

Community Resources

C • A • R • E • S



Learner Support & Resource Program
Student Services
Manitoba Emergency Services College

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General Health & Wellness Services

Prairie Mountain Health Public Health	1-204-578-2500	Provides support to individuals, families, and communities to promote health.
7th Street Health Access Centre	1-204-578-4800	Provides health care and social supports for people on low income (Nurse Practitioner, Physician, Social Worker, Housing Resource Worker, Addiction Services).
Manitoba's Family Doctor Finder Program	1-866-690-8260	Helps you and your family find a home clinic in Manitoba.
HealthLinks	1-204-788-8200 1-888-315-9257	This is a 24/7 health information service that provides access to registered nurses who can answer your health questions and provide advice.

Walk-In Clinics

Newmount Medical Clinic	1-204-726-0773 624 18th Street, Brandon, MB
Wheat City Medical Clinic	1-204-727-1711 C1 – 1711 Kirkcaldy Drive Brandon, MB
Trinity Medical Clinic	1-204-728-4141



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	2 – 335 18th Street Brandon, MB
Rosser Medical Clinic	1-204-729-8588 841 Rosser Ave Brandon, MB
Western Medical Clinic	1-204-727-6451 2425 Victoria Ave Brandon, MB

Mental Health & Wellness

Healthy Minds Canada	www.healthymindscanada.ca	Provides a handbook with useful information on a variety of mental health topics and resources.
Mental Health Commission of Canada	www.mhcc.ca	Offers tools on a wide range of mental health topics, including peer support, caregiving, and recovery.
PMH Community Mental Health	1-204-578-2400	Aims to improve wellbeing and prevent poor mental health at the population level.
The Canadian Mental Health Association	www.cmha.ca	Promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.
Wellness Together Canada	Text 74171 "Wellness"	This is a national online platform that provides free mental health and substance



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	1-866-585-0445	use support for people in Canada and Canadians abroad 24/7.
First Nations & Inuit Hope for Wellness Help Line	1-855-242-3310	This is a toll-free, confidential, and 24/7 helpline that provides mental wellness counselling and crisis intervention to First Nations and Inuit people across Canada.
Indian Residential School Survivors Crisis Line (24/7)	1-866-925-4419 1-800-721-0066	This is a toll-free, confidential, and 24/7 crisis line that provides support to former Indian Residential School students and their families.

Depression, Anxiety & Stress

Mood Disorders Society of Canada	www.mdsc.ca	Organization committed to improving quality of life for people affected by depression, bipolar disorder, and other related disorders.
Anxiety Disorders Association of Canada	www.anxietycanada.ca	A resource on anxiety-related disorders, links to provincial supports and other organizations.
Depression Anxiety Stress Scale	www.psy.unsw.edu.au/dass/	A self-report tool designed to measure the three related negative emotional states of depression, anxiety, and tension/stress.
CBT Online	www.moodgym.any.edu.au	Based on cognitive behaviour therapy, this interactive site teaches people effective



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		ways of thinking that will help prevent depression.
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Suicide Prevention & Intervention

Centre for Suicide Prevention	www.suicideinfo.ca 1-833-456-4566 Text 45645	Provides training, resources, and workshops on suicide and suicidal behaviours.
Brandon & Area Suicide Bereavement Support Group	1-204-761-4083	Provides support to those grieving the death of a loved one by suicide.
Manitoba Suicide Prevention & Support Line	1-888-322-3019	Toll-free, confidential, and 24/7 crisis line for anyone who is struggling with suicidal thoughts or feelings, concerned about someone else, or affected by a suicide loss or attempt.
Talk Suicide Canada	https://talksuicide.ca 1-833-456-4566 Text 45645	Toll-free, confidential, and 24/7 crisis line for anyone who is struggling with suicidal thoughts or feelings, concerned about someone else, or affected by a suicide loss or attempt.

Substance Use & Addiction

Addiction Foundation of Manitoba	www.afm.mb.ca	Provides intervention, rehab and education on gambling and substance use.
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	1-204-729-3838	
Canada Centre on Substance Abuse and Addiction	www.ccsa.ca 1-833-235-4048	Works to reduce alcohol and drug-related harms.
Alcoholics Anonymous	www.aa.org	A global fellowship of people who share their experience, strength, and hope with each other to overcome their alcohol addiction.
Narcotics Anonymous	www.na.org	A global fellowship of people who share their experience, strength, and hope with each other to overcome their drug addiction.
Gambling Help Line	1-800-463-1554	Gambling help line you can call if you need support or advice. They are usually free, confidential, and available 24/7.

Crisis & Emergency Lines

Organization	Contact information	Overview
Emergency	9-1-1	For any emergency requiring police, fire, or ambulance.
Brandon Police Service	1-204-729-2345	Reporting all non-emergent incidents requiring police assistance.
Mobile Crisis Unit	1-800-379-7699	A team of mental health professionals who respond to people in the community who are experiencing a mental health or psychosocial crisis. They provide assessment,



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		intervention, support, and referrals to other services.
Brandon Regional Health Centre	1-204-578-4000 150 McTavish Ave E, Brandon, MB	Brandon and area hospital, including emergency department.
Westman Crisis Services	1-888-379-7699	Provides mental health and psychosocial crisis support to adults in the Westman region of Manitoba.
Farm, Rural and Northern Stress Line	1-866-367-3276	Provides information, support, and referral to anyone who lives on a farm, in a rural or northern community and is experiencing stress, anxiety, depression, or suicidal thoughts.

Eating Disorder Support

Organization	Contact information	Overview
Eating Disorders Online	https://eatingdisordersonline.com/	Provides information on nutrition and eating disorders.

Sexual & Gender-Based Violence Support

The Women's Resource Centre	1-204-726-8632 731 Princess Avenue, Brandon, MB	Provides programs, services, and counselling on issues affecting women and children, including
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		family violence and sexual assault.
Manitoba Domestic Abuse Crisis Line	1-877-977-0007	For anyone who is experiencing or witnessing domestic abuse, or who is concerned about someone else. Provides information, options, and referrals to local services and shelters.
Sexual Assault Crisis Line	1-800-292-7565	24/7 support and counselling to people who have experienced sexual assault or abuse. They can also offer information, referrals, and advocacy.
Trans Lifeline (24/7)	1-877-330-6366	This is a peer support and crisis hotline for trans and questioning people, run by trans people. The line can provide emotional support, information, and resources, as well as connect callers to local trans-friendly services.
Westman Women's Shelter	1-204-727-3644	Provides safe and supportive accommodation for women and children who are fleeing domestic violence.
Missing & Murdered Indigenous Women & Girls Crisis Line	1-844-413-6649	Provides support to individuals impacted by the issue of Missing and Murdered Indigenous Women and Girls.



Social Supports

John Howard Society (Men's resource centre)	1-204-727-1696	Provides restorative solutions to victims, offenders, and the community. Offers mediation, programming, diversion, reintegration support, food rescue grocery store, and a men's resource centre.
Samaritan House Employment Centre	1-204-717-3503	The centre provides computers, training workshops, and one-on-one assistance to help improve the prospects for meaningful employment.
Community Respite Services	1-204-727-4910	Provides respite to families who are raising children with developmental and physical disabilities.
Manitoba Possible	1-204-726-6157	Provides services to Manitobans with disabilities and their families and communities.
Family Visions	1-204-726-5602	Supports adults with intellectual disabilities by providing residential and day services for individuals who reside in Brandon.
Huddle Brandon	1-204-717-6565	This is a youth hub that provides a safe space for youth ages 12–29 to access free counselling, peer support, substance use support, Indigenous cultural services,



		immigration services, and more.
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Cultural Services

Brandon Friendship Centre	1-204-727-1407	Services with initial emphasis on Aboriginal People.
Manitoba Metis Federation Inc.	1-204-725-7520	The MMF provides democratic, responsible, and accountable governance on behalf of Red River Metis using the constitutional authorities delegated by its citizens.
Westman Immigration Services	1-204-727-6031	Helps permanent residents and refugees with settlement services and programs.
Life's Journey Inc.	1-204-772-1591	Indigenous spiritual care; independent living support(s).

Places of Worship

Churches & Other Places of Worship in Brandon, MB	Churches & Other Places of Worship in Brandon MB Brandon, MB Yellowpages.ca™	Find the best church or place of worship for your needs and preferences in Brandon, MB.
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Housing

Brandon, MB Student Housing	CLICK HERE	Helps students find rental properties near Brandon University and Assiniboine Community College. The website allows students to search for apartments, houses, rooms, and sublets that suit their budget and preferences.
Community Health & Housing Association	1-204-727-5425	A voluntary association that exists to promote the health and wellness of all people. CHHA strives to enable individuals, groups, and communities to increase control over and enhance their health.
Residential Tenancies Branch	1-800-656-8481	This is a branch of the Manitoba government that provides information and dispute resolution services for residential tenancies.
Non-EIA & EIA Rent Assist	1-877-587-6224	Monthly benefit to help low-income Manitobans with their housing costs.
Manitoba Housing	1-204-726-6455	This is a branch of the Manitoba government that provides a wide range of subsidized housing throughout the province.
Brandon Community Welcome Coop Inc (housing, programs for mental health support)	1-204-728-1514	Provides housing and programs for newcomers and refugees in Brandon. The organization operates a 24-unit apartment building that offers affordable and furnished



		units, as well as on-site support and orientation.
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Food Resources

Helping Hands Soup Kitchen	1-204-727-4635	Provides free, nutritious meals to people in need.
Salvation Army	1-204-727-6271 9 Princess Ave E Brandon, MB	Offers practical assistance for children and families, shelter for homeless people, rehabilitation for people with addictions, and emergency and disaster relief.
Samaritan House (Food Bank)	1-204-726-0758 820 Pacific Avenue Brandon, MB	Manitoba's second largest food bank.
Food Rescue Store	719 Rosser Ave Brandon, MB	This is a new initiative that aims to curb food waste and improve food security in Brandon.

Government Benefits

Employment & Income Assistance	1-866-559-6778	Provides financial help to Manitobans who have no other way to support themselves or their families.
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Canada Child Benefit	1-800-387-1193	A tax-free monthly payment for eligible families with children under 18, and related provincial and territorial programs.
Service Canada	1-800-662-6232	Apply for Federal Benefits, access & update personal information and other related services.
Manitoba Online Childcare Registry	1-888-213-4754 Province of Manitoba education - Manitoba Child Care Search (gov.mb.ca)	Helps you find and apply for licensed childcare in Manitoba. You can create your profile, search for facilities, apply online, and check your status.

Financial Support

Manitoba Student Aid Program	1-800-204-1685 CLICK HERE	Provides loans, grants, and bursaries to Manitobans who need help paying for post-secondary education. The program works with the Government of Canada to offer integrated student loans and grants.
Canada Student Grant for Full-Time Students	CLICK HERE	This is a grant that is available to full-time students in financial need who apply for student aid with their province or territory.
Credit Counselling Society	1-888-527-8999	Provides free credit counselling, low-cost debt solutions, and education to



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		help you manage your money better.
Community Financial Counselling Services	1-888-573-2383	Provides free financial counselling and education for individuals and families who are experiencing financial challenges. The organization offers services such as budgeting, debt management, financial literacy, gambling support, tax filing, and access to benefits.
Community Volunteer Income Tax Program	1-204-578-4800	Helps low-income individuals with simple tax situations complete and file their income tax and benefit return.

Legal Support

Law Phone-In & Lawyer Referral	1-800-262-8800	Provides general legal information and advice over the phone in response to callers' inquiries. The program also offers referrals to law-related agencies or to lawyers on the Lawyer Referral panel, who will provide a free consultation of up to half an hour.
Legal Aid Manitoba	1-204-729-3484	Provides free or affordable legal services to low-income adults and youth, and public interest groups. Legal Aid Manitoba covers various areas of law, such



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		as criminal, family, immigration, child protection, and poverty law.
Family Justice Resource Centre	1-844-808-2313	This is a new service provided by Manitoba Justice that can direct you to the services you and your family may need to deal with family law issues, such as child support, custody, access, separation, or divorce.

Children & Family Support

Child & Family Services of Western Manitoba	1-204-726-6030 1-800-483-8980	Provides protection services, family strengthening programs and services to families and children.
Healthy Baby Program	1-204-578-2545	This is a provincial program that encourages early regular prenatal care and promotes healthy outcomes for moms, babies, and families.
Elsbeth Reid Family Resource Centre	1-204-726-6280	Offers a wealth of parenting programs, support, and education to the Westman community. The centre offers information, practical support, and the chance for parents to share with others the joys and challenges of parenting.



Midwifery Services Prairie Mountain Health Pregnancy	1-204-571-5530	Provides primary and comprehensive prenatal, intrapartum, and postnatal care to low-risk women planning to give birth at the hospital or out of hospital within Brandon city limits.
Pregnancy Support Centre of Westman	1-204-727-6161	Provides free and confidential support and education to women and men facing unplanned pregnancies.
Alzheimer Society of Manitoba - Brandon Office	1-204-729-8320	Provide help and hope for people affected by dementia. The office offers information, support, and education programs for people with dementia, their families and caregivers, and health professionals.

Literacy & Education

Samaritan House Ministries Training Centre	1-204-727-1268	Offers adult education and employment training programs to help people overcome barriers. The centre offers programs such as Adult Learning Centre, Essential Skills for Employment, and Building Futures.
Brandon Literacy Council Inc.	1-204-729-9964	Provides free literacy programs and services to adults in Brandon and surrounding areas. The council offers programs such as Adult Literacy



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		Tutoring, English as an Additional Language, Family Literacy, and Computer Literacy.
Assiniboine Community College Adult Learning	1-204-725-8735	Offers adult education programs and services to help people upgrade their skills, complete their high school diploma, or prepare for post-secondary education or employment.
Sexuality Education Resource Centre (SERC)	1-204-727-0417	Provides education, information, counselling and referrals on sexuality and reproductive health. SERC offers programs and services for youth, adults, newcomers, parents, educators, and health professionals.

Library & Study Spaces

Brandon University Library	CLICK HERE	The Brandon University serves the academic and community needs of the university and the Westman region. The library has a diverse collection of books and other materials, as well as online access to databases and journals.
Assiniboine Community College	CLICK HERE	The library has two locations: one at the Victoria Avenue East Campus and one at the North Hill Campus. The



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		library has a collection of over 40,000 books, journals, and other materials, as well as access to various online resources and databases.
Western Manitoba Regional Library	https://wmrl.ca/ 1-204-727-6648	Provides a wide range of books, magazines, newspapers, DVDs, CDs, and other materials, as well as access to various online resources and databases. The library also has a makerspace called Creation Nation, which provides shared workspace and equipment for innovation and creativity.

