitoba

As of October 31, 2013

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Box 3011, # 130 - 5th Ave North **Swan River MB** R0L 1Z0

Phone: 204-734-9874 Cell: 204-281-1503 Email: sysettlementservices@hotmail.com

Web: www.swanrivermanitoba.ca

Contact: Gillian McGrath

Provides settlement support services for newcomers in the **South Central region of Manitoba, including Benito**. Services include:

- information, orientation, housing liaison, and integration support; school and community liaison
- interpretation and translation services
- assessment and referral to community services
- job search support

Thompson Newcomer Settlement Service

Community Futures North Central Development

Box 1208, 3 Station Road Thompson MB R8N 1P1

Phone: 204-677-1495 or 1-888-847-7878

Fax 204-778-5672

Email: amatiasek@northcentraldevelopment.ca

Contact: Angelica Matiasek

Provides settlement services such as information, orientation and referral to community resources for newcomers settling in the **Thompson and surrounding area**.

Virden Settlement Services

Box 513, 585 Seventh Avenue South,

Virden MB R0M 2C0

Phone: 204-851-1432 Fax: 204-748-2895

Email: <u>virdenssf@mts.net</u> Contact: Beatrice Norton Provides settlement services such as information, orientation and referral to community resources for newcomers settling in **Virden, Kola, Hamiota and surrounding area.**

South Central Immigrant Services

Box 420, # 2 - 295 Perry Street

Winkler MB R6W 4A6 Phone: 204-325-4059 Fax: 204-325-4158

Email: lauries@regionalconnections.ca
Web: www.regionalconnections.ca
Contact: Laurie Sawatzky

Provides settlement support services for newcomers in the **South Central** region of Manitoba, including Morden and Altona. Services include:

- information, orientation, housing liaison, and integration support; school and community liaison
- interpretation and translation services
- · assessment and referral to community services
- · job search support

Regional Bilingual Service Centres

#51 – 55 Rodgers Street Box 336

Notre-Dame-de-Lourdes MB R0G 1M0

Phone: 204-248-7270 Toll Free 1-866-267-6114

Fax: 204-248-7273

Suite A - 30 Dawson Road Ste. Anne MB R5H 1B5 Phone: 204-422-7028

Contact: Renelle Boissonneault

(works Wed, Thurs, Fri)

Box 215

Saint-Laurent MB R0C 2S0

Phone: 204-646-4095 Fax: 204-646-4095

Contact : Brigite McDaniels

Email: Brigite.McDaniels@gov.mb.ca

427 Sabourin Street Box 98 St.-Pierre-Jolys MB R0A 1V0

Phone: 204-433-2582 Fax: 204-433-3988

Contact: Renelle Boissonneault

(works Mon & Tue)

Provides a wide range of federal, provincial and municipal services, as well as community-based organizations under one roof

- You can purchase a Driver's Handbook, buy bus tickets, obtain street parking permits, contact Manitoba Family Services and Housing, Manitoba Human Rights, register your business name, order a birth certificate, to name a few services
- These offices also offer employment services and small business development support