



Resource Guide



Where to go to get what you need!

I.D.

	Contact info	What you can get there
Service Canada	321 Main St. Steinbach, MB R5G 1Z2 1-800-622-6232	Passport Birth certificate S.I.N.
Manitoba Public Insurance (MPI)	91 N Front Dr. Steinbach, MB R5G 1X2 1-800-665-2410 204-326-4453	Drivers License Manitoba Photo I.D.
Manitoba Health	1043B-300 Carlton St. Winnipeg, MB R3B 3M9 1-204-786-7101	Health Card
Manitoba Metis Federation	204-754-2721	Metis ID Financial assistance for training.
		Treaty Card



Physical Health

Manitoba Health	1043B-300 Carlton St. Winnipeg, MB R3B 3M9 1-204-786-7101	Health Card
Quick Care Clinic	381 Stonebridge Crossing Steinbach, MB 204-326-7569	Same day appointments with a Nurse Practitioner
Bethesda Hospital	316 Henry Street Steinbach, MB 204-326-6411	Emergency Medical Care
Oasis Medical Center (Walmart Walk In)	184 Pth 12 N Steinbach MB 204-326-4555	Walk In Clinic
Community Health Services	204-326-7596	
Public Health Nurse	204-346-6123	
Eden Health Care	204-392-5670 ann@edenhealthcare.ca	Positive living program Residential care

In Crisis

Southern Health Mobile Crises Unit	204-326-9276	For those having a mental health crisis
Agape House	204-346-0028	Women's shelter
Today House	204-371-6989	Emergency homeless shelter
Southern Health- Sante Sud Crisis services	1-888-617-7715 204-326-9276	Mental health response and assessment.
Souther Health Sante Sud Crisis Stabilization Unit	1-855-320-1096 204-320-1096	24 hr service (counselling and referrals) for those experiencing an emotional or life crisis
Southern Health Sante Sud Mental Health Liason Nurse	Bethesda Hospital Emergency Room 204-346-9475	Mental health assessments, referral, and consultation

A Place to Live

Manitoba Housing	323 Main Street Steinbach MB 204-346-6086	Low rent housing
Reimer Agencies	230 Reimer Ave. Steinbach MB 204-326-2599 apartments@reimeragencies.com	Apartment to rent
SCO Housing Support	204-326-7954 204-898-9033	Help finding low income affordable housing
Rent Assist	1-877-587-6224	Re assistance for low income people
Eden Health Care	204-371-1041 monique@edenhealthcare.ca	Housing and supports

Need A Ride?

Steinbach Taxi	204-326-9937	Taxi service
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Stay Safe

Child and Family Services	204-346-6390	To report abuse
Police	204-326-4452	To report a crime

Get your Taxes Done

SCO Drop In Center (April & May)	345 Loewen Blvd. 204-392-7954	Free if you earn under a certain amount.
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Legal Advice

Phone-In & Lawyer Referral Program	1-800-262-8800	
Legal Aid Manitoba	284 Reimer Ave. Steinbach, MB 1-800-261-2960 204-326-3627	

Something to Eat

South East Helping Hands	525 Main St. Steinbach, MB 204-326-2599	Food Bank Free food for low income people
Soup's On (Tues. & Fri. 5-7 p.m.)	430 Third Street, Steinbach MB	A free meal (soup kitchen)
SCO Drop In Center	345 Loewen Blvd Steinbach MB 204-392-2650	Free food for low income people
Ste. Anne Accuiel Kateri Centre	132 Avenue Centrale	Food Bank
The Loft (Grunthal)	101 Southwood St. Grunthal MB 204-392-8143 theloftoutreach@gmail.com	Food and clothing

Clothes on Your Back

MCC Thrift Store	409 Main St. Steinbach, MB 204-326-6642	Gently used clothing
SCO Drop In Center	345 Loewen Blvd. Steinbach MB 204-392-2650	Free clothes
Local Matters Thrift Store	Bldg A 92 Hwy 52 Steinbach, MB	Gently used clothes
Steinbach Family Resource Center	101 North Front Drive Steinbach, MB R5G 1X3 204-346-0413	Free clothes
The Loft (Grunthal)	101 Southwood St. Grunthahl MB 204-392-8143 theloftoutreach@gmail.com	Food and clothing
Tailored for Success	204-392-7733 Tailoredforsuccess.se@gmail.com	Free Career clothing

Employment and Income

Eastman Employment Services	395 Main Street Steinbach, MB R5G 1Z4 204-326-4099	Resume writing help Job search help
Service Canada	321 Main St. Steinbach, MB R5G 1Z2 1-800-206-7218 (Sickness benefits) 1-800-277-9914 (CPP)	EI Sickness benefits Job Search assistance CPP Disability Benefit claims
MarketAbilities	1-204-785-5100	Job placement for those with and IQ under 70
Employment and Income Assistance	204-346-7340 1-866-576-8546	Disability benefits Shelter and basic needs cost assistance.
Opening Doors to Success	2-90 Brandt St. Steinbach, MB 204-346-9840	Workshops, job search coaching, resume development Training resources
Tailored for Success	204-392-7733 Tailoredforsuccess.se@gmail.com	Free Career clothing
A.I.M. for Work	1-800-494-4179 204-482-2130	Paid work experiences Vocational rehab Career counseling Jobsearch Resumes

(Employment and Income Continued.)

Segue (for people with disabilities)	418 Main St. Steinbach, MB 204-381-2957	Vocational assessment and placement Resumes
Disability vocational Rehab Program (If receiving CPP disability)	1-800-277-9914	Retraining, employment guidance
Worker's Compensation Board	333 Broadway Winnipeg MB 204-954-4321 1-855-954-4321	Rehab and claims services

Education

Hanover School Division	5 Chrysler Gate Steinbach MB 204-326-6471 www.hsd.ca	Information about public schools in Steinbach
Red River College	385 Loewen Blvd. Steinbach MB 204-320-2500	Adult high school diploma / G.E.D Diplomas in various programs
Academy of Learning	178 Pth 12N. Steinbach, MB 204-326-4188	Various training programs
Opening Doors to Success	2-90 Brandt St. Steinbach, MB 204-346-9840	Workshops, job search coaching, resume development Training resources

Support

Family Resource Center	101 North Front Drive Steinbach, MB R5G 1X3 204-346-0413	Preschool program Parenting classes Pregnancy classes Mommy and me groups Breastfeeding support Clothing Breast pump rentals Car seat inspection Nutrition advice
Headway	100 Pth 12 N Steinbach MB R5G 1T4 204-320-8202 204-381-6163	Support for struggling youth
FASD Life's Journey	19 B Pth 12 N Steinbach MB 204-326-3727	Support for people with FASD
SCO	204-326-7954 204-898-9033	Help with problem solving and figuring out where to go to get what you need to survive.
Healthy Child Coalition	204-346-6698 aklassen@southernhealth.ca	Parenting support for those with kids under 5
Super Start Healthy Baby	204-346-7021	
Manitoba Child Benefit Program	1-800-563-8793	\$420/yr tax free government benefit for each child

Addiction Support

Addictions Foundation of Manitoba	365 Reimer Ave. Steinbach, MB 204-326-7724	Addictions support
School based AFM services	204-392-3382	Youth addiction support

Persons with Disabilities

Society for Manitobans with Disabilities	9-227 Main Street Steinbach, MB 204-326-5336 1-800-497-8196	Assessment, vocational rehab programs
EnVision	84 Brandt St Steinbach, MB 204-326-7539	Supported Independent and group Living Vocational Services
Service Canada	321 Main St. Steinbach, MB R5G 1Z2 1-800-206-7218 (Sickness benefits) 1-800-277-9914 (CPP)	EI Sickness benefits CPP Disability Benefit claims
Disability vocational Rehab Program (If receiving CPP disability)	1-800-277-9914	Retraining, employment guidance
El'dad Ranch	204-326-1050 eldadranch@initiativesjc.org	Day Programs, Alternative Justice.
FASD Life's Journey	19 B Pth 12 N Steinbach MB 204-326-3727	Support for people with FASD
FASD Diagnostic Coordinator (Southern Health)	Community Health Service 365 Reimer Ave Steinbach, MB 204-346-7039	Support family through the FASD assessment process.
Family Services – Children's disAbility services	204-346-6390	Services and supports for families with a child with a disability

Things to Do

Steinbach Arts Council	304 Second Street Steinbach, MB 204-346-1077	Various classes and programs to join for a fee
ROC Eastman	204-371-2887 moni@roceastman.ca	Resource and financial support to help low income kids join activities

A Place to Hang Out

SCO Drop In Center	345 Loewen Blvd. Steinbach, MB 204-392-2650	Coffee and snacks Basic groceries Support and resource connection
Backstage Drop In Center Tue, Wed, Fri. 7:30 – 10)	220 Lumber Ave. Steinbach MB 204-326-4366	Hang out for youth

Free things to Do in Steinbach

Summer in the City (end of June)	Main Street	All kinds of stuff
Concerts in the Park (Summers only)	K.R. Barkman Park	Listen to music
Movie in the Park (Summers only)	A.D Penner Park	Watch a movie
Skatepark	Lumber Ave.	Skateboarding and BMXing
Steinbach Parade (August Long Weekend)	Main Street	Watch and get free swag
Pioneer Days Petting zoo (August Long Weekend)	Clearspring Mall	Pet some animals!
Pioneer Days (August Long weekend)	Mennonite Heritage Village Museum	Catch concerts Kids entertainment Explore the museum
SCO Drop In Center (MWF 9:30 – 11:30)	345 Loewen Blvd. Steinbach, MB 204-392-2650	Hang Out
Backstage Drop In Center (Tue, Wed, Fri. 7:30 – 10)	220 Lumber Ave. Steinbach MB 204-326-4366	A youth hang out
Jake Epp Library	Elmdale Ave.	Read a book
Kids Clubs And Youth Programs	Call any church! Most run free kids and youth groups one evening a week.	Various activities.