



Coast to Coast & Around the World

## MANITOBA (MB)

Population: 1,383,765

Income Per Capita: C\$64,700 (Average Canadian Income per capita: \$68,400)

**Government:** <https://gov.mb.ca/government>

**Multicultural Secretariat of Manitoba** <https://www.gov.mb.ca/chc/multiculturalism>

**Travel Manitoba:** 1 204 927 7800 <https://www.travelmanitoba.com>

**Indigenous Groups: 63**

**Indigenous Reconciliation and Northern Relations** Tel: 204-945-2510 **Email:** [IASgeneral@gov.mb.ca](mailto:IASgeneral@gov.mb.ca)

**Major Cities:** Winnipeg, Brandon, Steinbach, Thompson, Portage la Prairie

## Multicultural Council of Canada

Non-Profit umbrella organization, promoting world cultures, education & healthcare

<https://www.multiculturalcouncilofcanada.ca> Email: [info@multiculturalcouncilofcanada.ca](mailto:info@multiculturalcouncilofcanada.ca)

**WE** are a non-profit membership organization, helping you connect with people and organizations within **Manitoba** and beyond, for better communication, exchanging ideas, learning & helping communities locally, nationally and globally thru Multicultural Council Chapters.

We encourage you to please become a *member*, join one of our committees, **be a volunteer or mentor**, *donate your time & money and share your ideas to help the communities*. Membership is open to individuals, organizations, corporations and governments.

Please *advertise* your organization, services or products in this website to reach out to local, regional and global multicultural communities.

**Tourism Promotion** has become our special project during these uncertain times, which is hurting Canada's \$105 Billion Yearly (2019) Tourism Revenue, employing more than 2 million people. Unfortunately it is also hurting Tourism revenues in Manitoba significantly.

The Multicultural Communities within MB and throughout the world have always been instrumental in increasing Tourism Revenues for Manitoba, for employment and our economic growth. Let's work together to help each other.

## **Manitoba Information & Contacts**

1. **History & Culture:** <https://en.wikipedia.org/wiki/Manitoba>
2. **History & Culture:** <https://www.britannica.com/place/Manitoba>
3. **Home- Province of Manitoba** - <https://www.gov.mb.ca>
4. **Demographics of Manitoba:** [https://en.wikipedia.org/wiki/Demographics\\_of\\_Manitoba](https://en.wikipedia.org/wiki/Demographics_of_Manitoba)
5. **Health Services:** <https://www.gov.mb.ca/health/rha/index.html>
6. **Behavioural Health Foundation,** Tel: 204-269-3430 Web: [www.bhf.ca](http://www.bhf.ca) Email: [info@bhf.ca](mailto:info@bhf.ca)
7. **Mental Health:** <https://gov.mb.ca/health/mh/crisis>
8. **Mental Health Services – Haven:** Tel: 204-946-9404
9. **Selkirk Mental Health Centre:** Tel: 204-482-3810 or Toll-Free: 1-800-881-3073  
Website: [www.gov.mb.ca/health/smhc](http://www.gov.mb.ca/health/smhc) Email: [smhc@gov.mb.ca](mailto:smhc@gov.mb.ca)
10. **Manitoba Health Emergency Service:** Tel: 204-945-5300 Email: [emergency@gov.mb.ca](mailto:emergency@gov.mb.ca)
  
12. **Health Canada First Nations and Inuit Health:** <https://www.sac-isc.gc.ca>
13. **Winnipeg Regional Health Authority Indigenous Health:** Tel: 204-940-8881  
Website: <http://www.wrha.mb.ca/indigenoushealth/> Email: [indigenoushealth@wrha.mb.ca](mailto:indigenoushealth@wrha.mb.ca)
14. **Aboriginal Health and Wellness Centre of Winnipeg:** Tel: 204-925-3700 Email: [reception@ahwc.ca](mailto:reception@ahwc.ca)
- 15.
16. **Abinotci Mino-Ayawin (Children's Healing)** Tel: 204-925-3700
17. **Indigenous Reconciliation & Northern Relations:** Tel: 204-945-2510 **Email:**  
[IASgeneral@gov.mb.ca](mailto:IASgeneral@gov.mb.ca)
18. **Manitoba Indigenous and Municipal Relations:** Tel: 204-945-3788 Web: [www.gov.mb.ca/imr/](http://www.gov.mb.ca/imr/)  
Email: [MINIM@leg.gov.mb.ca](mailto:MINIM@leg.gov.mb.ca)
19. **Winnipeg Child and Family Services:** Tel: 204-944-4438 Web: [www.gov.mb.ca/fs/org/csd/wcfs](http://www.gov.mb.ca/fs/org/csd/wcfs)
20. **Social Services: Knowles Centre:** 204-339-1951 Email: [info@knowlescentre.org](mailto:info@knowlescentre.org)
21. **Specialized Services for Children and Youth (SSCY):** Tel: 204-452-4311 Website: <http://sscy.ca>
22. **Women's Health Clinic:** Tel: 204-947-1517 TTY: 204-956-0385  
Web: [www.womenshealthclinic.org](http://www.womenshealthclinic.org) Email: [ressec@womenshealthclinic.org](mailto:ressec@womenshealthclinic.org)
23. **Youth Help:** Rossbrook House: 204-949-4090 Web: [www.rossbrookhouse.ca](http://www.rossbrookhouse.ca)  
[mail@rossbrookhouse.ca](mailto:mail@rossbrookhouse.ca)
24. **Resource Assistance for Youth (RaY):** Tel: 204-783-6617 Web: [www.rayinc.ca](http://www.rayinc.ca)  
Email: [info@rayinc.ca](mailto:info@rayinc.ca)

*Anyone experiencing pain or distress as a result of their residential school experience can access this 24-hour, toll-free & confidential National Indian Residential School Crisis Line at 1-866-925-4419.*

- ***If you are experiencing domestic violence, call the local police or 911 or call National Domestic Violence Hotline at 1-888-242-2100.***
- **AA Alcoholics Anonymous – Manitoba:** Tel: 204-942-0126 Email: [AACBO@mts.net](mailto:AACBO@mts.net)
- **Aboriginal Seniors Resource Centre:** Tel: 204-586-4595 Website: <https://asrcwpg.ca>  
Email: [admin@asrcwpg.ca](mailto:admin@asrcwpg.ca)
- **Addictions Foundation of Manitoba:** Tel: 204-944-6200 Toll-Free: 1-866-638-2561  
Website: <http://www.afm.mb.ca>

- **Addictions, Rehabilitation Camp, Shelter Services: Winnipeg Booth Centre:**  
Tel: 204-946-9400 Website: [www.wpgboothcentre.ca](http://www.wpgboothcentre.ca)
- **Addiction-Crisis-Shelter-Detox: Main Street Project:** 204-982-8280
- **Native Addictions Council of Manitoba:** Tel: 204-586-8395 Email: [info@nacm.ca](mailto:info@nacm.ca)
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- **Childrens' Support: Wahbung Abinoonjiiag:** Tel: 204-925-4610  
Website: [www.wahbung.org](http://www.wahbung.org) Email: [admin@wahbung.org](mailto:admin@wahbung.org) or [women@wahbung.org](mailto:women@wahbung.org)
- **Corrections and Justice Services:** Tel: 204-949-2100
- **Family Violence:** Willow Place 24-hour Crisis Line: 204-615-0311 or 1-877-977-0007
- **First Nations of Southern Manitoba Child and Family Services Authority** Tel: 204-783-9190  
Toll-Free: 800-665-5762 Website: <http://www.aji-cwi.mb.ca/eng/firstnationssouthcfs.html>
- **Anishinaabe Child and Family Services:** Tel: 204-659-4546 Website: [www.anishcfs.org](http://www.anishcfs.org)
- **Cree Nation Child and Family Caring Agency:** Tel: 204-623-7456  
Email: [concerns@creenation.ca](mailto:concerns@creenation.ca)
- **Metis Child, Family & Community Services:** Tel: 204-949-0220 Toll-Free: 1-855-779-1277
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- ***If you feel suicidal or know someone who feels suicidal, please call 1-833-456-4566 (Canada Suicide Prevention Service).***
- **In Manitoba Chat & help Services are available as follows:**
  - i. MB Farm, Rural & Northern Support Services: [www.supportline.ca](http://www.supportline.ca) (crisis chat available from Mondays to Fridays 10am-9pm CT)
  - ii. Tel: 1-866-367-3276
- **All calls are toll-free and confidential. National hotline is available 24/7 in more than 170 languages.**
- **Native Women's Transition Centre Inc.** (Shelter for women & children)  
105 Aikins Street, Winnipeg, MB R2W 4E6 Tel: 204-989-8240 Email: [rswnwt1@nwtc.cc](mailto:rswnwt1@nwtc.cc)
- **Shelters on Reserves**
  - i. First Nation Healing Centre Tel: 204-645-2750 Koostatak, MB R0C 1S0
  - ii. Mamawihetowin Crisis Centre Tel: 204-553-2198 Pukatawagan, MB R0B 1G0
  - iii. Women's Crisis Centre Tel: 204-565-2548 Shamattawa, MB R0B 1K0
  - iv. Southern First Nations Network of Care Swan Lake First Nation Tel: 204-783-9190 200 – 200 Alpine Way, Headingley, MB R4H 1C8 Toll free: 1-800-665-5762 Email: [reception@southernnetwork.org](mailto:reception@southernnetwork.org) Website: <http://www.southernnetwork.org>
- **Some of the Multicultural Organizations listed hereunder may also offer help.**

**All information contained in this website, including contacts, tel #s or emails, etc. are up-to-date to the best of our knowledge. The Multicultural Council of Canada, its officials, staff or volunteers cannot be held responsible for any errors, wrong info or for any liability of any type whatsoever arising thereof. It is strictly your responsibility to check the correct info.**

**THANK YOU FOR VISITING OUR WEBSITE**

**PLEASE FORWARD IT TO YOUR FRIENDS & ASSOCIATES  
WITHIN MANITOBA AND BEYOND**

**Please help us by adding, correcting & improving this website to serve our communities**

Please *advertise* your goods & services in this website – to help us continue our services to communities in Manitoba - <https://multiculturalcouncilofcanada.ca/media-kit-ad-rates>

## **GLOBAL SCHOLARSHIP PROGRAM**

Please *donate* & support our Tuition-Free, Post-Secondary Education for the qualified refugees living in Manitoba or anywhere else in the world, through UNHCR and the American Academy of International Education (<https://www.americanacademyedu.org>)

Multicultural Council is a partner agency of UNHCR

- American Academy of International Education is affiliated with MCC

