2016 Brandon Resource Guide

Subject Index at Front

Alphabetical Index at Back

Available online at...

www.brandonhomelessness.ca

Addiction Services...Advocacy...Clothing and Thrift Stores...Counselling Services...Private Counselling Services...Crisis Services...Cultural Services...Drop In Centers...Employment & Educational Training...Food Programs...Health Services...Housing and Emergency Shelter...Interpretation...Justice Services...Legal Services...Mental Health Services ...Mentor Programs...Ministerial Services...Outreach Services...Police Services...Self-Help & Consumer Groups...Services for Children & Families...Sexuality Education...Support Group
Please help by reporting updates to the Brandon Neighbourhood Renewal
(204) 717-8413.
www.bradonhomelessness.ca/

Funding for this guide was provided by the Government of Canada.
# SUBJECT INDEX

## ADDICTION SERVICES
- AFM Brandon and Surrounding Area................................................................. 8
- Brandon and Area FASD (Fetal Alcohol Spectrum Disorder) Committee.................. 11
- Native Addictions Council of Manitoba............................................................... 12
- Teen Challenge Woman’s Centre...................................................................... 12

## ADVOCACY
- Canadian Mental Health Association (CMHA).................................................... 13
- Community Living – Brandon.............................................................................. 13
- Victim Services/Domestic Violence Unit/Child Victim Unit/Victim Rights Unit........ 14
- Westman Immigrant Services........................................................................... 15

## CLOTHING AND THRIFT STORES
- Brandon Friendship Centre: The Dressing Room.................................................. 15
- Elspeth Reid Family Centre (A faculty of Child and Family Services of Western Manitoba).............................................................................. 16
- MCC Thrift Store............................................................................................... 16
- Nearly New Shop.............................................................................................. 17
- Samaritan House Ministries............................................................................ 17

## COUNSELLING SERVICES
- Brandon Friendship Centre – Aboriginal healing and Wellness............................ 18
- Family Counselling Line.................................................................................... 18
- Mount Carmel Clinic.......................................................................................... 19
- Salvation Army.................................................................................................. 19
- The Counselling Centre for Hope, Healing and Encouragement......................... 19
- The Woman’s Resource Centre.......................................................................... 20
- Westman Youth for Christ................................................................................ 20
- YWCA Westman Woman’s Shelter..................................................................... 21

## PRIVATE COUNSELLING SERVICES
- Foster Common Unity Counselling Services......................................................... 21
- Graham Roberta J Marriage and Family Therapy.................................................. 21
- Orval Henderson & Associates.......................................................................... 21
- Pat Gibson Counselling Services...................................................................... 22
- Surreal Living..................................................................................................... 22
- Vivian Drake Counselling.................................................................................. 22
- Westwind Counselling....................................................................................... 22
- AFM Gambling Help Line.................................................................................. 22
- Line for Abused Women.................................................................................... 23
Crisis Pregnancy Centre........................................................................................................23
Kids Help Phone..................................................................................................................23
Manitoba Farm & Rural Support Services.........................................................................24
Sexual Assault Crisis Program............................................................................................24
Suicide Prevention Implementation Network (SPIN)..........................................................24
Suicide / Crisis Counselling Services................................................................................25
Westman Crisis Services, Prairie Mountain Health............................................................25

CULTURAL SERVICES.....................................................................................................26
Brandon Friendship Centre Cultural Program ......................................................................26
Manitoba Metis Federation (SW Region)...........................................................................26
Westman Immigrant Services.............................................................................................26

DROP IN CENTRES & RECREATION...............................................................................28
Brandon Friendship Centre – Brandon Aboriginal Youth Activity Centre........................28
Elspeith Reid Family Resource Centre (A faculty of Child and Family Services of Western
Manitoba)................................................................................................................................28
Grey Owl Extended Program..............................................................................................29
Westman Youth For Christ..................................................................................................29
YMCA of Brandon................................................................................................................30

EMPLOYMENT & EDUCATIONAL TRAINING................................................................30
Assiniboine Community College Adult Collegiate............................................................30
English as a Second Language at Adult Collegiate............................................................31
Brandon Friendship Centre – Adult Upgrading Program..................................................32
Brandon Friendship Centre – Partners for Careers...........................................................32
Brandon Literacy Council Inc.............................................................................................33
Brandon School Division.....................................................................................................33
Career & Employment Youth Services................................................................................33
Career Connections Inc.......................................................................................................34
Canadian Mental Health Association Building Re-fit Store..............................................34
COR Enterprises Inc.........................................................................................................35
Dakota Ojibway Tribal Council (Education)......................................................................35
Manitoba Jobs and Skills Development Centre.................................................................36
Joint Personal Support Unit...............................................................................................37
Neelin Off Campus.............................................................................................................37
Samaritan House Employment Resource Centre..............................................................38
Samaritan House Training Centre.....................................................................................39
Transitional Employment Program....................................................................................39
Ventures, Prairie Mountain Health....................................................................................40
Westbran Employment Development Centre....................................................................41
Westman Employment Services Inc..................................................................................41
Westman Youth for Christ – U-Turn..................................................................................42
FOOD PROGRAMS

- Food For Thought
- Global Market
- Helping Hands Soup Kitchen
- Salvation Army – Emergency Food
- Samaritan House Ministries: Food Program
- The Father’s Pantry
- Winter Market

HEALTH SERVICES

- 7th Street Health Access Centre; Prairie Mountain Health
- Mount Carmel Clinic
- Prairie Mountain Health – Health Promotions Community Nutritionist
- Public Health

HOUSING AND EMERGENCY SHELTER

- Brandon Housing First-SW Manitoba Metis Federation Inc.
- Brandon Friendship Centre Housing Authority
- Canadian Mental Health Association Support and Housing
- Massey Manor
- Home Ownership Program
- STEPP Homes
- Supplement Program
- Portable Housing Benefit (PHB)
- CMHA Homeless Shelter
- Family Services
- Westman Woman’s Shelter

SECOND STAGE HOUSING

- Mary’s House Second Stage Safe Housing
- Westman Woman’s Shelter Second Stage Housing

TRANSITIONAL HOUSING

- Brandon Friendship Centre Transitional Housing
- Canadian Mental Health Association
- YWCA Meredith Place Residence

SUPPORTIVE HOUSING

- Brandon Community Options
- Brandon Community Welcome Co-op Inc. & Grey Owl Non-Profit Housing
- Clustered Apartment Program, Prairie Mountain Health
- Family Visions
- McTavish Manor, Prairie Mountain Health
- Westman Opportunities
- Westman Youth for Christ – U-Turn

HOUSING AUTHORITY
Brandon Friendship Housing Authority ............................................................... 60
Dakota Ojibway Tribal Council – Housing Authority ................................. 61
Manitoba Housing ....................................................................................... 61

HOUSING SERVICES .................................................................................... 62
Canadian Mental Health Services, Brandon RHA .................................. 62

HOUSING DISPUTE SERVICES .................................................................. 62
Residential Tenancies Branch ................................................................. 62

INTERPRETATION ..................................................................................... 62
Brandon Community Language Centre (BCLC) ...................................... 62
Westman Immigrant Services ............................................................... 63

JUSTICE SERVICES ...................................................................................... 64
John Howard Society of Brandon, Inc ..................................................... 64
Victim Services/Domestic Violence Unit/Victim Rights Unit .................. 65

LEGAL SERVICES ........................................................................................ 65
Legal Aid .................................................................................................... 65
Samaritan House Ministries .................................................................. 66

MENTAL HEALTH SERVICES .................................................................. 66
Adult Community Mental Health Services, Prairie Mountain Health ...... 66
Brandon Friendship Centre Aboriginal Healing and Wellness ............... 67
Centre for Adult Psychiatry, Prairie Mountain Health ......................... 68
Centre for Geriatric Psychiatry, Prairie Mountain Health ..................... 68
Child & Adolescent Treatment Centre, Brandon RHA ......................... 70
Psychosocial Rehabilitation/Residential and Community Services ......... 71
Westman Crisis Services, Prairie Mountain Health ................................ 71

MENTOR PROGRAMS ................................................................................ 72
Big Brothers & Sisters of Brandon .......................................................... 72
Westman Immigrant Services ............................................................... 73
Canadian Mental Health Association ............................................... 73

MINISTERIAL SERVICES ........................................................................... 73
Salvation Army ......................................................................................... 73
Samaritan House Ministries ................................................................. 74
Westman Youth for Christ .................................................................. 74

OUTREACH SERVICES .............................................................................. 75
Child & Family Services of Western Manitoba .................................... 75
Community Respite Services ............................................................... 76
Westman Crisis Services, Prairie Mountain Health ............................ 77

POLICE SERVICES ....................................................................................... 77
Brandon Police Services........................................................................................................... 77
Dakota Ojibway Police Services............................................................................................... 77

SELF HELP & CONSUMER SERVICES.................................................................................. 78
  Anxiety Disorders Association of Manitoba........................................................................ 78
  Brandon Community Options............................................................................................... 78
  Brandon Literacy Council Inc. (Self Help and Consumer Goods). .................................... 78
  Brandon & District Chapter Learning Disabilities Association of Manitoba.................... 78
  Canadian National Institute for the Blind............................................................................... 79
  Manitoba Schizophrenia Society......................................................................................... 79
  Mood Disorders Association of Manitoba........................................................................... 79
  Society for Manitobans with Disabilities Inc................................................................. 79
  The Arthritis Society-Manitoba/Nunavut Division......................................................... 80

SERVICES FOR CHILDREN & FAMILIES.............................................................................. 80
  Brandon Friendship Centre (Gi) Kinaa’amaadiwigamingoons Aboriginal Head Start .... 80
  Brandon Friendship Centre: Brandon Access Exchange Service................................... 81
  Brandon Friendship Centre: In a Good Way Program.................................................... 81
  Brandon Friendship Centre: Parent /Child Centre Program........................................... 82
  Children’s Advocate........................................................................................................ 83
  Child & Family Services of Western Manitoba............................................................. 83
  Community Respite Service......................................................................................... 84
  Dakota Ojibway Child and Family Services (Sub-Office).............................................. 85
  Elspeth Reid Family Resource Centre............................................................................ 85
  Family Services........................................................................................................... 87
  Kids Help Phone......................................................................................................... 87
  Metis Child Family and Community Services............................................................ 88
  West Region Child and Family Services....................................................................... 88
  Westman Youth for Christ............................................................................................ 88

SEXUALITY EDUCATION........................................................................................................ 89
  Sexuality Education Resource Centre............................................................................ 89

SUPPORT GROUPS.................................................................................................................. 89
  Alcoholics Anonymous Group Meetings........................................................................ 89
  Adult Children of Alcoholics......................................................................................... 90
  Al-Anon/Alateen Family Groups.................................................................................... 91
  A.M.A.C-Adults Molested as Children........................................................................... 91
  Alzheimer Society of Manitoba...................................................................................... 91
  Brandon Epilepsy & Seizure Support Group................................................................. 91
  Community Respite Services....................................................................................... 92
  Compassionate Friends/Bereaved Parents Support Group.......................................... 92
  Dual Recovery Anonymous......................................................................................... 93
<table>
<thead>
<tr>
<th>Organization</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gamblers Anonymous</td>
<td>93</td>
</tr>
<tr>
<td>Manitoba Schizophrenia Society</td>
<td>93</td>
</tr>
<tr>
<td>Mood Disorders Association of Manitoba</td>
<td>93</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>94</td>
</tr>
<tr>
<td>Operational Stress Injury Social Support (OSISS)</td>
<td>94</td>
</tr>
<tr>
<td>Overeaters Anonymous</td>
<td>95</td>
</tr>
<tr>
<td>Parents, Family &amp; Friends of Lesbian and Gays (PFLAG)</td>
<td>95</td>
</tr>
<tr>
<td>Separated &amp; Divorced Support Group</td>
<td>95</td>
</tr>
<tr>
<td>Afternoon Pre-natal, Prairie Mountain Health</td>
<td>96</td>
</tr>
<tr>
<td>Suicide Bereavement Support Group</td>
<td>96</td>
</tr>
</tbody>
</table>
**ADDICTION SERVICES**

**AFM Brandon and Surrounding Area**

**Address**  510 Frederick Street, Brandon, Manitoba R7A 6ZA  
**Phone**  (204) 729-3838  
**Toll Free**  1-888-767-3838  
**Fax**  (204) 729-3844  
**Web**  [afm.mb.ca](http://afm.mb.ca)

**Other Information**  The following outlines the various programs and resources available in the AFM Westman area. There may be other services offered periodically by staff members that are not listed. For further clarification or information, please feel free to contact our main office at any time.

Service Locations for Alcohol and Drug Related Issues - Parkwood and 7th Street Health Access Centre. Gambling Services are primarily offered at the Parkwood Facility. Community Addiction Workers are available in many communities.

**Programs**  The following information is set out to describe the various types of services offered in the following order: Prevention, Rehabilitation and General Information and Resources. All services listed are free of charge to Manitobans except for the Impaired Drivers Program.

**Program Components**

**Prevention & Education**  
The Prevention and Education Programs at AFM are designed to address requests from communities, organizations, groups, workplaces, schools and the public around the topics of alcohol, drugs and gambling. Program staff are available for customized workshops, courses, community consultations, prevention and resource development. Standardized courses which can be used for credit towards post-secondary and professional credentials are also offered. Access to any of these services may be accessed through reception at Parkwood (729-3838).

**Intake/Assessment-Alcohol and Other Drugs**

**Parkwood Intake**  
Primarily intake is done at Parkwood every Monday (except statutory holidays when it is done on Tuesdays) at 9:00 a.m. to 11:00 a.m. and on Wednesdays from 1:00 p.m. – 3:00 p.m. No appointment is necessary. The intake is done in a group and will take approximately one hour. This service is for any adult not in a crisis, who wishes to or is required to access AFM's rehabilitation services. The intake process will begin with completion of intake forms. Staff will then review confidentially, guidelines and services available to the client. An appointment will be booked for an individual interview and an assessment.
Individuals that are in a crisis or that cannot attend the Monday intake may call AFM directly and an individual appointment will be arranged. 7th St. Health Access Centre intake is held on Thursday afternoon from 12:00 p.m. to 2:00 p.m.

Eligibility for Programs

Alcohol/Drug Assessment/Intake
After the intake process, individuals will meet with the Intake Worker and will complete an assessment tool. Following this meeting staff will decide which service(s) that can best fit the client’s needs. This process can take up to 90 minutes to complete and is done by any of the intake staff at Parkwood or the 7th Street Health Access Centre. After the assessment clients may be referred to any of the Rehabilitation Programs.

Adult Rehabilitation Programs
The Non-Residential Treatment Program consists of an initial orientation discussion, 13 group and 3 individual sessions. This program is for individuals who are having difficulties in their lives with alcohol and drugs but are not at a level of needing residential treatment, or who are unable to attend the residential program due to personal commitments. This program is offered at the 7th St. Health Access Centre. Individual Counselling is available from various staff both at Parkwood, 7th St, Health Access Centre and the Methadone Clinic. Counselling can include family and community supports as well as consultations with other agencies if this will enhance the rehabilitation process.

How to Access The Program

Alcohol/Drug Residential Rehabilitation is for adults whose alcohol and other drug use have become unmanageable and requires additional support away from their community or living environment. The Parkwood Residential Program is an abstinence based 21-day program. The groups are closed, with admission every 10-12 days. The rehabilitation includes educational sessions, individual and group sessions, counselling, gender specific sessions, life skills and after care planning as well as Big Book study and a requirement to attend self-help groups. The program also includes sessions on family dynamics and includes an opportunity for sessions with the client and their family.

Day Intensive Rehabilitation is available if you have a safe environment to reside in. The expectation of clients attending the day program is the same as the In-house Residential Program. The only exception is that there will be no overnight care. Follow-up care upon completion of the rehabilitation program and on-going support is required. A client may attend individual/group appointments with any of the counsellors.

The Methadone Clinic is available to eligible clients experiencing significant difficulties as a result of opiate dependence. The clinic provides a harm reduction program for narcotic users along with psychological and emotional support. The focus of contacts can be either individual or in group. The program provides methadone prescription, medical monitoring, as well as supportive group and
individual counselling. The clinic also makes arrangements for daily oral doses of methadone in the community. The Methadone is NOT dispensed at the clinic. All referrals must come through Intake at Parkwood.

**Services**

**Adult Gambling Services**
Intake and assessment is available at the 7th Street Health Access Centre or in rural offices. At 7th Street, appointments maybe made by calling 578-4819. Together the client and the staff will decide on the most appropriate rehabilitation alternative.

**Problem Gambling Services; Provincial Gambling Help Line 1-800-463-1554.** Community Based rehabilitation programming is available at Parkwood for individuals that have identified gambling as a problem in their lives. The contact can include both group and individual sessions. Sessions can include a Rehabilitation Group looking at the harms of gambling, Weighing the Odds Rehab Group, educational sessions, homework assignments and family counselling. This service is open-ended and available by contacting gambling staff. Walk-in appointments are also available.

The Residential Program is available for those individuals experiencing severe negative consequences as a result of their gambling and who require intensive support in order to achieve goals of change. This is a 14-day co-ed closed group with admission every three weeks. The Program includes educational sessions, individual and group counselling, financial planning, gender specific sessions, relapse management, life skills and aftercare. There are opportunities for client and family counselling and support. Abstinence from alcohol, drugs and gambling, along with participation in community self-help groups are program requirements. Continuing care following residential rehab is provided by Parkwood Community Based Counsellors and Community Addiction Workers in their respective areas.

**Westman Youth Services** are provided for youth in schools and out of school. This counselling is offered to address youth with alcohol/drug and gambling issues that are affecting their school performance or ability to achieve life goals. The service can be accessed by either direct contact with the youth workers, through school contacts or at AFM Parkwood office. Once connection has been made with the most appropriate youth worker, then the assessment will take place. This assessment is done on an individual basis which includes completion of an assessment tool along with youth intake. Following this, the rehabilitation plan may include educational and resource information, and group or individual sessions. Support also can include either group or individual session with or for the family. If necessary referral arrangements can be sent to AFM Youth Residential program and arrangements can be made. This facility is located just outside of Portage la Prairie, and is a program for youth that require more intensive assistance in their recovery. Anyone under the age of 18 accessing services through general intake will be referred to one of our youth workers and the intake/assessment process will be done individually with them.
Parent Information Program is a series of sessions offered to parents of youth that are using alcohol and drugs and their use has been identified as creating harm in their lives. This program provides support and understanding to parents around the many issues and concerns. This program is offered three times a year out of the Brandon office.

Parkwood Family Services Family Program is available for anyone affected by someone else's alcohol, drug or gambling behavior. There are a variety of sessions available depending on the concerns and needs of the client accessing the services. Anyone can access this service by contacting the staff below. Referrals can come through outside agencies or by other internal staff. The program consists of group and individual counselling. This program is located at Parkwood.

Impaired Drivers Program is available for individuals convicted of impaired driving under the Criminal Code or Manitoba's 0.05 BAG law. There is a fee for the assessment. Arrangements for completing the Impaired Drivers Program can be made by calling 204-729-3860. The assessment consists of a written tool and a follow-up assessment interview with the IDP counsellor is set. An assessment report is completed and faxed to the Department of Drivers & Vehicle Licensing. Depending on the outcome of the assessment the individuals may be referred to several programs, including an Educational Workshop.

Community Services  Westman Follow up and Continuing Care

Community Addiction Workers are available throughout the province to provide services in various communities. Services include assessments and rehabilitation for both alcohol/drugs and gambling, impaired driving assessments, family affected concerns and aftercare. The workers may make referrals to residential services. Community Addictions Workers also provide prevention and educational workshops in the communities.

Brandon and Area FASD (Fetal Alcohol Spectrum Disorder) Committee
Address  A1-150 McTavish Avenue East, Brandon, Manitoba R7A 2B3
Phone   (204) 578-4821  (204) 578-2487
Fax     (204) 578-4871
Information  The Brandon and Area FASD Committee Inc. is comprised of agencies and community members sharing a common interest in supporting those whose lives have been affected by FASD. The Brandon and Area Committee is committed to providing education and promoting awareness about FASD. The committee is available to share information and resources and will provide presentations to agencies or organizations if requested. The committee meets on the first Monday of the month and those interested in attending meetings may contact the numbers above for more information.
**Programs**
The committee has been involved with the following: Providing a central resource location at the Brandon Regional Health Centre Library, organizing annual community activities for September 9th – International FASD Awareness Day, providing presentations and support as requested, acting as a resource at the Milestones Wellness Fair, submitting articles to MCAP for its bi-annual newsletter, participation in community wellness events, hosting conferences and workshops pertaining to FASD, providing representation on the Manitoba Coalition on Alcohol and Pregnancy (MCAP), providing representation at the Coalition of Chairs as supported by Healthy Child Manitoba, acting as a liaison for the MCAP FASD Information Series, and hosting lunch and learn events.

**Other Information**
Brandon and Area FASD Committee Inc. Members include but are not limited to: Parents / Caregivers, Addictions Foundation of Manitoba, Brandon Correctional Centre, Prairie Mountain Health – FASD Diagnostic Coordinators and Public Health, Brandon School Division, Child & Family Services of Western Manitoba, Manitoba Coalition on Alcohol & Pregnancy (MCAP), Brandon Friendship Centre - SOS Program, Little Teaching Lodge and In A Good Way, Learning Disabilities Association of Manitoba, Society of Manitobans with Disabilities, Westman Employment Services Inc., Private Speech & Language Pathologist.

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**Native Addictions Council of Manitoba**

**Address**
160 Salter Street, Winnipeg, Manitoba R2W 4K1

**Phone**
(204) 586-8395

**Fax**
(204) 589-3921

**Web**
www.mts.net/~nacm

**Email**
info@nacm.ca

**Services**
We offer traditional, holistic services to First Peoples by counselling, education, prevention, intervention & treatment of addiction and chemically abusive disorders. Our programming is 90% focused on aboriginal culture & traditions. 10% of our programming utilizes services of AA, Christianity and other resources.

**Eligibility for Services**
First Nations people & others

**How to Access the Service**
Phone (204) 586-8395.

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**Teen Challenge Women’s Centre**

**Address**
Site 325, Box 24, RR 3, Brandon, MB R7A 5Y3

**Phone**
(204) 729-0870
**Support Services**  
**Housing**  
**Community**

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### Other
Teen Challenge Brandon is a 12-month Christian discipleship program for women struggling with a drug or alcohol addiction.

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### ADVOCACY

**Canadian Mental Health Association (CMHA)**

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<thead>
<tr>
<th><strong>Address</strong></th>
<th>1233 Rosser Avenue, Brandon, Manitoba R7A 4L6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone</strong></td>
<td>(204) 726-8865</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td>(204) 571-6836</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:stephanie.cmha@gmail.com">stephanie.cmha@gmail.com</a></td>
</tr>
</tbody>
</table>

**Community Housing and Support Services (CHASS)**

Social Action: CMHA strives to be a catalyst for legislative change and community involvement. We advocate on behalf of people who live with mental illness in an effort to ensure the availability of required services and non-prejudicial treatment by society.

**Eligibility**
Accessible by anyone living with a mental illness.

**Services**
Provides mental health education materials, advocacy and referral services for the general public. CMHA Strives to enable individuals, groups and communities increase control over and to enhance their mental health. Community Housing and Support Services assists adults recovering from mental illness become successful and satisfied in their chosen living situations and communities through the development of skills and supports using the least amount of ongoing professional interventions.

**Eligibility for Services**
Various eligibility requirements.

**How to Access**
Call (204) 726-8865 Monday to Friday 9-5 pm or drop by in person at 1233 Rosser Ave.

**Costs**
No costs.

**Hours**
Monday-Friday 9:00 am-5:00 pm.

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**Community Living – Brandon**

<table>
<thead>
<tr>
<th><strong>Address</strong></th>
<th>10 Spruce Drive, Brandon, Manitoba R7B 1B2</th>
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<tbody>
<tr>
<td><strong>Phone</strong></td>
<td>(204) 724-2348</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:ddandy@clbrandon.com">ddandy@clbrandon.com</a></td>
</tr>
<tr>
<td><strong>Services</strong></td>
<td>Community Living Brandon is a voluntary, charitable organization committed to enriching the lives of people who live with an intellectual disability. We provide support, advocate for, promote and facilitate full participation, inclusion and acceptance in the community.</td>
</tr>
<tr>
<td><strong>Eligibility for Services</strong></td>
<td>Direct services not provided.</td>
</tr>
<tr>
<td><strong>How to Access the Services</strong></td>
<td>Contact by mail, email or telephone for any further info or requests.</td>
</tr>
<tr>
<td><strong>Costs</strong></td>
<td>No costs.</td>
</tr>
<tr>
<td><strong>Hours</strong></td>
<td>No Office. Volunteer organization.</td>
</tr>
</tbody>
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**Victim Services/Domestic Violence Unit/Child Victim Unit/Victim Rights Unit**

| **Address** | 204-1104 Princess Ave, Brandon, Manitoba R7A 0P9 |
| **Phone** | (204) 726-6515 |
| **Fax** | (204) 726-6501 |

**Other Information**

Manitoba Justice, Victim Services assists victims of the most serious crimes as outlined in the *Victim's Bill of Rights*, victims of domestic violence and child victims/witnesses.

**Program Components**

Victim Services helps people exercise their rights, understand their responsibilities and access other helping services or agencies. As the case moves through the criminal justice system Victim Services can help by providing information on the following topics:

- The courts and criminal justice system.
- Counselling options.
- What to expect if subpoenaed to court.
- Court preparation, where required.
- Court support, when possible.
- Safety planning.
- Financial assistance that may be available for victims of crime
- Victim Impact Statements and guidance on how to prepare the forms if the accused pleads guilty or is convicted. Information on the offender's sentence once she/he is convicted, and how to contact the correctional facility if the offender receives a jail sentence. Information on how to find out about the offender's release from a provincial jail. Information on how to register with the National Parole Board if the offender is sentenced to a federal institution.
How to Access the Programs

Information and services are provided free of charge and are available in person, and/or by phone, fax, or through the internet.

Westman Immigrant Services

Address 1001 Pacific Ave, Brandon, Manitoba R7A 0J2
Phone (204) 727-6031
Fax (204) 725-4786
Email info@westmanimmigrantservices.ca
Web www.westmanimmigrantservices.ca

Other Information
Support and or referral to solve problems pertaining to personal issues including immigration issues.

Programs Settlement Services-Assistance and referral services.

Eligibility for Programs and Services
Must be permanent resident.

How to Access the Programs
Walk in during office hours or call (204) 727-6031 for an appointment.

Costs Free to eligible clients.

Hours
Monday and Wednesday 8:30 am-5:00 pm
Tuesday and Thursday 8:30 am-7:00 pm
Friday 8:30 am-4:30 pm

CLOTHING AND THRIFT STORES

Brandon Friendship Centre: The Dressing Room/Dress for Success

Address 836 Lorne Avenue, Brandon, Manitoba R7A 0T8
Phone (204) 727-140
Fax (204) 726-0902
Email bfcinc@mymts.net
Web www.bradonfriendshipcentre.net

Program The Dress for Success program is designed to provide guidance and professional attire to individuals who will be going to job interviews or beginning their employment. Donations of gently used attire are greatly appreciated.

Eligibility for Programs No cost for the program. May become member at a cost of $1.00 for anyone.
<table>
<thead>
<tr>
<th>How to Access the Programs</th>
<th>Drop by the center and speak to the receptionist or Program Coordinator.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Please call or stop by from 8:30-4:30 Monday to Friday</td>
</tr>
</tbody>
</table>

**Elspeth Reid Family Resource Centre (A facility of Child and Family Services of Western Manitoba)**

**Address** 255-9th Street, Brandon, Manitoba R7A 6X1  
**Phone** (204) 726-6280  
**Fax** (204) 726-6775

**Services** Located in the Elspeth Reid Family Resource Centre, THE STORE is open to all community members locally and rurally. Items for sale include books, games, toys, puzzles, blankets, sheets, towels, household items and used clothing. All articles sold in the STORE are in very good condition and priced reasonably.

**Eligibility for Services** Open to all Westman community members.

**How to Access the Services** Call the Elspeth Reid Family Resource Centre at (204) 726-6280 or toll free 1-800-483-8980 for information

**Costs** The articles are priced reasonably.

**Hours** STORE hours Monday, Wednesday & Thursday 1:15 pm-3:00 pm. Sept-June July and August: Monday & Wednesday 1:15 pm-3:00 pm.

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**MCC Thrift Store**

**Address** 414 Pacific Avenue, Brandon, Manitoba  
**Phone** (204) 727-1162  
**Website** [http://thrift.mcc.org](http://thrift.mcc.org)

**Services** Mennonite Central Committee operates a public retail of used household goods and clothing.

**Eligibility for Services** Everyone is eligible to shop at the thrift store.

**How to Access the Services** Drop in.

**Costs** They charge a nominal fee for their merchandise but may provide for free based on situation.
**Nearly New Shop**

**Address**  
601 – 9th St, Brandon, Manitoba

**Phone**  
(204) 728-7137

**E-mail**  
brhauxiliary@brandonnha.mb.ca

**Other Information**  
We sell nearly new items: Clothing (men, women, and children), fur coats, scarves, hats, jewelry, vintage clothing, costumes, books, toys, small household articles, ornaments, small electrical appliances in working condition, plants, drapes and curtains, bedding and linens, craft materials and collectibles. The Nearly New Shop is operated by the Brandon Regional Health Centre Auxiliary and is staffed by volunteers. We welcome donations of: clean, nearly new clothing and any small household items. All items for sale are donated by the public. All proceeds are used to purchase special equipment at the BRHC.

**Services**  
Thrift Store.

**Eligibility for Services**  
Everyone is eligible to purchase items from the store.

**How to Access the Services**  
Drop in.

**Costs**  
All of the items are priced at reasonable rates.

**Hours**  
Monday- Saturday 10:30 am-5:00 pm.

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**Samaritan House Ministries Inc.**

**Address**  
820 Pacific Avenue, Brandon, Manitoba R7A 0J1

**Phone**  
(204) 726-0758

**Email**  
info@samaritanhouse.net

**Web**  
www.samaritanhouse.net

**Services**  
Food Bank, Bread Program, Manitoba Association of Food Banks Hub, Christmas Store, free clothing and household items for families in transition. The Asset Building Program, Volunteer Experience Program, and Crisis Intervention are other community agencies associated with this ministry.

**Community Services**  
Resources shared with other community agencies as needed.
## COUNSELLING SERVICES

### Brandon Friendship Centre – Aboriginal Healing and Wellness

<table>
<thead>
<tr>
<th>Address</th>
<th>108-6th Street, Brandon, Manitoba R7A 3N2</th>
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</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 727-1407</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 726-0902</td>
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<tr>
<td>Email</td>
<td><a href="mailto:bfcwellness@mts.net">bfcwellness@mts.net</a></td>
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</tbody>
</table>

**Programs**

Offer quality counselling and supportive services. Focus on providing services that are client focused, culturally based, confidential and growth oriented.

**Services**

Aboriginal Healing and Wellness is based on Aboriginal worldviews of traditional healing and wellness. Aboriginal culture, traditions, values, beliefs, teachings, ceremony, medicine and spirituality are an intrinsic part of the service delivery and programming. Services and programs are client-focused, confidential and growth-oriented. Services include: Holistic individual counselling, Anger Management, Elder’s Coffee Club, medicine picking/exchanging, wellness workshops, Sharing/Topic Circles, cultural practices, and smudging.

**Eligibility for Services**

The services are provided to any aboriginal individual, family and community.

**How to Access the Services**

Contact us or drop in.

**Costs**

Minimal fee for Anger Management.

**Hours**

Monday- Friday 8:30 am-4:30 pm.

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### Family Counselling Line

**Other**

Brandon, Manitoba

**Phone**

(204) 726-5464
Mount Carmel Clinic
Address 886 Main Street, Winnipeg, Manitoba
Phone (204) 582-2311
Web www.mountcarmel.ca
Other Information Provides information and programs to help people make choices affecting their health. Serves North End community members, immigrants, refugees, teens and individuals.

Salvation Army
Address 9 Princess Avenue East, Brandon, Manitoba R7A 1R8
Phone (204) 727-6271
Fax (204) 727-1752
Email Rhonda-Smith@can.salvationarmy.org
Programs Positive Lifestyles Program This is a court-referred program for non-violent first offenders. A user fee applies.
Short-term counselling is available upon request.

The Counselling Centre for Hope, Healing and Encouragement
Address 335-9th Street, Brandon, Manitoba R7A 4A8
Phone (204) 726-8706
Fax (204) 728-7835
Email wicec@mts.net
Web www.counsellingcentre.ca
Programs Building Bridges A 12-week group counselling program for men which is intended to assist them in developing positive behavior patterns toward their partners. Participants learn greater self-awareness as well as healthy, respectful, supportive, and encouraging behaviors.
Services Individual, couple, family and crisis counselling available, as well as educational programs.
Eligibility for Services Everyone is eligible to receive services.
How to Access the Services Phone the office to make an appointment with a counsellor.
Costs Based on a sliding fee scale.
The Women’s Resource Centre

Address: 731 Princess Avenue, Brandon Mb, R7A 0P4

Phone: (204) 726-8632

Toll Free: 1-866-255-4432

Fax: (204) 727-6230

Email: twcbrandon@wcgwave.ca

Web: www.thewomenscentrebrandon.com

Facebook: www.facebook.com/TWRCBrandon

Services: The Women’s Resource Centre provides information and referral services to women seeking assistance in accessing and navigating local or provincial resources. The Centre also provides family violence counseling for women and their children. Other programming includes monthly legal clinics, yoga classes, wellness workshops, stress management workshops, craft and book clubs, computer and internet access, local phone calls, and advocacy. Printing, copying, and faxing are 10 cents per page. Volunteer opportunities are always available.

Eligibility for Services: All women and their children are welcome. Free counseling is available to women and children who have experienced family violence.

How to Access the Services: Some programs, workshops, or services require advance registration. For more information on any of our services please contact the Centre.

Costs: There is no cost for this service.

Hours:
- Monday: 10:00-4:30
- Tuesday: 10:00-4:30
- Wednesday: 10:00-7:00
- Thursday: CLOSED FOR PRIVATE GROUPS
- Friday: 10:00-3:00

Westman Youth For Christ

Address: 1228 Rosser Avenue, Brandon, Manitoba R7A 0L9

Phone: (204) 727-1251

Fax: (204) 727-4262

Email: brandon@yfc.ca

Services: Counselling that provides teens the opportunity to work through abuse, addictions family hurt, job readiness, suicidal concerns and more in a caring environment.

Hours: Monday-Friday 9:00 am–5:00 pm.
YWCA Westman Women’s Shelter
City Brandon, Manitoba
Crisis Line (204) 727-3644 (Brandon) 1-877-977-0007 (Toll Free) Fax: (204) 726-1793
Office Contact (204) 571-3680 Fax: (204) 571-3687
E-mail ywca2@wcgwave.ca
Programs Peaceful Futures couples counselling for couples dealing with past abuse.
Services Counselling services for women and children in the shelter as well as for women and children who are no longer living in the shelter. Support groups and sharing circles for women. Follow up counselling. Group counselling.
Eligibility for Services Women and children seeking counselling services must be dealing with domestic violence issues. Couples interested in the Peaceful Futures Program must not experience abuse while counselling, involvement must not be mandated and both partners must attend.
How to Access the Services Call the YWCA of Brandon. YWCA will screen candidates for the Peaceful Futures Program and refer to a therapist.
Costs No cost.
Hours Counselling hours are flexible and can usually be arranged to fit the client’s schedule.

PRIVATE COUNSELLING SERVICES

Foster Common Unity Counselling Services
Address 1015 Princess Ave, Brandon, Manitoba R7A 0P7
Phone (204) 728-3758
Fax (204) 725-3103
Email fcs@wchgwave.ca
Web www.fostercounselling.ca

Graham Roberta J Marriage and Family Therapy
Address 935 26th St., Brandon, Manitoba, R7B 2B7
Phone (204) 725-8010

Orval Henderson Counselling Services
Address 241-16th St, Brandon, Manitoba R7A 4X6
Phone (204) 725-3046
Toll Free 1-877-528-3422
<table>
<thead>
<tr>
<th>Email</th>
<th><a href="mailto:odh@mts.net">odh@mts.net</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Web</td>
<td><a href="http://www.positivechoices.ca">www.positivechoices.ca</a></td>
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</tbody>
</table>

**Pat Gibson Counselling Services**  
**Address**  
Suite 30, 144–6th St, Brandon, Manitoba  
**Phone**  
(204) 726-0700

**Surreal Living**  
**Address**  
1112 Rosser Avenue, Brandon, Manitoba R7A 0L7  
**Phone**  
(204) 573-6919  
**Email**  
terricebradshaw@gmail.com  
**Website**  
http://www.surrealliving.ca  
**Other**  
Holistic Counselling, Success Coaching, Personal Therapy  
**Information**  
Some groups have requirements. Please check the website for more information on these group services.  
**How to Access the program**  
Please phone, check the website, or email.  
**Cost**  
$80 for 60 to 90 minutes.  
**Hours**  
By appointment only

**Vivian Drake Counselling**  
**City**  
Brandon, Manitoba  
**Phone**  
(204)761-5882

**Westwind Counselling**  
**Address**  
1605 Victoria Ave, Brandon, Manitoba R7A 1C1  
**Phone**  
(204) 728-2499  
**Toll Free**  
1-888-353-3372  
**E-mail**  
info@westwind.mb.ca  
**Web**  
www.westwind.mb.ca

**CRISIS SERVICES**

**AFM Gambling Help Line**  
**City**  
Brandon, Manitoba  
**Toll Free**  
1-866-767-3838  
**Phone**  
1-800-463-1554  
**Web**  
afm.mb.ca
### Line for Abused Women
City: Brandon, Manitoba  
Phone: (204) 727-3644 1-877-977-0007

### Crisis Pregnancy Centre
| Address           | 229 Princess Ave, Brandon, Manitoba R7A 0N5  
| Phone             | (204) 727-6161  
| Fax               | (204) 728-0157  
| Email             | info@cpcBrandon.ca  
| Web               | www.cpcBrandon.ca  

**Other Information**
Our purpose is to provide counselling, educational, practical, and spiritual resources to women and their families during and after pregnancy. To provide educational resources on pregnancy issues to the community.

**Eligibility for Programs**
All of our services are free to the public.

**Services**
Provides maternity clothes. Kairos Maternity Home: For pregnant women, ages 16-29 facing homelessness and in need of support through their pregnancy. Residents cannot have any other children in their care. Only three residents in the home at a time. There is a monthly room and board fee. Live in house staff available to support residents. Residents will participate in helpful programming and support classes through their pregnancy and are able to live in the home for up to six months after the birth of baby. Interested applicants may contact the Crisis Pregnancy Centre to apply for residency and get more information.

**Eligibility for Services**
Anyone.

**How to Access the Services**
Telephone or drop in.

**Costs**
No cost.

**Hours**
Crisis Pregnancy Centre hours of operation:  
Monday: 10:30 - 2:30 (Spanish counsellor available on Mondays only)  
Tuesday: 10:30 - 4:00  
Wednesday: 1:00 - 4:00  
Thursday: 10:30 - 4:00  
Friday – Closed

### Kids Help Phone
City: Brandon, Manitoba  
Phone: 1-800-668-6868
### Manitoba Farm & Rural Support Services

**Address**  
Unit 1- 217 10th Street, Brandon, Manitoba R7A 4E9

**Phone**  
(204) 571-4182

**Toll Free**  
1-866-367-3276

**Fax**  
(204) 571-4184

**Email**  
info@ruralsupport.ca

**Web**  
www.ruralsupport.ca

**How to Access the Programs**  
We offer telephone and online counselling (email helpline and online chat). Log in at www.ruralsupport.ca

**Services**  
Provides confidential support, counselling, and information to farm and rural families.

**How to Access the Services**  
Phone 1-866-367-3276 toll free stress line.

**Costs**  
No cost.

**Hours**  
Monday–Friday 10:00 am–9:00 pm.

### Sexual Assault Crisis Program

**City**  
Winnipeg, Manitoba

**Toll Free**  
1-888-292-7565 (24 line in Winnipeg).

### Suicide Prevention Implementation Network (SPIN)

**Address**  
A5 – 800 Rosser Avenue, Brandon, Manitoba R7A 6N5

**Phone**  
(204) 578-2529

**Toll Free**  
1-888-379-7699

**Crisis Services**

**Email**  
kfoley@pmh-b.ca

**Web**  
www.spinbrandon.ca

**Fax**  
(204) 578-2823

**Programs**  
The Brandon Suicide Prevention Implementation Network (SPIN) is an innovative network of community people interested in initiatives that promote healthy lifestyles and strengthen resilience. SPIN’s mission is to reduce suicidal behavior and have a “Suicide-Safer” community. SPIN also promotes workshops that increase understanding, knowledge and skills to assist people experiencing emotional distress. Mental Health First Aid - a mental health awareness workshop. SafeTALK - a suicide awareness workshop. ASIST - Applied Suicide Intervention Skills Training.
### Suicide/Crisis Counselling Services

<table>
<thead>
<tr>
<th>City</th>
<th>Winnipeg, Manitoba</th>
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</thead>
<tbody>
<tr>
<td>Phone</td>
<td>1-888-322-3019</td>
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### Westman Crisis Services, Prairie Mountain Health

<table>
<thead>
<tr>
<th>Address</th>
<th>Brandon, Manitoba</th>
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<tbody>
<tr>
<td>Phone</td>
<td>(204) 725-4411</td>
</tr>
<tr>
<td>Toll Free</td>
<td>1-888-379-7699</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:JSzabo@pmh-mb.ca">JSzabo@pmh-mb.ca</a></td>
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</table>

#### Services
1. The Mobile Crisis Unit (MCU) provides initial assessment, screening, crisis intervention, and suicide intervention on the telephone or in person, to those in psychosocial or mental health crisis. Call 725-4411 (or 1-888-379-7699).
2. The Crisis Stabilization Unit (CSU) is an 8-bed residential unit that provides short-term intensive care to those in psychosocial or mental health crisis, who require individualized treatment, but who do NOT require hospitalization. Clients who have suicidal thoughts are welcome.

#### Eligibility for Services
Clients are 18 years of age and living in Brandon, or the rural southern portion of the Prairie Mountain Health Region (former Assiniboine)

Clients voluntarily access services and are willing and able to participate in care planning.

#### How to Access the Services
To access the Mobile Crisis Unit, call (204) 725-4411 or 1-888-379-7699.

#### Other Relevant Information
The CSU is not appropriate for people whose need is strictly shelter or housing.
CULTURAL SERVICES

Brandon Friendship Centre Cultural Program
Address  836 Lorne Avenue, Brandon, Manitoba  R7A 0T8
Phone   (204) 727-1407
Fax     (204) 726-0902
Email   bfcinc@mymts.net
Web     www.brandonfriendshipcentre.net

Programs  This program offers services to those seeking personal guidance and counselling. The Cultural Worker is knowledgeable in conducting sweat lodges, pipe-ceremonies, feasts and prayers. Smudging occurs Monday mornings as a positive start to every week.

Eligibility for Programs  No cost for the programs but we do sell a membership at a cost of $1.00 for anyone.

How to Access the Programs  Drop by the center and speak to the Receptionist or Program Coordinator.

How to Access the Services  Telephone or drop by.

Costs  Each program is different but there is usually no cost for our services.

Hours  Brandon Friendship Centre Monday-Friday 8:30 am-4:30 pm.

Manitoba Métis Federation (SW Region)
Address  656-6th Street, Brandon, Manitoba  R7A 3P1
Phone   (204) 725-7520
Toll Free 1-888-627-9663
Fax     (204) 728-9085
Email   aallan@southwestmmf.ca

Services  Provides diverse programming and services in order to represent and serve the needs of the Métis people of Manitoba. Tripartite Self-Government Negotiations, Health and Wellness, Human Resource Development & Training, Rural/Urban Youth Initiatives, Provincial Recruitment Initiative, Community Garden, Metis Harvester Rights.

Eligibility for Services  We offer many types of programs for youth and elders.

Membership is open to all Métis people over the age of eighteen.
How to Access the Services
Phone us or drop by.

Costs
Associated with Membership cards and Harvester cards (Please call for details)

Hours
Monday-Friday 8:30 am-12:00 pm & 1:00 pm-4:30 pm.

Westman Immigrant Services
Address
1001 Pacific Ave, Brandon, Manitoba R7A 0J2

Phone
(204) 727-6031

Fax
(204) 725-4786

Email
info@westmanimmigrantserices.ca

Web
www.westmanimmigrantserices.ca

Other
Westman Immigrant Services is a non-profit organization that supports the integration of immigrants into Canadian society through settlement, employment assistance and English language training.

Language Services
We provide language assessments for placement into government funded language classes and referral to the available and most appropriate ESL programs in Brandon and area. We provide English as a Second Language (ESL) classes from Pre-Benchmark level to Canadian Language Benchmark level 4. Daytime, evening and Saturday classes available. All classes are part-time. Task-based focused classes to enable learners in using English successfully in daily and in the workplace.

Settlement Assistance
Settlement assistance providing individual support for all settlement needs including family and youth programming. Information/orientation about life in Brandon and Canada; including information about healthcare, education, law, banking, shopping, employment and community services. Assistance with filling out forms for Manitoba Health cards, SIN, Child Tax Benefits, travel documents, citizenship applications, permanent resident cards, Federal Health documents, family sponsorship information, information and support concerning immigration issues. Liaison and resources for the broader community regarding issues that concern immigrants and so forth. Interpretation supports as needed.

Employment Assistance
Employment assistance for short term and long term career and education planning.

Volunteer settlement partners for added support in adjusting to life in Brandon.

Community interpretation services available through the Brandon Community Language Centre as a fee for service program.
Eligibility for Services  Proof of permanent residency.

Costs  Free to permanent residents.

Hours  Monday and Wednesday – 8:30 to 5:00 p.m.
       Tuesday and Thursday – 8:30 to 7:30 p.m.
       Friday – 8:30 to 4:30 p.m.

Walk in or to book an appointment call 204-727-6031 or to email to info@westmanimmigrationservices.ca

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**DROP IN CENTRES & RECREATION**

**Brandon Friendship Centre – Brandon Aboriginal Youth Activity Centre**

**Address**  602 Rosser Avenue, Brandon, Manitoba R7A 0K7
**Phone**  (204) 729-8112
**Fax**  (204) 726-0902
**Email**  bfcyouth@wcgwave.ca
**Web**  brandonfriendshipcentre.net/bfc_website_016.htm

**Program Components**
Traditional teachings, awareness training & participation, cultural/spiritual interpretation, feasts & sharing circles, traditional arts & crafts. Homework club, life skills, stay in school promotion, resume & interview skills. Recreation gym nights, sporting events & tournaments, coaching clinics, social events, sponsorship of social & health activities, drug awareness education, healthy lifestyles/choices. Light Houses is a community based crime prevention program designed to develop youth, justice personnel, and community partnerships that promote opportunities for youth to become involved in pro-social activities after school hours.

**Eligibility for Services**  All youth are eligible.

**How to Access the Services**  Contact or come by.

**Costs**  No cost.

**Hours**  Monday-Thursday 3:30 pm-8:00 pm.  Friday 3:30 pm-8:00 pm.  Saturday 1:00 pm-8:00 pm.  Sunday 1:00 pm-8:00 pm. Only those 12 & up are permitted after 6:00 pm.

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**Elspeth Reid Family Resource Centre (A facility of Child and Family Services of Western Manitoba)**

**Address**  255-9th Street, Brandon, Manitoba R7A 6X1
**Phone**  (204) 726-6280
**Toll Free**  1-800-483-8980
Fax (204) 726-6775

Services Drop-In Playtime is an opportunity for parents/guardians/caregivers and preschool children to play together in a welcoming, warm, friendly and fun environment. A staff member is available to assist parents, but parents are responsible for supervising their own children. We provide snacks, crafts and circle time. The Drop In Centre is open Friday mornings from (9:30 am to 11:15 am (September until June).

Eligibility for Services Open to all Westman parents/guardians/caregivers and their preschool children

How to Access the Services Call the Elspeth Reid Family Resource Centre at (204) 726-6280 or toll free 1-800-483-8980 for information.

Costs Drop-In playtime charge is $1.00 per family, but we gratefully accept donations.

Hours Friday 9:30 am – 11:15am.

Grey Owl Extended Program

Address 1036 Louise Ave, Brandon, Manitoba R7A 0Y1
Phone (204) 728-1514
Fax (204) 727-3550
Email bcwgo@wcgwave.ca

Services Grey Owl Extended Program runs a drop-in and events based on a monthly calendar. Activities are focused on recreational and educational pursuits.

Eligibility for Services The drop in and extended program are open to all citizens who are seeking companionship and camaraderie, but generally appeals to persons with a psychiatric or developmental health issue.

How to Access the Services By referral or self-referral.

Costs Most programs are free of charge. Some programs have a minimal cost attached. (BBQ’s etc). A yearly membership fee of $1.00 is required and is renewed annually.

Hours 8:30 am–4:30 pm with some activities in the evening and weekends.

Westman Youth for Christ

Address 4-1228 Rosser Avenue, Brandon, Manitoba R7A 0L9
Services
Youth Centre’s: Our youth centers are teen hubs in each of their communities. Young people who need a safe and caring place can find counselling and job training from people who care in a fun and relaxing atmosphere. Our drop in offers free pool, foosball, video games, and fun times. There is also a small canteen where youth are able to purchase drink and food.

Hours
Monday-Friday 3:30 pm-5:30 pm (Ages 13-17). Thursday 6:30 pm-10:00 pm (Ages 18+). Saturday 7:00 pm-11:00 pm (Ages 13-17).

YMCA of Brandon
Address 231 8th Street, Brandon, Manitoba R7A 3X2
Phone (204) 727-5456
Fax (204) 726-0995
Email info@ymcabrandon.com

Services
Financial Assistance program for membership. Strong Kids, Before and After School Programs, Youth and Preschool Programs, Licensed Child Care, Health Fitness and Recreation Programs, Summer Day Camp, Youth Leadership, Senior Programs, Family Programs, Operate Keystone and Kinsmen Outdoor Pools.

Eligibility for Services
Everyone is welcome at the YMCA. Membership assistance is based on financial need, an application form must be completed.

How to Access the Services
Can register at the YMCA at any time.

Costs
Most programs are included with membership. Membership prices are available at www.ymcabrandon.com

Hours
Monday-Friday 5:45 am-10:00 pm. Saturday and Sunday 8:00 am-8:00 pm.

EMPLOYMENT & EDUCATIONAL TRAINING

Assiniboine Community College Adult Collegiate
Address 725 Rosser Ave, Brandon, Manitoba R7A 0K8
Phone (204) 725-8735
Toll Free 1-866-726-1117
Fax (204) 725-8740
Email adultcollegiate@assiniboine.net
Web www.assiniboine.net
Assiniboine Community College Adult Collegiate offers high school credits in
both day and evening classes. Students may choose from a variety of courses in
English, math, business, computers, trades, health care and science. Classes begin in
September and January of each year.

Programs
Mature Student High School Diploma, Regular High School Diploma, Additional
High School Credits, Integrated High School/Comprehensive Health Care Aide

Program Components
Day classes are offered on a regular daily schedule and are teacher led. Classes
are scheduled at a particular time and run from Monday to Friday. Evening courses
are a blend of teacher led and independent study. The evening courses run on
Tuesday and Thursday evening only. Evening courses are best suited for individuals
who are working and require a more flexible program option.

Eligibility for Programs
Generally 19 years of age and be performing at approximately a grade 10 level.

How to Access
Drop into the center or call and speak with an advisor at (204) 725-8735.

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**English as a Second Language at Adult Collegiate**

**Address:** 725 Rosser Ave, Brandon, MB R7A 0K8
**Phone** (204) 725-8744
**Fax** (204) 725-8740 ATTN: ESL
**Email** esl@assiniboine.net

**Information:** ACC Adult Collegiate English as a Second Language program offers English
classes for Canadian newcomers with Canadian Language Benchmark (CLB) levels 5-8.

**Programs:** CLB classes for levels 5-8, English for Academic Purposes, Business Skills and
Computer related courses.

**Components:** Classes are offered morning, afternoon evenings and Saturdays. Equal emphasis is
placed on listening, speaking, reading and writing. Canadian newcomers may
wish to take this program for preparation for post-secondary, applying for
Citizenship and to communicate effectively within the community and workplace.

**Eligibility:** Requires that students are permanent residents with a minimum CLB level of 5 to
register. CLB languages assessment and referrals can be accessed at Westman
Immigrant Services.

**How to Access:** Drop into the centre or call and with Administrative staff at (204) 725-8744.

**Services:** English as a Second Language classes for Canadian newcomers.

**Cost:** FREE for those who are eligible. Funding provided by Citizenship and Immigration Canada.
**Office Hours:** Monday-Thursday 8:30 am-4:30 pm and 5:30 pm-8pm. Fridays 8:30 am-4:30pm. Saturdays 8:30am-3:30pm.

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**Brandon Friendship Centre – Adult Upgrading Program**

**Address** 602 Rosser Avenue, Brandon, Manitoba R7A 0K7  
**Phone** (204) 726-1830  
**Fax** (204) 727-9044  
**Email** lynbournon@gmail.com  
**Web:** Brandonfriendshipcentre.net

**Program** Day and evening. Individualized programming. Preparation for Assiniboine Community College or other personal goals.

**Eligibility for Programs** Open to all. All services are free.

**How to Access the Programs** Phone Lyndon at (204) 726-1830 or email lynbournon@gmail.com.

**Services** Assist individuals in improving skills in a number of areas such as reading, writing, math, and computers. An assessment is carried out to determine a starting point and to assess previous skills. A program of study is developed.

**Eligibility for Services** The program is open to any adult who wishes to improve skills.

**How to Access the Services** A student contacts the program and an interview time is set. There is no set date; an individual can apply at any time during the year.

**Costs** There is no cost or fee to enter the program and all school supplies are provided.

**Hours** Monday-Thursday 9:30 am – 3:30 pm, Friday 9:30 - 12:30.

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**Brandon Friendship Centre – Partners for Careers**

**Address** 836 Lorne Avenue, Brandon, Manitoba R7A 0T8  
**Phone** (204) 727-1407  
**Fax** (204) 726-0902  
**Email** bfcareer@mts.net

**Services** Resume/Cover letter writing, Interview skills, Employer information sessions, Employment readiness, Counsellors are available.

**Eligibility for Services** Open to anyone who is looking for work.
Brandon Literacy Council Inc.

Address 129-12th Street, Brandon, Manitoba R7A 4L8
Phone (204) 729-9964
Fax (204) 729-9964
Email blc@westman.wave.ca


Eligibility for Services Inclusive program

How to Access the Services Phone to make an appointment for a registration interview.

Costs No cost to individual learners. Fee for Academic Skills Testing for agencies.

Hours Monday 9:00 am–4:00 pm. Tuesday 9:00 am–4:00 pm/6:00 pm–8:00 pm. Wednesday 9:00 am–4:00 pm. Thursday 9:00 am–4:00 pm/6:00pm–8:00 pm. Friday 9:00 am – 4:00 pm.

Brandon School Division

Address 1031-6th Street, Brandon, Manitoba
Phone (204) 729-3100
Email info@bsd.ca
Web wwwbsd.ca

Services Public education, kindergarten through grade 12 (English and French Immersion). For further information, please visit wwwbsd.ca

Career & Employment Youth Services

Address 9-940 Princess Ave, Brandon, Manitoba R7A 0P6
Phone (204) 571-8800
Fax (204) 725-2937
Email ceys@ceys.mb.ca

Services Youth employment programs and resources. Job placement services. Resume and cover letter assistance. Career counselling. Online services. Free access to

**Eligibility for Services**

Must be between 15 & 30 years of age.

**How to Access the Services**

Register at our office.

**Costs**

No cost.

**Hours**

Monday-Friday 8:00 am – 12 noon & 1:00pm – 4:30 pm

**Other Relevant Information**

Offers service for employers seeking recruitment.

---

**Career Connections Inc.**

**Address**

710-3rd Street, Brandon, Manitoba R7A 3C8

**Phone**

(204) 728-9594

**Fax**

(204) 725-0105

**Email**

wwinmill@cciwestman.ca

**Web**

www.cciwestman.ca

**Services**

Employment services. Placement services. Work training services. Follow up services.

Assessment services, which consist of full vocational evaluations using the PRO 3000 Assessment System and assessment in industry. Deliver prevocational assessments and workshops in basic work skills, interpersonal skills, job related skills, and many others.

**Eligibility for Services**

For persons with mental, learning, physical, including vision/hearing, and psychiatric abilities.

**How to Access the Services**

Be referred by Family Services, Canada National Institute for the Blind, Society for Manitoba Disabilities and Mental Health Services. Fee for service is also available.

**Costs**

Negotiated at intake.

**Hours**

Monday-Friday 8:30 am – 4:30 pm.

---

**Canadian Mental Health Association Building Re-fit Store**

**Address**

23-12th Street, Brandon, Manitoba

**Phone**

(204) 728-2227
CMHA owns and operates a 30,000 sq.ft. Building Re-Fit Store which provides an employment and work training site for employment and disadvantaged individuals. The Building Re-Fit Store provides affordable building materials - both new and used – while providing employment for those in need.

**How to Access**

Leave a resume at the CMHA – 1233 Rosser office.

**Cost**

No costs.

**Hours**

Tuesday – Saturday 9:00 – 5:00 pm.

---

**COR Enterprises Inc.**

**Address**
364 Park Avenue East, Brandon, Manitoba R7A 7A8

**Phone**
(204) 728-2932

**Fax**
(204) 729-9028

**Email**
cor@wcgwave.ca

**Services**

**Eligibility for Services**
Adults living with a developmental disability.

**How to Access the Services**
Funded through the Province of Manitoba, Family Services and Labour

**Costs**
Per-diem and administration.

**Hours**
Monday-Friday 8:30 am-4:30 pm. Client programs are flexible outside of these hours depending upon individual client need.

---

**Dakota Ojibway Tribal Council (Education)**

**Address**
Unit 2, 345-10th Street, Brandon, Manitoba R7A 4E9

**Phone**
(204) 729-3610 (Education)

**Fax**
(204) 726-5966
<table>
<thead>
<tr>
<th>Email</th>
<th><a href="mailto:education@dotc.mb.ca">education@dotc.mb.ca</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Services</td>
<td>Assists native students in acquiring training, through university, vocational institutes, or other post-secondary institutes by providing financial assistance, counselling, and information services.</td>
</tr>
<tr>
<td>Eligibility for Services</td>
<td>Assists native students in acquiring training, through University, vocational institutes, or other post-secondary institutions by providing financial assistance, counselling and information services.</td>
</tr>
<tr>
<td>How to Access the Services</td>
<td>Phone us at (204) 729-3610.</td>
</tr>
<tr>
<td>Costs</td>
<td>No cost for educational services.</td>
</tr>
<tr>
<td>Hours</td>
<td>Monday-Friday 8:30 am-4:30 pm.</td>
</tr>
</tbody>
</table>

**Manitoba Jobs and Skills Development Centre**

<table>
<thead>
<tr>
<th>Address</th>
<th># 127 – 340 9th Street, Brandon, Manitoba R7A 6C2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 726-6500 or 1-866-332-5077</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 726-6912</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:mjsd@gov.mb.ca">mjsd@gov.mb.ca</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.manitoba.ca/mjsd">www.manitoba.ca/mjsd</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Programs</th>
<th>Provides one-stop centres for employers and job seekers brings together the Manitoba government's apprenticeship, employment and workforce development services under one roof. Specialized services for eligible individuals include referral to sponsored projects for work experience and training, financial assistance for skills training or self-employment opportunities, work placement with wage subsidy, and apprenticeship training assistance.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility for Programs</td>
<td>Varies by program</td>
</tr>
<tr>
<td>How to Access Programs</td>
<td>Telephone or visit us at the above address.</td>
</tr>
</tbody>
</table>

**For Job Seekers:** Assists individuals to prepare for, find and keep employment through support of a wide range of programming such as pre-employment preparation, adult upgrading, skills upgrading, work experience placement, wage subsidy, and job placement. Other services include employment needs assessments, employment/career counselling, job vacancy listing and links, labour market information, information on/referral to employment and training services, agencies and programs, computers for resume writing and internet job search, on-line application for student loans, faxing of resumes and cover letters, job search assistance and how to start a career in a trade (apprenticeship).
For employers: such as free job vacancy advertising, the delivery of specialized employment services through partnerships with community, industry, and employer groups, supports, labour market development activities, and offers subsidies to assist in the cost of on-the-job training.

Eligibility for Services: Varies by program

How to Access the Services: Telephone or visit us at the above address.

Costs: Varies by the program or service

Hours: Monday-Friday 8:30 am to 4:30 pm.

Joint Personnel Support Unit
Address Building L106 P.O. Box 5000, Station Main CFB Shilo, MB R0K 2A0
Phone (204) 765-3000 ext. 3644
Toll Free 1-800-883-6094
Email Curtis.Greig@forces.gc.ca
Web www.cmp-cpm.forces.gc.ca/cen/

Services The JPSU is a CF unit providing personal administrative support and programs during their recovery, integration and rehabilitation back to duty or transition. Key Services: Return to Work coordination, Advocacy services for ill and injured, Mobility assistance, Adapted physical fitness programs, Transition Services, Peer-support programs, Administrative support to families of the fallen.

Eligibility Serving or retired members of the Canadian Forces and their families suffering from injury/illness.

How to Access Phone (204) 765-3000 ext. 3714

Costs No Cost

Hours 8:00 am – 4:00 pm Monday through Friday

Neelin Off Campus
Address 118 10th street, Brandon MB R7A 4E6
Phone (204)-725-2630
Fax (204)-725-3920
Email adamski.michael@bsd.ca
NEELIN HIGH SCHOOL - OFF CAMPUS (NHSOC) is an alternative school setting for students who are at risk of quitting their education for a variety of reasons. Students are self-directed and work at a more flexible pace. NHSOC works well for students who:

- require a more flexible schedule
- students who work
- or are single parents

It is our intention to meet the needs of students who do not function well within the traditional high school setting. Course requirements here are the same as they are at other Manitoba High Schools.

NHSOC is open to students who are not attending high school at the present time. This may include:

- Students currently not registered in any high school
- Students registered in a high school, but not attending.

NOTE: Older students (closer to 18), who choose to attend here, tend to be most successful.

Monday-Friday 8:00am-5:30pm

Samaritan House Employment Resource Centre

Unit C-03, The Town Centre 800 Rosser Avenue Brandon, MB R7A 6N5
(204)717-3505
(204)717-3507
erc@samaritianhouse.net

Samaritan House Employment Resource Centre offers both individual and group-based assistance in career exploration and planning, writing resumes, developing cover letters, learning job search techniques, and preparing and practicing interview skills. Individuals are able to access local labour market information through job postings and employer information. Public computers are available for job search purposes and a resource library with tools to aid in your employment journey is also available. Individuals are also able to access program supports through Manitoba Jobs and the Economy - Training and Employment Services. Weekly skill-building workshops are scheduled and are available at no cost to participants.

Any job seeker can come to the centre and fill out a registration form.

Upon intake, an initial assessment of the individual's employment and education goals is completed and an employment action plan is developed with an Employment Officer.

Individuals can register to access services at Unit C-03, The Town Centre, 800 Rosser Avenue, Brandon MB.
<table>
<thead>
<tr>
<th>Costs</th>
<th>No cost.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Monday 8:30am - 5:30pm, Tuesday 8:30am - 8:30pm, Wednesday 8:30am - 8:30pm, Thursday 8:30am - 5:30pm, Friday 8:30am - 5:30pm, Saturday 8:30am-5:30</td>
</tr>
</tbody>
</table>

### Samaritan House Training Centre

<table>
<thead>
<tr>
<th>Address</th>
<th>1610 Pacific Avenue, Brandon, Manitoba R7A 7L9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 727-1268</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 728-5679</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:info@samaritanhouse.net">info@samaritanhouse.net</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.samaritanhouse.net">www.samaritanhouse.net</a></td>
</tr>
</tbody>
</table>

**Other Information**

- Adult upgrading. Computer training. Employability skills. Life skills literacy. Basic numeracy and literacy skills.

**Services**

Offering daytime and evening classes in: Adult Basic Education, Adult Upgrading, GED Preparation, and Computer Skills. Course content includes: academic upgrading, computer skills, job search skills, communication skills, problem solving skills, team work skills, upgrading in reading, writing, and job search skills, basic numeracy and literacy and life skills literacy.

**Eligibility for Services**

Open to any individual seeking assistance with education services. An initial assessment of the student's reading, writing, math and computer skills is done. Based on the student's needs and goals an individualized program is set up. The student may work one-on-one with a tutor or in a group setting. The student and instructor will collaborate and decide which route is best.

**How to Access the Services**

Individuals can come directly to the centre located at 1610 Pacific Avenue or Phone (204) 727-1268.

<table>
<thead>
<tr>
<th>Costs</th>
<th>No cost.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>Day classes are held Monday-Thursday 3:00-6:00 pm and 7:00-9:30pm. Evening classes are Monday-Thursday 7:00-9:30. We offer flexible hours as needed.</td>
</tr>
</tbody>
</table>

### Transitional Employment Program

<table>
<thead>
<tr>
<th>Address</th>
<th>1036 Louise Ave, Brandon, Manitoba R7A 0Y1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 728-1514</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 727-3550</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:bcwactivity@wcgwave.ca">bcwactivity@wcgwave.ca</a></td>
</tr>
</tbody>
</table>

**Other**

We are a non-profit organization operating in conjunction with Brandon
**Information**  
Community Welcome and under the direction of Westman Coalition for Employment Opportunities.

**Programs**  
Our goal is to find employment for post-psychiatric clients and members of the public with mental health problems to suit their needs and abilities. Most employment is on a casual basis.

**Program Components**  
We offer help in finding suitable employment. We offer support, training and help with transport to jobs. We offer the opportunity to be involved as a member of the TEP Steering Committee.

**Eligibility for Programs**  
All persons must become a member of the TEP program and have experienced mental health problems or a mental illness.

**How to Access**  
Call the office @ (204) 727-5734 or drop by the office. Located at the Welcome Inn at 1036 Louise Ave.

**Services**  
Transitional Employment Program is located in Brandon Community Welcome Co-op Inc. (Welcome Inn). And is sponsored by the Westman Coalition for Employment Opportunities. TEP's focus is the reintroduction of work opportunities for persons with a psychiatric disability. The format of the program is casual employment

**Eligibility for Services**  
Open to most individuals who have experienced psychiatric health issues.

**How to Access the Services**  
Accessed by referral or self-referral.  
An application process is part of the registration protocol.

**Costs**  
No cost.

**Hours**  
Monday-Friday 8:30 am-4:30 pm.

**Other Relevant Information**  
Members work for individuals, large and small businesses and organizations.

---

**Ventures, Prairie Mountain Health**  
**Address**  
700 Frederick Street, Brandon, Manitoba R7A 5L4

**Phone**  
(204) 578-2000

**Fax**  
(204) 578-4880

**Email**  
ventures@pmh-mb.ca

**Services**  
Vocational Skills Assessment and Training, Work training, Work contracts and Individual plan.

**Eligibility for**  
Ventures provides vocational skills assessment and training in partnership
<table>
<thead>
<tr>
<th>Services</th>
<th>with community resources primarily for individuals with mental health issues.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How to Access the Services</strong></td>
<td>Individuals are referred to Ventures by various agencies, and resources in addition to Mental Health Services. Self-referrals are also accepted. Once the referral is received, the individual will be scheduled to undergo the 5-day assessment of vocational skills. Following completion, a written report is prepared and reviewed with the individual.</td>
</tr>
<tr>
<td>Costs</td>
<td>No cost.</td>
</tr>
<tr>
<td>Hours</td>
<td>Monday-Friday 8:00 am-4:30 pm</td>
</tr>
</tbody>
</table>

**Westbran Employment Development Centre**

<table>
<thead>
<tr>
<th>Address</th>
<th>2005 McGregor Avenue, Brandon, Manitoba R7B 3X4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 726-7100</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 726-7226</td>
</tr>
<tr>
<td>E-mail</td>
<td><a href="mailto:rod.atkinson@gov.mb.ca">rod.atkinson@gov.mb.ca</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Services</th>
<th>Westbran Regular Program to assist individuals with significant employability barriers to develop skills necessary to get and keep employment or prepare to enter further training and/or educational programs. Literacy and Mature High School programming offered at the Centre through partnerships with other service providers.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eligibility for Services</strong></td>
<td>Participate must be a minimum of age seventeen. Must demonstrate desire to become employed and willingness to address issues that may be preventing success in the workplace. (Mature High School Program: Testing and funding criteria apply).</td>
</tr>
<tr>
<td><strong>How to Access the Services</strong></td>
<td>Prospective clients may contact Westbran directly to apply. Clients already working with employment/training agencies may make application through their workers. Prospective clients may contact Westbran directly to apply.</td>
</tr>
<tr>
<td>Costs</td>
<td>No cost for service in the regular program or literacy. Tuition and other fees applicable for Mature High School Program.</td>
</tr>
<tr>
<td>Hours</td>
<td>Monday-Friday 8:30 am-4:15 pm.</td>
</tr>
<tr>
<td><strong>Other Relevant Information</strong></td>
<td>Information session provided to all interested parties to assist with application process. Call (204) 726-7100.</td>
</tr>
</tbody>
</table>

**Westman Employment Services Inc.**

<table>
<thead>
<tr>
<th>Address</th>
<th>#4 – 217 10th Street, Brandon, Manitoba R7A 4E9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 727-2322</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 727-5624</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:office@westmanemployment.ca">office@westmanemployment.ca</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.westmanemployment.ca">www.westmanemployment.ca</a></td>
</tr>
</tbody>
</table>
### Westman Youth for Christ – U-Turn

**Address**: 4-1228 Rosser Ave, Brandon, Manitoba R7A 0L9  
**Phone**: (204) 727-1251  
**Fax**: (204) 727-4262  
**Email**: [brandon@vfc.ca](mailto:brandon@vfc.ca)

**Other Information**:  
- **Summit Counselling**: Counselling that provides teens the opportunity to work through abuse, addictions, family hurt, job readiness, suicidal concerns and more in a caring environment.  
- **Uturn**: Housing program for homeless or at-risk of homeless youth (ages 15-29) that supports personal growth through tenancy and life-skill training in a safe environment with caring people.

**Hours**: Monday-Friday 9:00am-5:00pm

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<table>
<thead>
<tr>
<th>Programs</th>
<th>Employment services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Components</td>
<td>Job search, resume building, interview skills, skill enhancement, and employment maintenance.</td>
</tr>
<tr>
<td>Eligibility for Programs</td>
<td>Must have an identified disability.</td>
</tr>
<tr>
<td>How to Access the Programs</td>
<td>By referral or self-referral.</td>
</tr>
<tr>
<td>How to Access the Services</td>
<td>Drop in, phone or make an appointment with the WES administrative office.</td>
</tr>
</tbody>
</table>

**Overall Goals of Westman Employment Services:**  
- a) To support persons with disabilities in preparing for and retaining employment with an eventual transition to independence in the workplace with natural supports whenever possible.  
- b) To support persons with disabilities to obtain and maintain employment that is suitable to each participant’s interests and abilities.  
- c) To increase the participation in the community through employment.

**Eligibility for Services**: Must have a disability either diagnosed or self-declared. Must be at least 16 years of age.  

**Costs**: No cost  

**Hours**: WES administrative office is opened Monday-Friday 8:30 am-4:30 pm
FOOD PROGRAMS

Food For Thought
Address  C/O 1031 6th St, Brandon, Manitoba R7A 4K5
Phone   (204) 726-0716 or (204) 729-0342
Fax     (204) 726-0995
Email   judyseib@westman.wave.ca

Services Betty Gibson, King George are breakfast schools. Kirkcaldy, Earl Oxford, Riverheights, Meadows, Green Acres, Linden Lanes, George Fitton, J.R. Reid, O’Kelly, St. Augustine’s, Riverview, Valleyview, Neelin High School Upper Deck, Vincent Massey High School are snack sites.

Eligibility for Services Students are to contact the home school liaison at Breakfast & snack sites to access.

How to Access the Services Waiver forms are available at participating schools at front office.

Costs No cost.

Hours Contact Individual school for more information in regards to hours of operation.

Other Relevant Information Available to all children attending school hungry at designated schools contact Program Coordinator Judy Seib for any enquiries.

Global Market / Community Kitchen
Address: Corner of 12th Street and Rosser Ave, Brandon, Manitoba
Phone  204-728-2227
Fax    204-571-6836
Email:  globalmarketbrandon@gmail.com

How to access CMHA operates the Global Market / Community kitchen each summer from the end of June to the middle of October. At the market, one can sell or buy locally produced crafts or locally grown fruits and vegetables. The Community kitchen is a fully equipped, government inspected commercial kitchen. The kitchen is primary used for public courses in cooking and sustainable living, food and cooking lessons.

Phone  Call 204-728-2227
### Helping Hands Soup Kitchen

**Address**
111-7th Street, Brandon, Manitoba R7A 3S5

**Phone**
(204) 727-4635

**Fax**
(204) 571-1301

**Email**
helpinghands@wcgwave.ca

**Services**
Provide a hot lunch five days a week.

**Eligibility for Services**
The Soup Kitchen serves all ages and guests include: seniors, mentally and physically challenged, the impoverished working and subsidized families, those whom are unemployed as well as those not able to find employment, single parent families, and a growing number of children and youth.

**How to Access the Services**
The soup kitchen is open for lunch from Monday to Friday.

**Costs**
No cost.

**Hours**
Monday-Friday 12:00 pm-1:00 pm.

---

### Salvation Army – Emergency Food

**Address**
9 Princess Avenue East, Brandon, Manitoba R7A 1R8

**Phone**
(204) 727-4334

**Fax**
(204) 727-1752

**Email**
Rhonda-Smith@can.salvationarmy.org

**Services**
Offers individuals/families a hamper of non-perishable and dry goods. This service is offered every Tuesday. Individuals/families are able to pick one up every three months.

**Eligibility for Services**
Anyone in need is eligible.

**How to Access the Services**
Phone the Salvation Army and make an appointment.

**Costs**
No cost.

**Hours**
Tuesday through Friday, 8:30 a.m. to 4:30 p.m. Other hours call the provincial emergency after hours number: 1-866-559-6778.

---

### Samaritan House Ministries Inc: Food Program

**Address**
820 Pacific Ave, Brandon, Manitoba R7A 0J1

**Phone**
(204) 726-0758

**Email**
info@samaritanhouse.net
<table>
<thead>
<tr>
<th><strong>Web</strong></th>
<th><a href="http://www.samaritanhouse.net">www.samaritanhouse.net</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Services</strong></td>
<td>Please call ahead for an appointment. Daily hampers accessible once every two weeks. <strong>Your Manitoba Health Card is required.</strong> School kits, diabetic kits, and special dietary foods upon availability. Daily access to bread, vegetables and other food items as available. Community Garden plots are available at various locations throughout Brandon (seed and equipment can be supplied). Call for more details.</td>
</tr>
<tr>
<td><strong>Eligibility for Services</strong></td>
<td>All individuals are eligible.</td>
</tr>
<tr>
<td><strong>How to Access</strong></td>
<td>With a valid MB Health card, a hamper is provided once every two weeks to individuals and families from 10:00-11:00 am and 1:00-2:30pm Monday to Friday at the 8th Street entrance. Bread, vegetables, clothing and household items are provided Monday to Friday. If working or in school hampers can be picked up Tuesday 4:30 – 6:00 pm at 8th Street entrance.</td>
</tr>
<tr>
<td><strong>Costs</strong></td>
<td>No cost.</td>
</tr>
<tr>
<td><strong>Hours</strong></td>
<td>Daily hampers Monday to Friday at 10:00-11:00 am- 1:00pm and 1:00-2:30 pm. Tuesday 4:30-6:00 pm. Offices are closed from 11:30-12:30. Bread and vegetables are available any time.</td>
</tr>
</tbody>
</table>

### The Father’s Pantry
<table>
<thead>
<tr>
<th><strong>Address</strong></th>
<th>Program run from 20 – 7th St. (7th Street Access Centre)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mailing Address:</strong></td>
<td>Box 20076, Brandon, Manitoba R7A 6Y8.</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>(204) 726-3312</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:Loavesandfishesmb@gmail.com">Loavesandfishesmb@gmail.com</a></td>
</tr>
<tr>
<td><strong>Services</strong></td>
<td>Our mission is to provide the basic food necessary to feed those less fortunate. We offer fruit and vegetable, breads, buns and pastries.</td>
</tr>
<tr>
<td><strong>Eligibility for Services</strong></td>
<td>We do not discriminate and offer what we have to anyone that is in need.</td>
</tr>
<tr>
<td><strong>How to Access the Services</strong></td>
<td>Our program runs from 12:30 pm until the provisions are distributed on Saturday at the 7th street access center (20 - 7th Street). We offer free coffee in the lobby of 7th Street Access from 12:30 pm until 2 pm for our clients on Saturdays. Come early and have a coffee or tea and get your number to receive your food. We also provide bread and pastries to various locations throughout the week.</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>There is NO cost to our clients. Donations of cash and canned goods are greatly appreciated.</td>
</tr>
</tbody>
</table>
Winter Market

Canadian Mental Health Association

Address
23-12th Street, Brandon, Manitoba

Phone
(204) 728-2227

Fax
(204) 571-6836

Email
globalmarketbrandon@gmail.com

CMHA operates a winter market in the front building of the Building Refit Store at this market one can sell or buy locally produced crafts as well as many other items.

How to Access
If interested in renting call (204) 728-2227.

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**HEALTH SERVICES**

**7TH Street Health Access Centre; Prairie Mountain Health**

Address
20-7th Street, Brandon, Manitoba R7A-6M8

Phone
(204) 578-4800

Fax
(204) 578-4950

7th Street Health Access Center is a Primary Health Care Centre, in the heart of downtown, providing a number of health and social services all under one roof to help individuals with “Better Life, Better Health”!

Amenity Services:

**Public Access to Computers with Internet** – available for 1 hour per day, per person free of charge. Hotmail, Yahoo and Facebook accounts are not accessible.

**Meeting Rooms** – free use of our meeting rooms for non-profit organizations in need of meeting space. Pre-book by calling (204) 578-4800 and signing the room booking guidelines.

**Free Laundry Services** – on a first-come, first-serve basis; with a limit of 3 loads per week. Generally, a short-term solution for people who have nowhere to do laundry. People are encouraged and assisted to secure a more permanent solution for their laundry needs.
**Barrier-Free Shower Room** – on a first-come, first-serve basis; during business hours of 11 am to 7 pm, 7 days a week. Towels, facecloth and soap can be provided.

**Harm Reduction Initiatives** – needle distribution and sharps drop off site. Free condoms and lubrication are also available.

**Public Access Telephone** – free local and limited long distance calling. There is also free voicemail available (great for job hunters). Voicemail is accessible from any phone, once it's set up.

**Fax/Photocopying/Printing** – available free of charge. Limit of 10 pages per day, per person.

**Service Providers:**

**Nurse Practitioner** – available for those who do not have a family physician. Able to order and manage tests (i.e. blood work, X-rays, ultrasounds, Pap tests, swabs, etc); can perform minor invasive and surgical procedures (i.e. skin biopsy, suturing, etc.); prescribe many medications and help to diagnose/manage new or existing health conditions.

**Service Navigator** – assists with physical, social and emotional needs of clients. They help to problem solve, identify options and link clients to the right service provider, referral agency or resource in a timely manner. They are usually the first staff member you meet with to help understand your needs and connect you to the right services.

**Addictions Services (AFM)** – AFM provides help and support for adults and their families who are dealing with an addiction to alcohol, drugs and/or gambling. One-on-one or group sessions are offered.

**Cultural Facilitators** – within the healthcare setting, provides language support/interpretation for individuals who speak Mandarin or Spanish. They also help to organize information and cultural education sessions for the immigrant communities or service providers.

**Community Social Worker** – works with individuals and families with several social, family and physical health needs. Provides long-term support; problem solving skills; life skills counselling; goal setting and advocacy.

**Community Health Nurse** – helps people of all ages with their health needs. Nurses can refer and/or discuss ways to stay healthier for life, as well as provide home/clinic/community resource visits.

**Housing Resource Worker** – help clients search for decent, low-cost housing in Brandon and area. Housing Resource Worker can assist with searches for furniture or other household supplies. Housing staff work with other agencies to have supports in place to help people be successful tenants. They advocate for improvements in rental units and can help problem solve with tenants and landlords. Housing workers also provide education on how to be a successful tenant. They also connect individuals to the homeless units or Safe and Warm Shelter.

**Community Mental Health Worker** – help people who are dealing with issues such as depression, anxiety, bipolar disorder, trauma, schizophrenia, etc. They provide assessments,
treatment planning, counselling and referrals for clients. Clients must be an adult, live in Brandon (or close by) and requesting help. Clients can self-refer or be referred by someone else. However, clients must agree to the referral.

**Consumer Peer Support Worker** – provides peer support to anyone receiving mental health services. Education is available to promote positive mental health and build self-esteem. Provides workshops for individuals and groups as available. One-to-one peer support is also available for individuals or their family members. Co-facilitates the Bi-polar support group.

**Community Volunteer Income Tax Program (CVITP)** – taxes are prepared by a volunteer and filed electronically to Revenue Canada. This service is free for single individuals with an income of less than $25,000 or families with an income of less than $30,000 (plus $2,500 for every dependent). From March through April, clients are able to meet with a volunteer to have their taxes completed. Clients are also able to use our “drop off” service by leaving their tax information at 7th Street Health Access Centre for a volunteer to complete. Drop off service is available until the end of September.

**Group Activities:**

**Coffee House** – 1st Sunday of every month, from 2:00 till 4:00 pm. Come enjoy coffee, snacks and a visit. Meet old friends, make new friends, ask questions, learn how to be healthier and have fun!

**TOPS (Taking Off Pounds Sensibly)** – weight loss group that meets every Thursday from 1:00 till 2:30 pm in the Community Kitchen. Contact Joyce at (204) 726-5353 for more information.

<table>
<thead>
<tr>
<th>Eligibility Services:</th>
<th>Any individual in need of health or community services; needing help finding their way through the healthcare or social service systems or needing to know who to contact.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Access the Services:</td>
<td>Self-referral or referral from any resource.</td>
</tr>
<tr>
<td>Costs</td>
<td>No cost.</td>
</tr>
<tr>
<td>Hours</td>
<td>Open 7 days a week from 11:00 am to 7:00 pm. Closed on statutory holidays.</td>
</tr>
<tr>
<td>Other Relevant Information:</td>
<td>Must stop at reception desk upon arrival.</td>
</tr>
<tr>
<td>New as of December 2014</td>
<td>Dietitian with My Health Team Brandon.</td>
</tr>
<tr>
<td>Services</td>
<td>Registered Dietitian (My Health Team Brandon) Councils and supports people to make changes in their eating habits to Improve their health and prevent or manage chronic illness.</td>
</tr>
</tbody>
</table>
Mount Carmel Clinic
Address 886 Main Street, Winnipeg, Manitoba
Phone (204) 582-2311
Web www.mountcarmel.ca

Other Information We provide information and programs to help people make choices affecting their health. We serve North End community members, immigrants, refugees, teens and individuals.

Prairie Mountain Health- Health Promotions Community Nutritionist/Dietitian
Address Unit C5- 800 Rosser Avenue, Brandon, Manitoba R7A 6N5
Phone (204) 578-2197
Fax (204) 578-2823
Email Klarocque@pmh-mb.ca

Services As part of the Health Promotions team, works with community groups and agencies in supporting healthy eating initiatives.
Eligibility for Services Office based in Brandon.
Costs No cost.
Hours Monday-Friday 8:30 am-4:30 pm.

Public Health
Address Towne Centre: A5-800 Rosser Avenue, Brandon, Manitoba R7A 6N5
Phone (204) 578-2500
Fax (204) 578-2823
Eligibility for Services If you require additional information, please phone the contact number.

HOUSING AND EMERGENCY SHELTER

Brandon Housing First- SW Manitoba Metis Federation Inc.
Address 656-6th Street, Brandon, MB R7A 3P1
Phone Toll Free Number- 1-844-937-8622
Program

Housing First is a program and strategy that seeks to provide immediate and permanent housing to those experiencing chronic and episodic homelessness. It aims to eliminate homelessness through intensive client supports, landlord security, and community collaboration.

Many of Brandon's organizations are choosing to work together to ensure that regardless of where a person seeks assistance, they have the same access to the appropriate resources and supports. Entry into Housing First is through a number of participating organizations including but not limited to:

Services

- Southwest Manitoba Metis Federation (Host organization)
- Samaritan House Ministries
- 7th street Access Centre
- Youth For Christ
- Canadian Mental Health Association
- Brandon Friendship Centre

Brandon Friendship Centre Housing Authority

Address 836 Lorne Avenue, Brandon, Manitoba R7A 0T8
Phone (204) 727-1407
Fax (204) 726-0902
Email bfcinc@mymts.net
Web www.brandonfriendshipcentre.net

Programs

The Brandon Friendship Housing Authority is a non-profit housing corporation which assists Aboriginal families in obtaining adequate and suitable housing at charges that are geared to their income. Provides tenant counselling and tenant control. We offer referral services for other housing rental needs.

Eligibility for Programs

Only eligible Aboriginal clients are selected to occupy designated units. Single parents or families with children who cannot afford or obtain adequate and suitable accommodations in their market area. Low income families where 27% of the family income is for rent. The parents must be over 18 years of age. Eligible clients are those who cannot afford or obtain adequate and suitable accommodations in their market area. Eligible applicants are interviewed and approved applicants are offered rental units as vacancies occur.

How to Access the Services

Contact the housing manager at 204-727-1407.

Hours

Monday to Friday 8:30-4:30.
Canadian Mental Health Association

Address: 1233 Rosser Avenue, Brandon, Manitoba
Phone: (204) 726-8865
Fax: (204) 571-6836
Email: bryan.cmha@gmail.com

Services: Emergency units, apartments at social assistance rates. No cost or low cost

Massey Manor, 1202 Rosser and Dutchmill

How to Access: CMHA owns and manages 42 low income apartments and 13 market rent apartments. Must fill out a housing application as well as provide 3 references. Applications can be found at the CMHA office at 1233 Rosser, Brandon, MB.

Eligibility: Any one over the age of 18 years can apply.

Home Ownership Program

Canadian Mental Health Association
Address: 1233 Rosser, Brandon, Manitoba R7A 4L6
Phone: (204) 726-8865
Fax: (204) 571-6836
Email: katee.cmha@gmail.com

STEPP Homes

CMHA, in partnership with the Brandon Energy Efficiency Program, builds STEPP Homes (Solutions To End Poverty Permanently). These new homes are built by carpenter trainees and purchased by low/middle income families for between $50,000 to $100,000 below market prices and no down payment is required.

Eligibility: Contact the Brandon Neighborhood Renewal Corporation (204) 729-2493.

How to Access: Contact the Brandon Neighborhood Renewal Corporation (204) 729-2493.

Supplement Program

Canadian Mental Health Association
Address: 1233 Rosser, Brandon, MB
Phone: (204) 726-0755
Fax: (204) 571-6836
Email: katee.cmha@gmail.com

Portable Housing benefit (PHB)

This is a $200.00 rent supplement which is available to individuals on social assistance who have a mental health disability and who are in need of housing and supports.
<table>
<thead>
<tr>
<th>Eligibility</th>
<th>An individual must be seeing support for 3 months or longer as well as diagnosed.</th>
</tr>
</thead>
</table>

**CMHA Homeless Shelter**

CMHA manages 10 private self-contained emergency homeless units for individuals and families who are in need of shelter. These emergency homeless units have their own private entrance directly from the street.

Each individual living unit is separate, private and secure. The emergency units come equipped with the following: a bed and bedding, 3 piece bathroom with a shower, a clock radio, telephone line for local calls and a booklet of supportive agencies phone numbers. The Homeless Units are smoke free zones.

<table>
<thead>
<tr>
<th>Eligibility for services</th>
<th>The individual’s health condition must be stable enough so as not to require 24 hour monitoring. Must not be a danger to self or others. Smoking is permitted outside the unit. All CMHA property are designated as a smoke free zones.</th>
</tr>
</thead>
</table>

<table>
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<tr>
<th>How to Access</th>
<th>Call (204) 761-5040.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Costs</th>
<th>There is no charge if the person has no money. Once a person gets on Assistance the charge is $16.50 per night. If an individual is employed the Cost is $10.00 per night.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Hours</th>
<th>The emergency homeless units provide housing 24 hours a day 7 days a week.</th>
</tr>
</thead>
</table>

**Family Services**

<table>
<thead>
<tr>
<th>Address</th>
<th>340-9th Street, Brandon, Manitoba R7A 6C2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 726-6336</td>
</tr>
<tr>
<td>Toll Free</td>
<td>1-800-230-1885</td>
</tr>
</tbody>
</table>

**Manitoba Early Learning and Child Care (MELCC):** Provides assistance to Family Child Care operators, Licensed Child Care Centers and Group Child Care facilities. Child Care Coordinators are responsible for enforcement of MELCC regulations. **Family Conciliation Services:** Mandate to provide services required by Family Court. **Children's disABILITY Services:** Services for children with disabilities and their families. **Community Living disABILITY Services:** Services for adults living with a mental disability, as well as support to independent agencies providing services to this population. **Residential Care Licensing:** Support and enforcement of licensing requirements for residences and individuals supporting disabled persons. **Market Abilities:** A vocational and training support program for persons with mental disabilities.
Employment and Income Assistance (EIA): Provincial program of last resort for people who need assistance to meet basic needs, including food, clothing and shelter. EIA Counsellors may also be able to assist with training, educational upgrading and employment readiness activities. Job Connections: Support to EIA participants with specific and potentially complex barriers to training and/or employment.

<table>
<thead>
<tr>
<th>Eligibility for Services</th>
<th>Each program has different eligibility requirements. Please phone for more information.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Access the Services</td>
<td>Between the hours of 8:30 am and 4:30 pm (Monday to Friday) individuals can phone (204) 726-6336, long distance toll free at 1-866-726-6438 or visit Family Services at 340-9th Street, located in the Provincial Building (second floor). EIA After Hours Emergency Assistance can be accessed by phoning 1-866-559-6778. EIA participants will be connected to an on-call center where an intake worker will assess the situation and may issue emergency benefits upon completion of the assessment and application process.</td>
</tr>
<tr>
<td>Costs</td>
<td>There are no fees charged to access services or information.</td>
</tr>
<tr>
<td>Hours</td>
<td>Monday-Friday 8:30 am-4:30 pm.</td>
</tr>
</tbody>
</table>

**Westman Women’s Shelter**

City | Brandon, Manitoba
---|---
Crisis Line | (204) 727-3644 (Brandon) 1-877-977-0007 (Toll Free) Fax: (204) 726-1793
Office Contact | (204) 571-3680 Fax: (204) 571-3687
E-mail | ywca2@wcgwave.ca

Services | Emergency shelter for women and children fleeing family violence. Residential Services. Non-Residential Services. Follow-up support and counselling for women and children who have left the shelter. Counselling services for women and children in the shelter as well as for women and children who are not living in our shelter. Children’s Program: provides counselling to child victims and child witnesses of domestic violence. Women’s Support Group & Sharing Circles. 24 Hour Crisis line. Public Education Program: Focuses on domestic violence awareness and prevention and information sessions are scheduled by an appointment basis.

| Eligibility for Services | Women staying in the shelter must be fleeing abuse from an intimate partner. Women and children seeking counselling service must be dealing with domestic violence issues. |
| How to Access the Services | Phone the YWCA Westman Women’s Shelter. |
**SECOND STAGE HOUSING**

**Mary’s House Second Stage Safe Housing**

**City**  
Brandon, Manitoba

**Phone**  
(204) 727-1268

**Fax**  
(204) 728-5679

**Other Information Programs**  
A part of Samaritan House Ministries.

**Services**  
The residential second stage safe housing and programs provide a protective environment designed to address the needs of women and children who have left abusive relationships. Residents will live independently in apartments.

**Eligibility for Services**  
Any women, with or without children, who has left an abusive relationship.

**How to Access the Services**  
Take referrals from other agencies, including Child and Family Services, Victim Services, Women Shelter, etc. Women can also call Marla or Barbara directly at (204) 727-1268. There is an Intake period and this takes between 10 and 14 days.

**Costs**  
Rents are based on provincial assistance rates.

**Hours**  
Monday–Friday 8:30 am–4:30 pm.

**Westman Women’s Shelter Second Stage Housing**

**City**  
Brandon, Manitoba

**Crisis Line**  
(204) 727-3644 (Brandon) 1-877-977-0007 (Toll Free) Fax: (204) 726-1793

**Office Contact**  
(204) 571-3680 Fax: (204) 571-3687

**E-mail**  
ywca2@wegwave.ca

**Services**  
The interim housing unit provides safe housing and programs to women who have stayed at the emergency shelter. The unit provides a protective environment designed to address the needs of women and children who have left abusive relationships. Residents will live independently in an apartment.

**Eligibility for Services**  
Women who have stayed in the shelter and are in need for safe housing.

The women must partake in counselling.
How to Access the Services

Phone the YWCA Westman Women’s Shelter at (204) 727-3644

Costs

Rents are based on provincial assistance rates.

Hours

24 hours, 7 days a week.

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**TRANSITIONAL HOUSING**

**Brandon Friendship Centre Transitional Housing**

**Address**

836 Lorne Avenue, Brandon, Manitoba R7A 0T8

**Phone**

(204) 727-1407

**Fax**

(204) 726-0902

**Email**

bfcinc@mymts.net

**Web**

www.brandonfriendshipcentre.net

**Programs**

The Transitional Housing assists Aboriginal families in obtaining adequate and suitable housing at charges that are geared to their incomes. Rental costs for families are based on the Provincial rent to income scale. Generally families will pay a basic rent of 27% of their total family income. These basic rents cover the cost of a fully serviced unit supplied with heat.

**Eligibility for Programs**

Only Aboriginal clients are selected to occupy designated units, eligible Clients are those who cannot afford or obtain adequate and suitable accommodations in their market.

**How to Access the Programs**

Drop by the centre and speak to the receptionist or the program coordinator or the maintenance supervisor for these programs.

**How to Access the Services**

Telephone or drop in.

**Costs**

Based on the Provincial Rent to Income scale.

**Hours**

Brandon Friendship Centre Monday-Friday 8:30 am-4:30 pm.

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**Canadian Mental Health Association**

**Address**

23-12th Street, Brandon, Manitoba R7A 4L6

**Phone**

(204) 727-5425

**Fax**

(204) 571-6836

**Email**

cmha@gmail.com
Other Information
Transitional apartments are located at 638 Pacific Avenue. These apartments have a 2-year maximum stay and are provided to individuals in need, as they move from dependency towards greater self-sufficiency. Most of these units are rented at $253.00/month plus hydro for a 1-bedroom self-contained apartment.

Eligibility for Programs
Must be wanting to advance in their living situation.

How to Access the Programs
Phone the office.

Eligibility for Services
18 years of age.

Costs
Just the rental cost of the apartment.

YWCA Meredith Place Residence
Address 148-11th street, Brandon, Manitoba R7A 4J4
Phone (204) 571-3680
Fax (204) 571-3687
Email ywca2@wcgwave.ca

Eligibility for Programs
Any adult in need of housing and support.

How to Access the Programs
Contact Pat at (204) 571-3680.

Services
Safe, supportive, transitional housing. Room and board. 24-hour staffing. 21 single rooms. Shared bathrooms and showers. Code access to the building. Support and supervision. 3 emergency family units (can stay up to 2 weeks, private bathroom, fridge & microwave).

Eligibility for Services
Payment of room and board by individual or sponsoring agency. Agreement by individual to abide by the rules of the residence. Must not be a danger to himself/herself or any other person. Must not use alcohol or any other substance while staying at the residence. Must be 18 years of age (unless special arrangements have been made or in family units).

How to Access the Services
Visit the residence or telephone between 8:00 am and 4:00 pm on weekdays and have an interview and a tour. Room and Board will be provided based on assessment and availability. After hours’ admission must be approved by the supervisor on call.

Costs
One night & 3 meals-$45.00. One-week room and board - $175.00. One-month room and board - $583.00. Family units’ rates based on financial situation.
Hours 24 hours 7 days a week. Program Manager’s hours 8 am- 4 pm. Monday-Friday.

SUPPORTIVE HOUSING

Brandon Community Options
Address 136-11th Street , Brandon, Manitoba R7A 4J4
Phone (204) 571-5770
Fax (204) 571-5780
Email bdnco@mts.net

Services Provides residential and daytime options to adults with intellectual disabilities

Eligibility for Services Must be eligible for services through Family Services and Labour.

How to Access the Services A referral must be made through Family Services & Labour.

Costs Per diems are set up through Family Services & Labour based on individual need.

Hours Monday-Friday 8:30 am-4:30 pm.

Brandon Community Welcome Co-op Inc. & Grey Owl Non-Profit Housing
Address 1036 Louise Ave, Brandon, Manitoba R7A 0Y1
Phone (204) 728-1514
Fax (204) 727-3550
Email bcwgo@wcgwave.ca

Services Brandon Community Welcome Co-Op Inc. and Grey Owl Non-Profit Housing Inc. offer fourteen apartment rentals, which are targeted to persons living with psychiatric disabilities.

Eligibility for Services Persons living with psychiatric disabilities. Housing is available to qualifying individuals and is based on “need” and compatibility.

How to Access the Services By referral or self-referral.

Costs Grey Owl – Social assistance rates or 27% of annual income.
Brandon Community Welcome Inn - $446(need to be on Provincial disability).

Hours Office Hours Monday–Friday 8:30 am-4:30 pm.
### Clustered Apartment Program Amber Wood Village, Prairie Mountain Health

<table>
<thead>
<tr>
<th>Address</th>
<th>1030-26th Street, Brandon, Manitoba</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 726-1374 or (204) 578-2445 (Brent White)</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:BWhite@pmh-mb.ca">BWhite@pmh-mb.ca</a></td>
</tr>
</tbody>
</table>

**Services**


**Eligibility for Services**

Adults who live with severe and persistent mental illness and who have experienced difficulty adjusting to the challenges of living in the community. Available to men and women. Accommodates up to 8 individuals. Provides individualized support for a small number of people who can benefit from a longer period of rehabilitation.

**How to Access the Services**

Agency referral by a community mental health worker

**Costs**

$861.00 including food through Employment and Income Assistance. Cost may be adjusted based on individual circumstances.

**Hours**

Monday-Friday 8:30 am-4:30 pm.

**Other Relevant Information**

This program is offered through the Psychosocial Rehabilitation Program- Residential and Community Support

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### Family Visions

<table>
<thead>
<tr>
<th>Address</th>
<th>2705 Victoria Ave, Brandon, Manitoba R7B 0N1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 726-5602</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 571-0907</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:executive.director@familyvisions.ca">executive.director@familyvisions.ca</a></td>
</tr>
</tbody>
</table>

**Other Information**

Family Visions Inc. is non-profit organization which provides community support services to individuals with disabilities.

**Services**

Providing Residential Services and Day Services to adults with an intellectual disability.

**Eligibility for**

Adults with a mental and/or physical disability, as per standards set out by Family
<table>
<thead>
<tr>
<th>Services</th>
<th>Services and Labour.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Access the Services</td>
<td>Referrals are typically made through Family Services.</td>
</tr>
<tr>
<td>Costs</td>
<td>Per diems are negotiated with Family Services and Labour, or with an individual and their support network.</td>
</tr>
<tr>
<td>Hours</td>
<td>Monday–Friday 8:00 am-4:30 pm.</td>
</tr>
</tbody>
</table>

**McTavish Manor, Prairie Mountain Health**

**Address** 602/604-13\(^{\text{th}}\) Street, Brandon, Manitoba

**Phone** (204) 727-8668  (204) 578-2445 (Brent White)

**Fax** (204) 725-3418

**Email** BWhite@pmh-mb.ca

**Services** Community Based Residential Care Setting. Provides 24 hour treatment and supervision. Providing overall assessment of person's skills and encouraging skill development, in a group living situation. Team approach to problem solving and long and short term planning. Facilitating opportunities for growth and learning. Ongoing evaluation of individual progress. Encouraging personal responsibility for household tasks and meal preparation. Enabling access to community services (transportation, medical services, and recreational pursuits). Linking people with appropriate resources and support networks.

**Eligibility for Services** Adults who live with severe and persistent mental illness and who have experienced difficulty adjusting to the challenges of living in the community. Available to men and women. Accommodates up to 8 individuals.

**How to Access Services** Agency referral by a Community Mental Health Worker

**Costs** $861.00 includes rent & food utilities (through Employment and Income Assistance). Costs may be adjusted based on individual circumstances.

**Hours** Monday–Friday 8:30 am-4:30 pm.

**Other Relevant Information** This program is offered through the Psychosocial Rehabilitation Program-Residential and Community Support

**Westman Opportunities**

**Address** 1544-10\(^{\text{th}}\) Street, Brandon, Manitoba

**Phone** (204) 727-5018

**Fax** (204) 727-5018
Services
7 bed group home for individuals with mental and/or physical disabilities. Provides Respite Services to families.

Eligibility for Services
Individuals who have a mental and/or physical disability. Families/parents/guardians who require respite.

How to Access The Services
Contact can be made through the Community Service Worker (CSW) or Wendy Kennedy, Executive Director at (204) 727-5018 or westopps@wcgwave.ca

Costs
Individuals staying at the group home receive per diems. Respite is $75.00 per night.

Hours
Office hours vary each week.

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**Westman Youth for Christ – U-Turn**

**Address**
4-1228 Rosser Ave, Brandon, Manitoba R7A 0L9

**Phone**
(204) 727-1251

**Fax**
(204) 727-4262

**Email**
brandon@yfc.ca

**Other Information**

**Summit Counselling:** Counselling that provides teens the opportunity to work through abuse, addictions, through family hurt, job readiness, suicidal concerns and more in a caring environment.

**U-turn:** Housing program for homeless or at-risk of homeless youth (ages 15-29), that supports personal growth through tenancy and life-skill training in a safe environment with caring people.

**Hours**
Monday-Friday 9:00am-5:00pm

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**HOUSING AUTHORITIES**

**Brandon Friendship Housing Authority**

**Address**
836 Lorne Avenue, Brandon, Manitoba R7A 0T8

**Phone**
(204) 727-1407

**Fax**
(204) 726-0902

**Services**
The Brandon Friendship Housing Authority is a non-profit housing corporation which assists Aboriginal families in obtaining adequate and suitable housing at charges that are geared to their incomes. Provides tenant counselling and tenant control.

**Eligibility for**
Only eligible Aboriginal clients are selected to occupy designated units. Single
Services: parents or families with children who cannot afford or obtain adequate and suitable accommodations in their market area. Low income families where 27% of the family income is for rent. The parent/s must be over 18 years of age. Eligible clients are those who cannot afford or obtain adequate and suitable accommodations in their market area. Eligible applicants are interviewed and approved applicants are offered rental units as vacancies occur.

How to Access the Services: Contact the housing manager at (204) 727-1407.


Hours: Monday Friday 8:30 am–4:30 pm.

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**Dakota Ojibway Tribal Council – Housing Authority**

**Address:** Unit 2, 345-10th Street, Brandon, Manitoba R7A 4E9

**Phone:** (204) 729-3600

**Fax:** (204) 729-5966

**Email:** [housing@dotc.mb.ca](mailto:housing@dotc.mb.ca) or [dotchaib@dotc.mb.ca](mailto:dotchaib@dotc.mb.ca)

**Services:** Provide low-income housing to low to moderate income families. Service the following areas: Brandon, Portage La Prairie, Winnipeg and Virden.

**Eligibility for Services:** Native decent.

**How to Access the Services:** Phone us at (204) 729-3600.

**Costs:** Dependent upon income and number of bedrooms the unit has.

**Hours:** Monday-Friday, 8:30am-4:30pm.

**Other Relevant** Currently have an extensive waiting list.

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**Manitoba Housing**

**Address:** 253-9th Street, Brandon, Manitoba R7A 6X1

**Phone:** (204) 726-6455

**Toll Free:** 1-800-651-8217

**Fax:** (204) 726-6333

**Services:** Rents affordable and suitable housing to Manitobans in need.

**Eligibility for Services:** Placement is based on need; those with the greatest need are placed first. Minimum age 18. Targets single parents, low income families, seniors, and individuals that require special needs. Everyone is encouraged to apply for housing accommodations.
Successful applicants must have a good rental history with the Manitoba Housing Authority and other landlords. Some income restrictions may apply.

**How to Access the Services**
Applications can be picked up at 253-9th Street (Manitoba Housing Authority) or Family Services and Labour at 340-9th Street.

**Costs**
No cost to apply. All rents are determined by income.

**Hours**
Monday-Friday 8:30am-4:30pm.

### HOUSING SERVICES

#### Canadian Mental Health Association
**Address**
23-12th Street, Brandon, Manitoba R7A 4L6

**Phone**
(204) 727-5425

**Fax**
(204) 571-6836

**Email**
cmha@gmail.com

**Other Information**
3 self-contained emergency units. 13 new one bedroom apartments at social assistance rates. 13 new one and two bedroom apartments at regular market rates.

**How to Access the Services**
For application please contact (204)726-8865.

**Costs**
No costs.

**Hours**
Monday-Friday 9:00 am–9:00 pm. Saturday & Sunday 9:00 am–5:00 pm.

### HOUSING- DISPUTE SERVICES

#### Residential Tenancies Branch
**Address**
Room 143 – 340-9th Street, Brandon, Manitoba R7A 6C2

**Phone**
(204) 726-6230

**Toll Free**
1-800-656-8481

**Fax**
(204) 726-6589

**Email**
rtbbrandon@gov.mb.ca

**Web**
www.gov.mb.ca/fs/cca/rtb/index.html

**Services:**
Assists with landlord/tenant disputes

### INTERPRETATION

#### Brandon Community Language Centre (BCLC)
**Address:**
1001 Pacific Avenue, Brandon, MB, R7A 0J2

**Phone:**
Bookings: (204) 727-2276  Coordinator: (204) 727-6031 ext. 2229

**Fax:**
(204) 725-4786
Services: We provide trained interpreter services to facilitate accurate communication between limited English speakers and service providers in Brandon and the Westman region. Our interpreters are language tested, confidential and impartial and adhere to the BCLC code of ethics and standards of practice of interpretation. There is an hourly charge of $27.50 for the service. Interpreters are available to interpret in English and Amharic, French, Mandarin, Russian, Spanish and Ukrainian.

Eligibility for Services: This service is available to any organization or individual.

How to Access the Services: Phone (204) 727-2276 and ask to book an interpreter with the Brandon Community Language Centre; email bclcbook@mymts.net; in person at 1001 Pacific Avenue, Brandon.

Costs: Interpretation: $27.50 per hour, charged on a full hour basis
Message Relay: $11.00 per message

Booking hours: Monday-Thursday 9:00 am–5:00 pm
Friday 9:00 am–4:30 pm
24 hour interpreter service available through an after-hours policy

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Westman Immigrant Services

Address 1001 Pacific Ave, Brandon, Manitoba R7A 0J2
Phone Bookings (204) 727-2276
Manager (204) 727-6031 ext. 2229
Fax (204) 725-4786
Email TinaM@westmanimmigrantservices.ca

Services: Brandon Community Language Centre (BCLC), a Program of Westman Immigrant Services. Our trained interpreter services help with communication between people that do not speak the same language. Interpreters work through the Brandon and Westman community and provide interpretation for service providers and limited English speakers. Our interpreters are language tested in a national interpretation exam, and uphold confidentiality agreements. BCLC interpreters are accurate, confidential, impartial, professional and accountable and follow the code of ethics and standards of practice of interpretation. Currently interpretation is available in -English and Amharic, Cantonese, Dutch, French, Hindi, Korean, Mandarin, Russian, Spanish, Tagalog and Ukrainian.

Eligibility for Service: This service is available to any organization or individual.

How to access these Services: Make requests by phoning or email

Booking Hours: Monday – Thursday 9:00 – 5:00 Friday 9:00 – 4:30 p.m.

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**JUSTICE SERVICES**

**John Howard Society of Brandon, Inc.**

**Address** 153-8th Street, Brandon, Manitoba R7A 3Y3  
**Phone** (204) 727-1696  
**Fax** (204) 728-4344  
**Email** office@brandonjohnhoward.ca  
**Web** [http://www.brandonjohnhoward.ca/](http://www.brandonjohnhoward.ca/)

**Services**  
In Prison: Volunteer service, release planning, support/counselling, and co-facilitate anger management. Former In Prison: Counselling and support program, referral and advocacy. Support/counselling for both youth and adults

**Community Services**  
Westman Mediation Services provides an alternative to the formal court process for individuals charged with a criminal offense. Victim, offender and community are brought together in this restorative justice program, in an effort to address the “harm done”. Programs included are mediation, extra-judicial sanctions, and adult alternative measures. Westman Mediation also supports and trains the Community Justice Committees in the Westman area.  
Fine Option/Community Service Order Program provides an opportunity for individuals with limited resources to work off a fine in the community, and/or complete court-ordered community service. John Howard Society seeks to coordinate the provision of meaningful supervised placements.  
Anger Management Program – Fee for service Anger Management program offered to adults. The group program is only available for males, and is offered over a weekend. Individual services during the week are available for both males and females.  
Domestic Violence Program - Fee for service Domestic Violence program offered to adults. The group program is only available for males and is offered on the weekend. Individual services during the week are available for both males and females.  
Youth Anger Management Program - An Anger Management program offered to youth ages 12-17. This program is funded by the United Way and is free for participants. The group program is offered three times per year. The program is offered in the evenings twice per week for four weeks. Individual services are also available where appropriate.  
Community Services Centre- The John Howard Society seeks to ensure an open door policy for non-profit organizations wishing to use or rent our building space and that a pleasant, user-friendly atmosphere continues within the Community Services Centre.
<table>
<thead>
<tr>
<th>Eligibility for Services</th>
<th>Anyone is eligible; male/female/youth/adult.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Access the Services</td>
<td>Walk in or telephone or individuals can be referred.</td>
</tr>
<tr>
<td>Costs</td>
<td>There is fee for service for the Adult Anger Management &amp; Domestic Violence courses. Reduced fees are available for those that demonstrate financial need.</td>
</tr>
<tr>
<td>Hours</td>
<td>Monday-Friday 8:30 am-12:00 pm &amp; 1:00 pm-4:30 pm.</td>
</tr>
</tbody>
</table>

**Victim Services/Domestic Violence Unit/Child Victim Unit/Victim Rights Unit**

<table>
<thead>
<tr>
<th>Address</th>
<th>204-1104 Princess Ave, Brandon, Manitoba R7A 0P9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 726-6515</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 726-6501</td>
</tr>
</tbody>
</table>

**Other Information**

Manitoba Justice, Victim Services assists victims of the most serious crimes as outlined in the *Victim's Bill of Rights*, victims of domestic violence and child victims/witnesses.

**Program Components**

Victim Services helps people exercise their rights, understand their responsibilities and access other helping services or agencies. As the case moves through the criminal justice system Victim Services can help by providing information about the courts and criminal justice system. Information about counselling options. Information about what to expect if subpoenaed to court. Court preparation, when required. Court support, when possible. Safety planning. Information on possible financial assistance that may be available for victims of crime. Information about Victim Impact Statements and guidance on how to prepare the forms if the accused pleads guilty or is convicted. Information on the offender's sentence once she/he is convicted, and how to contact the correctional facility if the offender receives a jail sentence. Information on how to find out about the offender's release from a provincial jail. Information on how to register with the National Parole Board if the offender is sentenced to a federal institution.

**How to Access the Programs**

Information and services are provided free of charge and are available in person, and/or by phone, fax, or through the internet.

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**LEGAL SERVICES**

**Legal Aid**

<table>
<thead>
<tr>
<th>Address</th>
<th>236-11th Street, Brandon, Manitoba R7A 4J6</th>
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</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 729-3484</td>
</tr>
</tbody>
</table>
Toll Free 1-800-876-7326
Fax (204) 726-1732
Web www.legalaid.mb.ca

Services Lawyer services if qualified.

How to Access the Services Complete an application to pursue a legal matter

Costs Based on a sliding fee scale. If an individual is on social assistance the fees are waived.

Hours Monday-Friday 8:30 am-12:00 pm & 1:00 pm-4:30 pm.

Samaritan House Ministries Inc.
Address 1610 Pacific Ave, Brandon, Manitoba R7A 7L9
Phone (204) 727-1268
Email info@samaritanhouse.net
Web www.samaritanhouse.net

Services Provides support to victims of family violence in preparation for and during the court process. Protection Order Designates on staff can assist with preparation of Protection Orders.

Eligibility for Services Residents of Mary’s House and clients who have previously been a recipient of services at Mary’s House.

How to Access the Services Telephone (204) 727-1268.

Costs No cost.

Hours Dependent upon court date and time.

Mental Health Services

Adult Community Mental Health Services, Prairie Mountain Health
Address B13-800 Rosser Avenue, Brandon, Manitoba R7A 6N5
Phone (204) 578-2400 (204) 578-2415 (Program Manager)
Fax (204) 578-2822
Email wdryburgh@pmh-mb.ca
**Other Information**
The Adult Community Mental Health Program is a health service of the Prairie Mountain Health that provides assessment and counselling for voluntary clients. There is no cost for this program.

**Programs**

**Eligibility for Programs**
Anyone who is 18 years or older. Prairie Mountain Health Mental or health related problems such as depression, anxiety, stress and coping and adjustment difficulties. Those who do not have private insurance or Employment Assistance Program benefits.

**How to Access the Programs**
A referral to Community Mental Health Services can be provided by any source but must be made with the knowledge and consent of the person being referred. A scheduled appointment is the preferred method of referral, although staff can assist clients who present themselves with urgent circumstances.

**Costs**
No costs.

**Hours**
Monday- Friday 8:30 am-4:30 pm. After hours Mental Health Crisis Services (204) 725-4411 or 1-888-379-7699.

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**Brandon Friendship Centre - Aboriginal Healing and Wellness**

**Address**
108-6th Street, Brandon, Manitoba R7A 3N2

**Phone**
(204) 726-1112  (204) 726-8791

**Fax**
(204) 726-0093

**Email**
bfccwellness@wcgwave.ca
Bfc_wellness@wcgwave.ca

**Purpose**
The purpose of the services is to assist First Nation, Metis and Inuit people on their healing journey. Our approach is tailored to the person with respect to their healing needs and wishes. Best practices are utilized from both worldviews – Aboriginal and non-Aboriginal.

**Program & Services**
Counselling services – short & long-term
Anger management program
Sharing Circles
Aboriginal Elder’s coffee club
Smudging
Medicine picking & giving
Wellness workshops
Cultural initiatives

**Eligibility for Services**
General public.

**How to Access the services:**
Contact us or drop by
<table>
<thead>
<tr>
<th>Costs</th>
<th>No cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hours of Operation</strong></td>
<td>Monday – Friday 8:30 am – 4:30 pm</td>
</tr>
</tbody>
</table>

**Centre for Adult Psychiatry, Prairie Mountain Health**

**Address**  
150 McTavish Avenue East, Brandon, Manitoba R7A 2B3

**Phone**  
(204) 578-4557 (Program Manager)  
(204) 578-4555 (Reception)  
(204) 578-4535 (Nursing Station)

**Fax**  
(204) 578-4940

**Email**  
cap@brandonrha.mb.ca

**Services**  

**Eligibility for Services**  
The centre offers acute (short-term) mental health services to adults (ages 18-64) who are experiencing a psychiatric illness and/or severe personal crisis that cannot be adequately managed in the community. CAP primarily services the regional health authorities of Brandon and Assiniboine.

**How to Access the Services**  
A referral can be made through one of the following: Hospital Emergency Department, Family Physician, Community Mental Health Worker, Mobile Crisis Unit or Crisis Stabilization Unit, Private Psychiatrist, Magistrate (via a court-order for non-voluntary admissions).

**Costs**  
No costs.

**Hours**  
Monday-Friday 8:30 am–4:30 pm. Inpatient unit is staffed 24 hours a day.

**Other Relevant Information**  
All requests for admissions to CAP must be made through the authorizing psychiatrist on call. Individuals cannot arrive at CAP without authorization. Walk-ins or individuals who self-refer will be redirected through the above referral agents, as appropriate. Written referrals from physicians must be made in conjunction with speaking to an authorized psychiatrist. The on-call psychiatrist can be reached through the switchboard operator at the Brandon Regional Health Centre at (204) 578-4000 (24 hours a day).

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**Centre for Geriatric Psychiatry, Prairie Mountain Health**

**Address**  
A4 BRHA - 150 McTavish Avenue East, Brandon, Manitoba R7A 2B3

**Phone**  
(204) 578-4560
The centre is a designated psychiatric facility under the Mental Health Act of Manitoba. Service as an inpatient referral centre for Prairie Mountain Health (formerly Parkland, Assiniboine, Brandon) and the west half of Central Regional Health Authority. The Psycho Geriatric Service provides specialized total assessment and treatment for elderly individuals who are having difficulties in their functioning due to a psychiatric disorder.

**Programs**

What do we do on an inpatient basis? Assessment, treatment, consultation, education and support, group activities and connect with community support.

**Program Components**

A short term treatment and assessment component and a longer stay for rehab and stabilization.

**Eligibility for Programs**

People over 65 years of age who are having difficulties with their functioning due to a psychiatric disorder.

**How to Access the Programs**

A referral from family doctor or Community Mental Health Worker. Emergency admission can be arranged through Emergency Room.

**Services**

Assessment and diagnosis. Short to intermediate term treatment. Pharmacotherapy. Counselling/education/support for the individual and family. Activity and recreation therapy. Linkage with community resources/health care professionals. Discharge planning. Referrals to consulting specialists/rehabilitation therapists as needed.

**Community Services**

Family Support. Family Education.

**Eligibility for Services**

Provides specialized assessment and short term treatment for individuals 65 years and over who are experiencing difficulties with day to day functioning due to mental health problems.

**How to Access the Services**

Contact your family physician who will make arrangements with a Psychiatrist at the centre for Geriatric Psychiatry for admission if needed. The on-call psychiatrist can be reached through the Brandon Regional Health Centre 24 hours/day at (204) 578-4000.

**Costs**

Paid by Manitoba Health.

**Hours**

7 days a week 24 hours a day.
### Child & Adolescent Treatment Centre, Brandon RHA

**Address**  
1240-10th Street, Brandon, Manitoba R7A 7L6  
**Phone**  
(204) 578-2700  
**Toll Free**  
1-866-403-5459

**Services**  
Child and Adolescent Community Mental Health clients under the age of 18 are seen on an appointment basis. Scheduling varies, and is arranged between therapists and clients. Walk-in service is also provided during regular office hours. Services provided include assessment, individualized treatment planning, individual and family therapy, group therapy, parenting education, mental health education, public awareness, consultation, and other services based on identified needs.  
**Day Treatment** clients attend daily Monday to Friday. Services provided include assessment, individualized treatment planning, parenting education, community transition and consultation, and family support. Treatment is provided through individual and group therapies focusing on self-esteem, social skills, communication skills, anger management, leisure skills, development, etc.  
**Crisis Stabilization Unit** provides 24 hour care on a 10 bed unit. Services provided include assessment, individualized treatment planning, community transition, and consultation. Treatment may include individual, group and family therapy, parenting education, medical interventions, self-development programs, life skills training, and recreation.  
**Education** provides for educational needs of clients involved in the inpatient and day treatment programs. May include academic assessment, individualized education planning, transition to community school, and consultation. Age group served 10-17 years.  
**Early Intervention Services** is available to individuals between the ages of 15 & 30 with their first experience in psychosis.

**Eligibility for**  
Clients under the age of 18 who are experiencing a range of mental health problems.

**How to Access the Services**  
Contact the intake staff at 204-578-2700 or 1-866-403-5459, Monday to Friday 8:30 am–4:30 pm. After hours crisis services can be accessed by calling the same number.

**Costs**  
Costs are covered by Manitoba Health.

**Hours**  
The CATC crisis stabilization unit is staffed 24 hours a day/7days a week. All other services Monday-Friday 8:30 am–4:30 pm.

**Other Relevant Information**  
If there are any questions as to whether C.A.T.C as opposed to another service provider is the best resource to meet the needs of the particular youth or family, contact the intake staff member for a consultation in this regard.
**Psychosocial Rehabilitation/Residential and Community Services**

<table>
<thead>
<tr>
<th>Address</th>
<th>B13-800 Rosser Avenue, Brandon, Manitoba R7A 6N5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 578-2400</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:syoung@pmh-mb.ca">syoung@pmh-mb.ca</a> or <a href="mailto:bwhite@pmh-mb.ca">bwhite@pmh-mb.ca</a></td>
</tr>
</tbody>
</table>

**Programs**

Provides long-term community based support services to individuals experiencing enduring severe and persistent mental health problems. Community Support Services Activity Instructors assist individuals and small groups to develop skills to initiate and participate in social/recreational programs in the community.
Mental Health Proctors assist individuals to develop and maintain skills to live in the community.
Employment Development Counsellor’s provide assertive long term case management services with the focus of assisting the individual to choose, get and keep employment.
Intensive Case Managers provide assertive long term case management services to assist individuals to be satisfied and successful in the living, learning, social and vocational environment of their choice.
Mental Health Promotion Clinic offers medication support and community mental health promotion activities.
Residential Case Manager ensures that residential care standards are managed to meet the needs of mental health, community living, and aged and infirm clients.
Ventures see Employment/Educational training for additional information.
Residential Services - See McTavish Manor for additional information.

**Eligibility for Programs**

An individual with a severe and persistent psychiatric disability which impacts on his/her functioning in the area of living, learning, working and socializing.

**How to Access**

Referral from family doctor or psychiatrist, Adult Community Mental Health Intake Worker, family member or self-referral.

**Programs**

Is a voluntary service, therefore the person wishing to access services must be willing to participate.

**Costs**

No costs.

**Hours**

Monday-Friday 8:30 am-4:30 pm.

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**Westman Crisis Services, Prairie Mountain Health**

<table>
<thead>
<tr>
<th>Address</th>
<th>404-13th Street, Brandon, Manitoba R7A 4R1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 725-4411</td>
</tr>
<tr>
<td>Toll Free</td>
<td>1-888-379-7699</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:donea@brandonrha.mb.ca">donea@brandonrha.mb.ca</a></td>
</tr>
</tbody>
</table>
Services  Mobile Crisis Unit (MCU) provides initial assessment, screening, crisis intervention, and suicide intervention on the telephone or in person to those in psychosocial or mental health crisis. Call (204) 725-4411, or toll-free 1-888-379-7699. Crisis Stabilization Unit (CSU) is an 8-bed residential unit that provides short-term intensive care to those in psychosocial or mental health crisis, who require individualized treatment, but who do NOT require hospitalization. Clients experiencing suicidal impulses are welcome.

Eligibility for Services  Clients are 18 years of age and living in either the Brandon RHA or the Assiniboine RHA. Clients voluntarily access services, are willing and able to participate in their care and are able to contract for the safety of self and others. The CSU is not appropriate for people who have brain injury, are intoxicated or have physical health challenges that exceed this unit's resources.

How to Access the Services  To access the Mobile Crisis Unit call (204) 725-4411 or 1-888-379-7699. For the Crisis Stabilization Unit, a direct referral can be made by a professional who has done a mental status exam or by the Mobile Crisis Unit.

Costs  No costs.

Hours  24 hours in both CSU and MCU.

Other Relevant Information  The CSU is not appropriate for people whose need is strictly shelter or housing.

MENTOR PROGRAMS

Big Brothers & Sisters of Brandon

Address  153A-8th Street, Brandon, Manitoba R7A 4B7
Phone  (204) 727-1787
Fax  (204) 727-4367
Email  brandonbbsb@aol.com
Web  www.bigbrothersbigsisters.ca/brandon

Services  Traditional Big Brothers and Big Sisters program, In-School Mentoring and Teen Mentoring offered in Brandon School Division, Rolling River School Division and Beautiful Plains School Division. Digital Heroes/ E-Mentoring. Big For A Day Program, Mini-Bunch Program and Couples for Kids. Safety programs for children & youth. Scholarships available to youth in programs through BB/BS.

Eligibility for Services  Dependent upon the program. Single and two parent families. 6-16 years of age.

How to Access the Services  Contact by telephone or in-person.
Costs
No costs.

Hours
Monday-Friday 9:00 am–4:00 pm.

**Westman Immigrant Services**
Address 1001 Pacific Ave, Brandon, Manitoba R7A 0J2
Phone (204) 727-6031
Fax (204) 725-4786
Email weslss@mts.net
Web www.westmanimmigrantservices.ca
Hours Monday-Thursday 9:00 am-5:00 pm
Friday-Saturday 9:00 am-4:30 pm

**Canadian Mental Health Association**
Address 1233 Rosser Ave, Brandon, Manitoba
Phone (204) 726-8865
Fax (204) 571-6836
Email Stepanie.cmha@gmail.com

Eligibility For any homeless adults in need.

How to access Call (204) 761-5040

**MINISTERIAL SERVICES**

**Salvation Army**
Address 9 Princess Avenue East, Brandon, Manitoba R7A 1R8
Phone (204) 727-6271
Fax (204) 727-1752
Email RhondaSmith@can.salvationarmy.org

Services Christian Worship and Pastoral Care. Emergency Food. Financial and personal support for seniors i.e. home visits, prescriptions and medical appliances and advocacy. Disaster and emergency support teams. Positive Lifestyle programs.

Eligibility for Services In most cases eligibility is determined by needs and age.

How to Access the Services Contact Community Ministries (204) 727-4334.

Costs Several of the programs have a small user fee.

Hours 24 Hours
<table>
<thead>
<tr>
<th>Other Relevant Information</th>
<th>We have access to a variety of other of other programs and supports from The Salvation Army Canada wide.</th>
</tr>
</thead>
</table>

### Samaritan House Ministries Inc.

<table>
<thead>
<tr>
<th>Address</th>
<th>820 Pacific Ave, Brandon, Manitoba R7A 0J1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 726-0758</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:info@samaritanhouse.net">info@samaritanhouse.net</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.samaritanhouse.net">www.samaritanhouse.net</a></td>
</tr>
</tbody>
</table>

**Services**
Food Bank program; household items for families in transition. and spiritual support upon request. Christmas store, support services and Second Stage Safe Housing.

**Eligibility for Services**
All individuals in need are eligible for the services.

**How to Access the Services**
Drop in or call.

**Costs**
No cost.

**Hours**
Monday-Friday 8:30 am-11:30 am & 12:30 pm-4:30 pm.

### Westman Youth for Christ

<table>
<thead>
<tr>
<th>Address</th>
<th>1228 Rosser Avenue, Brandon, Manitoba R7A 0L9</th>
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</thead>
<tbody>
<tr>
<td>Phone</td>
<td>(204) 727-1251</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 727-4262</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:brandon@yfc.ca">brandon@yfc.ca</a></td>
</tr>
</tbody>
</table>

**Services**

**Youth Centres**: Our youth centers are teen hubs in each of their communities. Here young people who need a safe and caring place can find the counselling and job training they need from people who care in a fun and relaxing atmosphere. Our drop in offers free pool, foosball, video games, and fun times. There is also a small canteen where youth are able to purchase drink and food.

**Campus Life** Our High School Programs provide all interested young people the opportunity to mature as strong individuals committed to their schools and communities. These programs vary from in school topical discussions, Quest video series, to individual appointments and mentoring. (Program times vary from school to school.)

**Blast** is a province wide assembly program helping schools build team spirit and speaking to the whole school on topics of drug and alcohol abuse and self-esteem. Blasts focus on building team spirit and helping to unify the student body.

**Trips** We offer trips for young people to help with disaster relief, have healthy and fun excursions, and participate in personal development opportunities.
Counselling providing teens the opportunity to work through abuses, addictions, family hurts, job readiness, suicidal concerns and more in a caring environment.

VOX - Employment Training providing job training for young people aged 15-30 years who have been identified as being particularly at risk of long-term unemployment. Our staff assists in the development of life and job skills for each person.

U-TURN provides shelter combined with life-skills, counselling and job-training all within a stable and caring environment. It is a place where young people overcome behavioral challenges, gain or regain their dignity, and learn to become productive members of society. It is a place where love, respect, and tolerance co-exist with responsibility, discipline and learning. U-turn is semi-independent living for teens approximately 15-19 who have nowhere else to go and no family to live with. To be eligible for U-turn you have to apply and go through an interview process and agree to work on a personal development plan.

Hours
Mondays-Friday 9:00 am-5:00 pm.

Other Relevant Information
YFC is a non-profit organization that dreams of a community of hope where no young person has to go hungry. By contacting our office you will be able to access numerous staff willing to assist you in finding the help that you are looking for. Our office hours are Monday-Friday 9 am-5 pm.

FORMS

OUTREACH SERVICES

Child & Family Services of Western Manitoba
Address 800 McTavish Ave, Brandon, Manitoba R7A 7L4
Phone (204) 726-6030
Toll Free 1-800-483-8980 (within Manitoba)
Fax (204) 726-6775
Web http://www.cfswestern.mb.ca
Email info@cfswestern.mb.ca

Programs
CFS Western's In-Home Support Program offers Westman families three specific in-home services: Family Aide, Family Support Worker and Homemaker. All are designed to provide families with healthy and positive resources to help enhance family units.

Services
CFS Western operates a variety of family strengthening programs and services. These are designed to provide families with support, education and healthy, positive resources that can help enhance their family units and improve communications among family members. Many of these programs are easily accessible to all community members through our Elspeth Reid Family Resource Centre located at 255 – 9th Street in Brandon. Call 204-726-6280 or toll free 1-800-483-8980 for more information about these services. These family strengthening programs are operational thanks to financial support from
private, public, community and organizational donations as well as grants and sponsorship.

Under *The Child and Family Services Act of Manitoba*, CFS Western is mandated to provide protection and preventative services to Westman children seen to be at risk of neglect and abuse. We also offer Westman families a broad continuum of care and support services, including family strengthening programs and preventative resources, including (but not limited to):

- family strengthening and life skills programs
- parenting courses and workshops
- parent/child home programs
- counselling services
- in-home family support
- abuse treatment programs
- adoption, foster and residential group care
- single expectant parent services
- volunteer opportunities

**Eligibility for Services**

Open to all Westman community members

**How to Access the Services**

For information, call (204) 726-6030 or toll free in Manitoba 1-800-483-8980. Call for information on programs and services during regular business hours, weekdays from 8:30 am-4:30 pm

**Costs**

Dependent on service needed.

**Hours**

Call for information during regular business hours, weekdays from 8:30 am-4:30 pm.

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**Community Respite Service**

**Address**

710-3rd Street, Brandon, Manitoba R7A 3C8

**Phone**

(204) 727-4910

**Fax**

(204) 728-3305

**Email**

[crsbdn@mts.net](mailto:crsbdn@mts.net)

**Web**

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

**Services**

Provide respite relief for parents/guardians/family members who are the caretakers of an individual with physical or mental disabilities. Provide services for infants through to seniors. Provide companionship for individuals to support community inclusion. School programs for families. Provide services for individuals with low needs and high needs.

**Eligibility for Services**

Providing care to an individual with mental and/or physical disabilities. Care for siblings as well.
How to Access the Services
Obtain a referral through a social worker.

Costs
No cost. If not government funded, you can also pay out of pocket for services.

Hours
Respite relief is provided 24 hours. Office hours are: Monday-Friday 8:00 am-4:00 pm.

Westman Crisis Services, Prairie Mountain Health
Address 404-13th Street, Brandon, Manitoba R7A 4R1
Phone (204) 725-4411
Toll Free 1-888-379-7699
Email donea@brandonehca.mb.ca

Services
Mobile Crisis Unit (MCU) provides initial assessment, screening, crisis intervention, and suicide intervention on the telephone or in person, to those in psychosocial or mental health crisis. Call (204) 725-4411, or toll-free 1-888-379-7699.

Eligibility for Services
Clients are 18 years of age and living in either the Brandon RHA or the Assiniboine RHA. Clients voluntarily access services, are willing and able to participate in their care and are able to contract for the safety of self and others.

How to Access The Services
To access the Mobile Crisis Unit, call (204) 725-4411 or 1-888-379-7699.

Costs
No costs.

Hours
24 hours.

POLICE SERVICES

Brandon Police Services
Address 1020 Victoria Avenue, Brandon, Manitoba R7A 1A9
Phone (204) 729-2345
Email policechief@brandon.ca or frontdesk@brandon.ca

Services Provides policing services to the City of Brandon. Victim Services Unit.

Dakota Ojibway Police Services (DOPS)
Address Head Office Location:
3rd Floor- Rufus Prince Building
(Long Plain reserve #6, Band #287)
5000 Crescent Road West
Portage la Prairie, MB

Mailing Address P.O. Box 37, Portage la Prairie, MB R1N 3B2
Phone (204) 856-5370
Fax (204) 856-5389
Email dops@dops.org
Web www.dops.org/

Services DOPS provides policing services to the following communities:
Birdtail Sioux First Nation, Canupawakpa Dakota Nation, Roseau River
Anishinabe First Nation
Sandy Bay Ojibway First Nation, Sioux Valley Dakota Nation and
Waywayseedcappo First Nation.

SELF HELP & CONSUMER SERVICES

Anxiety Disorders Association of Manitoba
Address M-435 Rosser Avenue, Brandon (Mail: Bdn Dwtn PO Box 22046) R7A 6Y9
Phone (204) 725-8550
Fax (204) 725-2913
Email adambdn@escape.ca
Web www.adam.mb.ca

Brandon Community Options
Address 136-11th Street, Brandon, Manitoba R7A 4J4
Phone (204) 571-5770
Fax (204) 571-5780
Email bdnco@mymts.net

Brandon Literacy Council Inc.
Address 129-12th Street, Brandon, Manitoba R7A 4L8
Phone (204) 729-9964
Fax (204) 729-9964
Email blc@westman.wave.ca

Brandon & District Chapter Learning Disabilities Association of
Manitoba Inc.
Address 129B 12th Street, Brandon, Manitoba R7A 4L8
Phone (204) 727-4669
Web ldambdn@mymts.net
Email www.ldam-bdn.weebly.com

Other
Information Office hours: Monday-Friday 1:00-5:00 pm

Resource Center for those with Learning Disabilities or AD(H)D
Support Groups for Parents and Adults with family having a Learning Disability Informational Evenings with guest speakers talking about life with LD/AD(H)D

### Canadian National Institute for the Blind
**Address**: 354 10th St. Brandon, Manitoba R7A 4G1  
**Phone**: (204) 727-0631  
**Email**: dan.vodon@cnib.ca  
**Web**: [www.cnib.ca](http://www.cnib.ca)

**Services**: CNIB’s services include rehabilitation and support, an extensive range of helpful assistive products – all of which are designed to help Canadians overcome the challenges of vision loss and lead full, active lives. Whether you’re looking for emotional support, practical ways to stay active and independent with vision loss or for more information about your vision health, we can help.

**Eligibility**: Anyone having challenges as a result of vision loss.

**How to Access**: Please contact our local office for further information: 204-727-0631.

**Costs**: CNIB services are provided at no cost to persons who are blind or partially sighted.

**Hours**: 8:30 am - 4:30 pm Monday to Thursday (closed between 12-1) Friday – office closed (Services by appointment only)

**Other Relevant**: Further information about CNIB is available at [www.cnib.ca](http://www.cnib.ca)

### Manitoba Schizophrenia Society
**Address**: Box 817, Souris, Manitoba R0K 2C0  
**Phone**: 204-648-3316  
**Email**: parkmantim@hotmail.com  
**Web**: [www.mss.mb.ca](http://www.mss.mb.ca)

### Mood Disorders Association of Manitoba
**Address**: Box 1603 Minnedosa, Manitoba R0J 1E0  
**Email**: mdamwestmanregion@gmail.com  
**Web**: [www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca)

### Society for Manitobans with Disabilities Inc.
**Address**: Room 140A, 340-9th Street, Brandon, Manitoba R7A 6C2  
**E-mail**: belay@smd.mb.ca  
**Phone**: (204) 726-6157  
**Toll Free**: 1-800-813-3325  
**Fax**: (204) 726-6499  
**Web**: [www.smd.mb.ca](http://www.smd.mb.ca)
The Arthritis Society – Manitoba/Nunavut Division

**Province**  
Manitoba

**Phone**  
1-800-321-1433 (Info line)

**E-mail**  
info@mb.arthritis.ca

**Web**  
www.arthritis.ca/mb

**Programs**  
The Arthritis Society provides services for people with arthritis, their families, employers, teachers and allied health professionals. These include arthritis education programs (Understanding Arthritis Pain Busters, Gizmos & Gadgets, Childhood Arthritis, etc.) pamphlets and web based resources (www.arthritis.ca), referrals to physical activity programs for people with arthritis, the Brandon Arthritis Support Group and other related groups and services.

**How to Access the Programs**  
Call The Arthritis Society at 1-800-321-1433 or go to the website at www.arthritis.ca/mb or email at info@mb.arthritis.ca

**Hours**  
Monday-Friday 8:30 am-4:30 pm.

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**SERVICES FOR CHILDREN & FAMILIES**

Brandon Friendship Centre (Gi) Kinaa'amaadiiwigamingoons

**Aboriginal Head Start**

<table>
<thead>
<tr>
<th>Address</th>
<th>205 College Avenue, Brandon, Manitoba R7A 7E2</th>
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<tbody>
<tr>
<td><strong>Phone</strong></td>
<td>(204) 729-0788</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td>(204) 727-5082</td>
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<tr>
<td><strong>Web</strong></td>
<td><a href="http://www.mbaboriginalheadstart.ca">www.mbaboriginalheadstart.ca</a></td>
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**Services**  
Aboriginal Head Start Initiative. Will empower the children and their family members with the following: teachings: education, nutrition, social support, health promotion, culture and language, and parental involvement. Provides a safe place for Aboriginal Children and their families to meet. Prepares the child for entrance into kindergarten while instilling pride in their culture. Provide nutritious meals/snacks. Provide transportation to and from the preschool for families without vehicles.

**Eligibility for Services**  
Welcomes children who are Aboriginal/Métis ancestry. Children must be between 3-5 years of age (priority on 4 years of age). The program requires the parent to participate in the program once a week (2.5 hours).

**How to Access the Services**  
Contact (Gi)Kinaa'amaadiiwigamingoons "Little Teaching Lodge” at (204) 729-0788.

**Costs**  
No costs.
Hours
Has two classes per day. Monday-Thursday morning class 9:00 am–11:30 am.
And afternoon class 1:00 pm-3:30 pm.

Brandon Friendship Centre: Brandon Access Exchange Service
Address 836 Lorne Avenue, Brandon, Manitoba R7A 0T8
Phone (204) 729-8115
Fax (204) 726-0902
Email bfcaccess@mymts.net

Services
Brandon Access Exchange Service (BAES) provides supervised access services to
separated or divorced families where there has been a history of domestic violence
and/or where there exists a high level of conflict.
Supervised Visitation is contact between a parent and one or more children in the
presence of a third party. The third party observes, listens, and intervenes by limiting
or modifying parent's behavior and protects the child from potential harm during a
visit.
Supervised Exchanges is the transfer of children between two parental parties
involving an independent third party who facilitates and supervises the actual
exchange. The purpose is to avoid contact and potential conflict between parties
throughout the course of the transfer.

Eligibility for Services
There has been a history of domestic violence and/or continued conflict.
A parent identifies concern for their personal safety. There exists a court order
pertaining to access or where there is an agreement between parties.

How to Access the Services
Participation in BAES is voluntary. Both parents must initiate contact with BAES
before we will proceed with the application process. Once both parties have
contacted us, intake appointments are scheduled individually with each parent.
Parents will be notified as soon as a suitable time for regularly scheduled access
becomes available.

Costs
Service fee applicable please contact office for more information.

Hours
Friday Administration hours are Monday to Friday from 8:30-4:30. Supervised
visits and exchange times will be determined at the intake process or call the
office for more information.

Brandon Friendship Centre: In A Good Way Program
Address 303-9th Street, Brandon, Manitoba R7A 4A8
Phone (204) 571-0670
Fax (204) 571-1949
Email bfccapc@mymts.net
Programs

Canada Prenatal Nutrition Program is a nutrition-information program for women who are expecting and new mothers. It is a relaxed and supportive environment for women to learn more about caring for themselves, their new babies and families. The program focuses on the importance of healthy prenatal and postnatal nutrition for mom and baby. Some of the activities include menu planning, budget grocery shopping, meal preparation, food handling and safety. Some of the information topics include birth control, breastfeeding, labour and birth preparation, specific health issues, Child Safe - Infant Safety and First Aid.

Community Action Program for Children is a program designed for families with children from birth to six years of age. The program focuses on the emotional, mental, spiritual and physical health of children. CAPC offers a variety of parental support classes. CAPC facilitates a home reading program and offers developmental support. Have an exciting and stimulating child care room. Clinic is held on the second Tuesday of every month. The Public Health Nurse will immunize, weigh and measure children as well as provide any health information requested by families.

Seedlings Program for 3 year olds is an hour and a half program that runs twice a week and encourages language building and routine, while giving children a chance to meet new friends. Parents are not required to attend with their child.

Services

Transportation to and from all of our programs. Child care while attending our programs. Family advocacy. Partnerships with local agencies to better serve our families. Workshops through Aboriginal Parenting Committee.

Eligibility for Services

Canada Prenatal Nutrition Program – Pregnant and breast feeding moms/babies up to six months.

Canada Action Program for Children – Children from 0-6 and family.

How to Access the Services

Phone us at (204) 571-0670.

Costs

No costs.

Hours

Monday-Friday 8:30 am–4:30 pm.

Brandon Friendship Centre: Parent/Child Centre Program

Address

602 Rosser Avenue, Brandon, Manitoba R7A 0K7

Phone

(204) 729-8112

Fax

(204) 726-0902

Email

bfcparent@mts.net

Programs

The program looks to better the lives of 6 to 12-year-old children while encouraging parental involvement after school hours. The PCC program strives to assist parents with the challenging task of raising their young children while promoting healthy lifestyles.
Program Components

How to Access the Services
Come down and fill out a waiver form.

Costs
No costs.

Hours
Monday-Friday 4:00 pm–7:00 pm. Saturday 3:00 pm–6:00 pm. Sunday 1:00 pm–6:00 pm.

Children’s Advocate
Address  Unit 100, 346 Portage Ave, Winnipeg, MB R3C 0C3
Phone  (204) 988-7440
Toll Free  1-800-263-7146
Web  www.childrensadvocate.mb.ca
Twitter  @OCAdvocate
Facebook  facebook.com/OCAdvocate
Email  info@childrensadvocate.mb.ca

Program
If you’re a young person getting or needing services from a Child and Family Services agency in Manitoba, you should know about the Office of the Children’s Advocate. Also, anyone with concerns about the services a child or young person is receiving or not receiving from the child and family services system can call the Children’s Advocate office. We are free and confidential.

Child & Family Services of Western Manitoba
Address  800 McTavish Ave, Brandon, Manitoba R7A 7L4
Phone  (204) 726-6030
Toll Free  1-800-483-8980
Fax  (204) 726-6775
Web  www.cfswestern.mb.ca
Email  info@cfswestern.mb.ca

CFS Western operates a variety of family strengthening programs and services. These are designed to provide families with support, education and healthy, positive resources that can help enhance their family units and improve communications among family members. Many of these programs are easily accessible to all community members through our Elspeth Reid Family Resource Centre located at 255 – 9th Street in Brandon. Call (204) 726-6280 or toll free 1-800-483-8980 for more information about these services. These
family strengthening programs are operational thanks to financial support from private, public, community and organizational donations as well as grants and sponsorship.

**Programs**

Under *The Child and Family Services Act of Manitoba*, CFS Western is mandated to provide protection and preventative services to Westman children seen to be at risk of neglect and abuse. We also offer Westman families a broad continuum of care and support services, including family strengthening programs and preventative resources, including (but not limited to):

- family strengthening and life skills programs
- parenting courses and workshops
- parent/child home programs
- counselling services
- in-home family support
- abuse treatment programs
- adoption, foster and residential group care
- single expectant parent services
- volunteer opportunities

**Eligibility for Programs**

Open to all Westman community members

**How to Access Programs**

For more information, call (204) 726-6030 or toll free in Manitoba 1-800-483-8980.

**The Hours**

Call for information on programs and services during regular business hours, weekdays from 8:30 am-4:30 pm

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**Community Respite Service**

**Address**

710-3rd Street, Brandon, Manitoba R7A 3C8

**Phone**

(204) 727-4910

**Fax**

(204) 728-3305

**Email**

crsbdn@mts.net

**Services**

Provide respite relief for parents/guardians/family members who are the caretakers of an individual with physical or mental disabilities. Provide services for infants through to seniors. Provide companionship for individuals to support community inclusion. School programs for families. Provide services for individuals with low needs and high needs.

**Eligibility for Services**

Providing care to an individual with mental and/or physical disabilities. Care for siblings as well.

**How to Access the Services**

Referral through Children’s disABILITY Services, Community Living disABILITY Services.
Dakota Ojibway Child and Family Services (Sub-Office)

**Address**
702 Douglas, Brandon, Manitoba R7A 7B2

**Phone**
(204) 729-3650

**Fax**
(204) 729-3645

**Services**

**Eligibility for Services**
Each program has different eligibility requirements.

**How to Access the Services**
Please contact us at (204) 729-3650.

**Costs**
Some of the programs may have a cost component.

**Hours**
Monday-Friday 8:30 am-4:30 pm.

Elspeth Reid Family Resource Centre

**Address**
255-9th Street, Brandon, Manitoba R7A 6X1

**Phone**
(204) 729-6280

**Fax**
(204) 726-6775

Known as the place for families, the Elspeth Reid Family Resource Centre offers a multitude of services for families and children. Its environment is warm, welcoming and friendly. It’s where parents-to-be, first-time parents, and parents of teenagers can enhance their parenting skills or just drop in for a visit.

The programs, courses and workshops provide help, education, information and support about parenting and family issues. Families can also take part in a variety of activities where parents and children can learn and play together.

Several of the programs target parents, but there are also programs for new immigrants, children and teenagers. There are family literacy programs, support groups for new immigrants and courses that help teach life skills such as cooking and sewing.

**Programs**
For a complete list of course outlines and times, visit [www.cfswestern.mb.ca](http://www.cfswestern.mb.ca) (choose Family Resource Centre from the left menu, then click on Calendar of}
Events (the calendar changes monthly). Or call the Resource Centre at (204) 726-6280 for information.

Services Include (but are not limited to):
- **Family Life Education Parenting Programs** are geared to adults with the goal of helping them develop their potential as effective parents. Discussion topics include children’s needs, child development, ways children learn, ways to discipline, different styles of parenting, money management, and communication skills.
- **Support Groups** include those for parents and new immigrants.
- **The Parent-Child Home Program (PCHP)** helps strengthen the relationship between the parent and the child and to aid the parent in helping his/her child to learn. PCHP targets children ages 18 months to four years and their parent/guardian/caregiver. The program is delivered in the family home over a two-year period using specially selected toys and books that help promote learning and communication between the parent and child.
- **Drop-In Playtime** gives parents and preschool children the chance to play together in a warm, welcoming and friendly environment. A staff member is on hand to assist parents, but parents are responsible to supervise their children. Snacks and crafts are provided. Registration is not necessary. Drop-In Centre runs Friday mornings from 9:30 am to 11:15 am (September until June).
- **On-site childcare** can be provided to preschool children whose parents are at the Resource Centre attending a course, support group or life skills program. Respite childcare is also available.
- **Transportation** can also be made available to those attending parenting courses or groups during regular business hours.
- **THE STORE** is an on-site second-hand stores with items priced at very low cost. Items include clothing, books, puzzles, games, toys, household items, blankets, towels and much more. THE STORE is open during September to June from 1:15 pm to 3 pm Mondays, Wednesdays and Thursdays. During July and August, THE STORE is open Mondays and Wednesdays from 1:15 pm to 3 pm.

Eligibility for Services Some eligibility requirements may apply for some programs. Recommended for some courses. Call the Resource Centre at (204) 726-6280.

How to Access the Services Phone (204) 726-6280 or drop in and visit.

Costs Family strengthening programs and services are generally cost-free to participants; however, the Resource Centre always gratefully accepts community donations to help operate their programs.

Hours Monday-Friday 9:00 am-5:00 pm.
Family Services

Address 340-9th Street, Brandon, Manitoba R7A 6C2
Phone (204) 726-6336
Toll Free 1-800-230-1885

Manitoba Early Learning and Child Care (MELCC): Provides assistance to Family Child Care operators, Licensed Child Care Centers and Group Child Care facilities. Child Care Coordinators are responsible for enforcement of MELCC regulations.
Family Conciliation Services: Mandate to provide services required by Family Court.
Children's disABILITY Services: Services for children with disabilities and their families.
Community Living disABILITY Services: Services for adults living with a mental disability, as well as support to independent agencies providing services to this population.
Residential Care Licensing: Support and enforcement of licensing requirements for residences and individuals supporting disabled persons.
Market Abilities: A vocational and training support program for persons with mental disabilities.
Employment and Income Assistance: Provincial program of last resort for people who need assistance to meet basic needs, including food, clothing and shelter. EIA Counsellor’s may also be able to assist with training, educational upgrading and employment readiness activities.
Job Connections: Support to EIA participants with specific and potentially complex barriers to training and/or employment.

Eligibility for Services

Each program has different eligibility requirements. Please phone for more information.

How to Access the Services

Between the hours of 8:30 am and 4:30 pm (Monday to Friday) individuals can phone (204) 726-6336, long distance toll free at 1-866-726-6438 or visit Family Services at 340-9th Street, located in the Provincial Building (second floor).

EIA After Hours Emergency Assistance can be accessed by phoning 1-866-559-6778. EIA participants will be connected to an on-call center where an intake worker will assess the situation and may issue emergency benefits upon completion of the assessment and application process.

Costs

There are no fees charged to access services or information.

Hours

Monday-Friday 8:30 am-4:30 pm.

Kids Help Phone

Phone 1-800-668-6868
Web www.kidshelpphone.ca/
Metis Child Family and Community Services
Address 141 Rosser Avenue, Brandon, MB R7A 0J6
Phone (204) 727-8540
Fax (204) 571-0849
Email info@metiscfs.mb.ca
Web metiscfs.mb.ca

West Region Child and Family Services
Address C/O WRCFS Rolling River First Nation
Head Office P.O. Box 280
Erickson, MB R0J 0P0
Phone (204) 636-6100
Fax (204) 636-6158

Westman Youth for Christ
Address 1228 Rosser Avenue, Brandon, Manitoba R7A 0L9
Phone (204) 727-1251
Fax (204) 727-4262
Email brandon@yfc.ca

Services Youth Centres: Our youth centres are teen hubs in each of their communities. Here young people who need a safe and caring place can find the counselling and job training they need from people who care in a fun and relaxing atmosphere. Our drop in offers free pool, foosball, video games, and fun times. There is also a small canteen where youth are able to purchase drink and food.

Campus Life our High School Programs: Provide all interested young people the opportunity to mature as strong individuals committed to their schools and communities. These programs vary from in school topical discussions, Quest video series, to individual appointments and mentoring. (Program times vary from school to school.)

Blast: Province wide assembly program helping schools build team spirit and speaking to the whole school on topics of drug and alcohol abuse and self-esteem. Blasts focus on building team spirit and helping to unify the student body. Contact (204) 726-4587. Cost: $250. Mileage: for out of town Blasts there is a mileage cost of $0.45/km.

Trips: Offer trips for young people to help with disaster relief, have healthy and fun excursions, and participate in personal development opportunities. Cost is dependent on trip.

Counselling: Providing teens the opportunity to work through abuses, addictions, family hurts, job readiness, suicidal concerns and more in a caring environment.

UTURN: Provides shelter combined with life-skills, counselling and job-training - all within a stable and caring environment. It is a place where young people overcome behavioral challenges, gain or regain their dignity, and learn to become productive
members of society. It is a place where love, respect, and tolerance co-exist with responsibility, discipline and learning. U-turn is semi-independent living for teens approximately 15-19 who have nowhere else to go and no family to live with. To be eligible for U-turn you have to apply and go through an interview process and agree to work on a personal development plan.

**Hours**
- **Office**: Mondays-Friday 9:00 am–5:00 pm.
- **Brandon Youth Centre**: Monday-Friday 3:30 pm – 5:30 pm (Ages 13-17) Thursday 6:30 pm-10:00 pm (Ages 18+) Saturday 7:00 pm-11:00 pm (ages 13-17).

**Other Relevant Information**
YFC is a non-profit organization that dreams of a community of hope where no young person has to go hungry. By contacting our office you will be able to access numerous staff willing to assist you in finding the help that you are looking for. Our office hours are Monday - Friday 9 am-5 pm.

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**SEXUALITY EDUCATION**

**Sexuality Education Resource Centre (SERC)**
- **Address**: 161-8th Street, Brandon, Manitoba R7A 3W9
- **Phone**: (204) 727-0417
- **Fax**: (204) 729-8364
- **Email**: brandon@serc.mb.ca
- **Web**: [http://www.serc.mb.ca/](http://www.serc.mb.ca/)

**Services**

**Eligibility for Services**
Anyone in Manitoba is eligible for services.

**How to Access the Services**
Telephone us at (204) 727-0417.

**Costs**
No cost.

**Hours**
Monday–Friday 9:00 am–4:00 pm

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**SUPPORT GROUPS**

**Alcoholics Anonymous Group Meetings**
- **City**: Brandon, Manitoba
- **Phone**: (204) 571-3684
- **Web**: [www.aamanitoba.org](http://www.aamanitoba.org)
- **Other**: Meetings
**Information**
Closed=Closed for alcoholics only,
Open=Open to all
Sp=Speaker,
D=Discussion

*Crocus*
St Mary’s Church (1st and Louise)
Tuesday 7:30 pm (C, BB) Friday 7:30 pm (C)
*Outlook Group (clearance required)*
Brandon Correctional Institution
  Thursday 8:30 pm
  Sun 8:30 pm

*Prairie Group*
St. George’s Anglican Church, 5th St & Southern Ave
  Tuesday & Friday 8:30 pm (C) Last
  Friday 8:30 PM (O, Sp)

*Unity Group*
St. Augustine’s Church, 4th & Lorne (basement ent)
  Monday 8:00 pm (C, S)
  Thursday 8:00 pm (C, BB)

*Westman Women’s*
St. George’s Anglican Church, 5th St & Southern Ave
  Tuesday (last Tues =O) 7:00 pm (C, D)

*Westside Group*
Knox United Church, 18th & Victoria Ave,
  Wednesday 7:30 pm

*Wheat City Group*
801-13th St
  Daily 1:00 pm
  Daily (Sunday = O, Speaker) 8:00 pm
  Sunday 8:00 pm (O)

*Winners Circle Group*
153-8th John Howard Society
  Wednesday 7:30 pm (C,D)
  Sunday 9:30 am (C,D)

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**Adult Children of Alcoholics**

**City**  Brandon, Manitoba
**Phone**  (204) 728-6515

**Other**  Meetings
**Information**  Mondays/St. Matthew’s Group/13th & Louise Ave. 7:00 pm.
Al-Anon/Alateen Family Groups
(Family Groups for Friends & Family of Problem Drinkers)
City Brandon, Manitoba
Web www.al-anon.alateen.org
Cost No Cost. Self-supporting through our own Contributions
Other Meetings, Presentations
Information Tuesday / Brandon Hope Family Group / Knox United Church / 451-18th & Victoria / 8:00 pm (Entrance off 17th St)
Wednesday / Brandon Wheat City Family Group / St. Georges Anglican / 5th St & Southern Ave / 8:00 pm
Contact Info Phone: Brandon Answering Service – (204) 571-3684

A.MAC – Adults Molested as Children
City Brandon, Manitoba
Phone (204) 761-5882 (Vivian Drake)
Other Organization is defunct, however will still meet with adult individual who has been molested as a child at no cost for a 2 hour session.

Alzheimer Society of Manitoba
City Unit 4-B, 457–9th St, Brandon, Manitoba R7A 1K2
Phone (204)729-8320
Toll Free 1-800-378-6699
Fax (204)726-1082
E-mail alzwm@alzheimer@mb.ca
Web www.alzheimer.mb.ca
Other Meetings: Wednesdays 10:00-11:30

Caregivers Support Group
2nd Wednesday of every month from 2 – 3:30 pm @CGP, 4th Floor at the Assiniboine Centre and 2nd Thursday of every month from 7 – 8:30pm @ Alzheimer Society office

Brandon Epilepsy & Seizure Support Group
Address 339 12th Street, Brandon, MB R7A 4M3
Phone (204) 762-7605
Toll Free 1-866-374-5377
Web www.manitobaepilepsy.org
Community Respite Service
Address 710-3rd Street, Brandon, Manitoba R7A 3C8
Phone (204) 727-4910
Fax (204) 728-3305
Email crsbdn@mts.net
Web www.communityrespite.service.ca

Services Provide respite relief for parents/guardians/family members who are the caretakers of an individual with physical or mental disabilities. Provide services for infants through to seniors. Provide companionship for individuals to support community inclusion. School programs for families. Provide services for individuals with low needs and high needs.

Eligibility for Services Providing care to an individual with mental and/or physical disabilities. Care for siblings as well.

How to Access the Services Referral through Children’s disABILITY Services, Community Living disABILITY services.

Costs No cost. If not government funded, you can pay out of pocket for services.

Hours Respite relief is provided 24 hours. Office hour are Monday-Friday 8 am-4 pm.

Compassionate Friends/Bereaved Parents Support Group
Address 327-8th Street, Brandon, Manitoba, R7A 3X5
Phone (204) 727-1823
Toll Free 1-855-727-1823
Email southwesternmb@gmail.com
Web www.compassionatefriends.ca
Facebook https://www.facebook.com/compassionatefriendsbrandonmb


Program Components Monthly support meetings, contact program, library, annual events.

Eligibility for Programs Bereaved parents, grandparents, siblings who had a child/sibling/grandchildren die at any age, from any cause.

How to Access the Services Phone (204) 727-1823.

Costs These services are provided free to bereaved families.
Hours
By appointment and during sharing meetings.
Sharing meetings are the second (2nd) Wednesday of each month
Sharing meetings are held @ 7:30pm

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**Dual Recovery Anonymous**
City 7th Street Access Center, Brandon, Manitoba
Phone (204) 725-3532 ext. 210
Email Ronald.funk@gov.mb.ca
Web draonline.org/meetings_dra/canada/index.html
Other Self help peer support for those looking to recover from being affected by both an addiction and a mental health issue.

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**Gamblers Anonymous**
City Brandon, Manitoba
Phone (204) 571-3685 (Open 24 hours)
Web www.gamblersanonymous.org/mtdirCAN.html#CANma
Other Meetings
Information Sunday/Central United Church Group/325-8th St./7:30 pm
Wednesday/Central United Church Group/325-8th St. /7:30 pm

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**Manitoba Schizophrenia Society**
Address Box 817, Souris, Manitoba R0K 2C0
Phone 204-648-3316
Email parkmantim@hotmail.com
Web www.mss.mb.ca

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**Mood Disorders Association of Manitoba**
Address Box 1603 Minnedosa, Manitoba R0J 1E0
Phone (204) 867-2773
Email mdamwestmanregion@gmail.com
Web www.mooddisordersmanitoba.ca
Other Support Groups:
Information Brandon Community Welcome Group -1036 Lousie Ave
3rd Wednesday of the month 1pm-3pm

*Minnedosa Support Group*
Minnedosa Support Group – Minnedosa Regional Library
2nd Tuesday of the month 6:30 pm- 8:30 pm

*Family Education Support Group*
Centre For Adult Psychiatry, Conference Room – 150 McTavish Ave East
3rd Tuesday of the month 7pm-9pm

Postpartum Adjustments Support Group
Brandon Regional Health Center Nurses Residence, West Lounge
4th Sunday of the month 7pm-9pm

Mood Disorders and Anxiety Support Group
Neepawa Support Group – Neepawa Health Center Library, 500 Hospital Street
4th Thursday of the month 6:30pm-9:30 pm

Narcotics Anonymous
City Brandon, Manitoba
Web www.drugrehab.ca/na-meetings-in-manitoba.html
Phone (204) 981-1730
Other Meetings

Information Monday/St. Mary’s Church Group/401-1st St./8:30 pm.
Wednesday/Family Meeting (backdoor) 510 Frederick /7:30pm
Friday/St. Mary’s Church Group/401-1st St./9:30 pm.

Other Information Call ahead to confirm time and location

Operational Stress Injury Social Support (OSISS)
Address Building L106, CFB Shilo, Manitoba R0K 2A0
Phone (204) 765-3000 Ext: 4186 (Peer Support); 4031 (Family Support)
Toll Free 1-800-883-6094
Email Frederick.connor@osiss.ca (Peer Support Coordinator)
Christine.howell@osiss.ca (Family Support Coordinator)
Web www.osiss.ca

Services A Support Network: In 2001, recognizing the benefits of sharing their experiences, a
group of Veterans set up a peer-based support network. This network has now grown
to a community-based organization coordinated by screened and trained peers. Every
member of the network brings firsthand experience and practical knowledge of what
it is like to struggle with an OSI or to live with someone with an OSI. Coordinators
have learned to cope with their injuries and now want to help others.

Eligibility Still serving Canadian Forces members, Retired Canadian Forces
Members, Canadian Forces Reservists, Retired CF Reservists and RCMP

How to Access Call or Email

Costs Free

Hours Monday to Friday (hours are flexible, but generally 7:30AM – 4:00PM)
Relevant Info

Families: As serious as an OSI may be for the affected CF member or Veteran, there are also repercussions for the families. Members of the immediate family are often the first to notice the personality changes and uncharacteristic behaviors in their loved one. Family members can invest considerable effort in trying to understand the injury, being supportive during recovery and maintaining family stability. Over time, these demands can become major stressors on family members who try to adapt to the long term effects of the injury. Because of these stressors, it is important that family members also seek help and support so that they can safeguard their own well-being, that of their children and the OSI sufferer.

Your Peers: These peer support coordinators are located across the country and can put you in touch with specially designed OSI programs and services of the know the resources available to help you regain your health and wellness. They Canadian Forces and Veterans Affair Canada. They will provide you access to support and work with you throughout your return to a healthier quality of life. Your Peer Support Coordinator will listen and suggest options. How and when they can help is always up to you.

Volunteer: Some OSI sufferers who have benefitted from the OSISS network choose to volunteer to support others. Being able to assist others can be a significant part of recovery. Contact us to learn more and get involved. Call 1-800-883-6094 toll free.

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Overeaters Anonymous

<table>
<thead>
<tr>
<th>Address</th>
<th>ACC on Victoria Avenue</th>
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<tr>
<td>Web</td>
<td><a href="http://www.oa.org">www.oa.org</a></td>
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Parents, Family & Friends of Lesbian and Gays (PFLAG)

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<tr>
<th>Address</th>
<th>c/o Sexuality Education Resource Centre, Brandon, Manitoba</th>
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<tbody>
<tr>
<td>Phone</td>
<td>(204) 727-0417</td>
</tr>
<tr>
<td>Fax</td>
<td>(204) 729-8364</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:brandon@serc.mb.ca">brandon@serc.mb.ca</a></td>
</tr>
<tr>
<td>Web</td>
<td><a href="http://www.serc.mb.ca">www.serc.mb.ca</a></td>
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</tbody>
</table>

Separated & Divorced Support Group

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<tr>
<th>Address</th>
<th>St. Augustine’s Church (downstairs), Brandon, Manitoba R7A 6N5</th>
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<tbody>
<tr>
<td>Phone</td>
<td>(204) 727-2955 (Allison)</td>
</tr>
<tr>
<td></td>
<td>(204) 727-6674 (David)</td>
</tr>
<tr>
<td>Other</td>
<td>Join others who are working to heal and rebuild their lives</td>
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<tr>
<td>Information</td>
<td>Meeting: Tuesdays 7:00-9:00 from September to May</td>
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</tbody>
</table>
### Afternoon Pre-natal, Prairie Mountain Health

**Address** 800 Rosser Avenue (Public Health Office), Brandon, Manitoba R7A 6N5

**Phone** (204) 578-2544

**Other** Pre-natal classes for single parents. Groups meet Thursdays at 1:30pm

### Suicide Bereavement Support Group

**Address** #1 - 217 - 10th Street, Brandon, Manitoba

**Phone** (204) 727-3202 (Cherie)

(204) 571-4183 (Kim)

**Toll Free** 1-877-435-7170 (Manitoba Suicide Line)

**Website** [www.reasontolive.ca](http://www.reasontolive.ca)

**Other** Meetings held the 4th Wednesday of each month from 7:00pm-8:00pm.

**Information** The Suicide Bereavement Support Group can provide support when coping with a death of a loved one who has died by suicide. Often what is most helpful is to talk with someone who has already traveled that road.
<table>
<thead>
<tr>
<th><strong>F</strong></th>
<th><strong>M</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Counselling Line ........................................ 18</td>
<td>Manitoba Farm &amp; Rural Support Services .................... 24</td>
</tr>
<tr>
<td>Family Services &amp; Labour (Services for Children and Families) ........................................ 52, 87</td>
<td>Manitoba Housing Authority .................................. 61</td>
</tr>
<tr>
<td>Consumer Groups) ........ 79, 93</td>
<td>Manitoba Jobs and Skills Development Center .............. 36</td>
</tr>
<tr>
<td>Family Visions .................................................. 58</td>
<td>Manitoba Métis Federation (SW Region) .................... 26</td>
</tr>
<tr>
<td>Food For Thought .............................................. 43</td>
<td>Manitoba Schizophrenia Society (Self-Help and Consumer Groups) .......... 79</td>
</tr>
<tr>
<td>Foster Common Unity Counselling Services .................. 21</td>
<td>Manitoba Schizophrenia Society (Support Groups) .......... 93</td>
</tr>
<tr>
<td></td>
<td>Mary’s House Second Stage Safe Housing .................. 54</td>
</tr>
<tr>
<td></td>
<td>Massey Manor ..................................... 51</td>
</tr>
<tr>
<td></td>
<td>MCC Thrift Store ............................................ 16</td>
</tr>
<tr>
<td></td>
<td>Metis Child Family and Community Services ............ 88</td>
</tr>
<tr>
<td></td>
<td>Mood Disorders Association of Manitoba (Self-Help and</td>
</tr>
<tr>
<td></td>
<td>Mount Carmel Clinic ........................................ 49</td>
</tr>
<tr>
<td></td>
<td>McTavish Manor, Prairie Mountain Health .............. 59</td>
</tr>
<tr>
<td></td>
<td>Narcotics Anonymous ........................................ 94</td>
</tr>
<tr>
<td></td>
<td>Native Addictions Council of Manitoba ................ 12</td>
</tr>
<tr>
<td></td>
<td>Nearly New Shop .............................................. 17</td>
</tr>
<tr>
<td></td>
<td>Neelin Off Campus .......................................... 37</td>
</tr>
<tr>
<td></td>
<td>Operational Stress Injury Social Support (OSISS) ........ 94</td>
</tr>
<tr>
<td></td>
<td>Orval Henderson &amp; Associates ............................. 21</td>
</tr>
<tr>
<td></td>
<td>Overeaters Anonymous ...................................... 95</td>
</tr>
<tr>
<td></td>
<td>Parents, Family &amp; Friends of Lesbian and Gays (PFLAG) ....... 95</td>
</tr>
<tr>
<td></td>
<td>Pat Gibson Counselling Services ............................ 22</td>
</tr>
<tr>
<td></td>
<td>Portable Housing Benefit (PHB.) ............................ 51</td>
</tr>
<tr>
<td></td>
<td>Public Health .................................................. 49</td>
</tr>
<tr>
<td></td>
<td>Prairie Mountain Health- Health Promotions Community Nutritionist .......... 49</td>
</tr>
<tr>
<td></td>
<td>Psychosocial Rehabilitation Program ...................... 71</td>
</tr>
<tr>
<td></td>
<td>Residential Tenancies Branch .................. 62</td>
</tr>
<tr>
<td></td>
<td>Salvation Army (Counselling Services) ...................... 19</td>
</tr>
<tr>
<td></td>
<td>Salvation Army (Emergency Food) .......................... 44</td>
</tr>
<tr>
<td></td>
<td>Salvation Army (Ministerial Services) ..................... 73</td>
</tr>
<tr>
<td></td>
<td>Samaritan House Ministries (Clothing and Thrift Stores) ...... 17</td>
</tr>
<tr>
<td></td>
<td>Samaritan House Ministries Employment Resource Center ........................................ 38</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Service</td>
<td>Page</td>
</tr>
<tr>
<td>--------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>STEPP Homes</td>
<td>51</td>
</tr>
<tr>
<td>Suicide Bereavement Support Group</td>
<td>96</td>
</tr>
<tr>
<td>Suicide Prevention Implementation Network (SPIN)</td>
<td>24</td>
</tr>
<tr>
<td>Suicide/Crisis Counselling Services</td>
<td>25</td>
</tr>
<tr>
<td>Supplement Program</td>
<td>51</td>
</tr>
<tr>
<td>Surreal Living</td>
<td>22</td>
</tr>
</tbody>
</table>


**T**

Teen Challenge Women’s Centre ...........................................12
The Arthritis Society – Manitoba and Nunavut ......................80
The Counselling Centre for Hope, Healing and Encouragement .................................................................

19

The Father’s Pantry ..................................................................45
The Women’s Resource Centre ..............................................20
Transitional Employment Program .....................................39

**V**

Ventures, Brandon RHA .........................................................40
Victim Services/Domestic Violence Unit/Child Victim

Unit/Victim Rights Unit (Advocacy) .......................................14
Victim Services/Domestic Violence Unit/Child Victim

Unit/Victim Rights Unit (Justice Services) .....................65
Vivian Drake Counselling .....................................................22

**W**

West Region Child and Family Services ..................................88
Westbran Employment Development Centre ..........................41
Westman Crisis Services, Brandon RHA (Crisis Services) ....25
Westman Crisis Services, Brandon RHA (Mental Health

Services) ................................................................................71
Westman Crisis Services, Brandon RHA (Outreach Services) ....77
Westman Employment Services Inc ..............................41
Westman Immigrant Services (Advocacy) .........................15
Westman Immigrant Services (Cultural Services) ..............27
Westman Immigrant Services (Housing) .........................63
Westman Immigrant Services (Mentor Programs) ............73
Westman Opportunities .......................................................59
Westman Women’s Shelter ..............................................53
Westman Women’s Shelter Second Stage Housing ...........54
Westman Youth for Christ (Counselling Services) ..........20
Westman Youth for Christ (Drop In Centres and Recreation) ... 29
Westman Youth for Christ (Ministerial Services) ............74
Westman Youth for Christ (Services for Children and Families)

............................................................. 88
Westman Youth for Christ (U-Turn Transitional Housing) ....42,60
Westwind Counselling .........................................................22
Winter Market .................................................................46

**Y**

YMCA of Brandon .................................................................30
YWCA Meredith Place Residence ......................................56
YWCA Westman Women’s Shelter ...................................21
OTHER SERVICES

Thrift Stores
Elspeth Reid Family Resource Centre
255-9th St. 726-6280
Monday-Friday 9:00-5:00

MCC Thrift Store
414 Pacific Ave. 727-1162
Monday-Sat 10:00-4:30
(Thurs till 8pm)

Samaritan House Ministries
630 Rosser Ave.
726-0758 727-1268
Monday-Friday 8:30-4:30

CMHA Restore
22-11th St. 728-2227
Monday-Saturday 9:00-6:00

Nearly New Shop
604 – 9th St. 578-2065
Monday-Saturday 10:30-5:00

7th Street Health Access Centre
20-7th Street / 578—4800
Monday—Sunday 11:00—7:00
Provides Primary Health Care plus free laundry services, shower, public access computers, community voice mail & housing development services for low-income households

Public Health Services
Town Centre: A5-800 Rosser Ave.
578-2500

Housing Authorities
Brandon Friendship Centre Housing Authority
836 Lorne Ave. 727-1407
Monday-Friday 8:30-4:30

Dakota Ojibway Tribal Council
702 Douglas St. 729-3600
Monday-Friday 8:30-4:30

Manitoba Housing Authority
253-9th St. 726-6455 1-800-651-8217
Monday-Friday 8:30-4:40

Additional Support Services
AFM Gambling Help Line:
1-800-463-1554

Crisis Pregnancy Centre:
727-6161

Gamblers Anonymous:
571-3685

Addictions Foundation of Manitoba:
729-3838

Westman Crisis Services:
725-4411 or 1-888-379-7699

Westman ESL & Settlement Services (WESLS)
1001 Pacific Ave. 727-6031
Monday-Thursday 9 AM-5:00 PM
Friday-Saturday 9 AM-4:30 PM

www.brandonhomelessness.ca