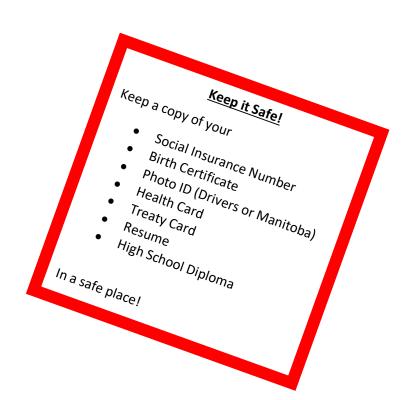


# Resource Guide



Where to go to get what you need!

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



## **Physical Health**

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

#### **In Crisis**

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

#### A Place to Live

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

#### **Need A Ride?**

Steinbach Taxi	204-326-9937	Taxi service

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

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

#### **Clothes on Your Back**

MCC Thrift Store	400 Main Ct	Contlyused
wice mint store	409 Main St.	Gently used
	Steinbach, MB	clothing
	204-326-6642	
SCO	345 Loewen Blvd.	Free clothes
Drop In Center	Steinbach MB	
	204-392-2650	
Local Matters	Bldg A 92	Gently used
Thrift Store	Hwy 52	clothes
	Steinbach, MB	
Steinbach Family	101 North Front Drive	Free clothes
Resource Center	Steinbach, MB	
	R5G 1X3	
	204-346-0413	
The Loft	101 Southwood St.	Food and clothing
(Grunthal)	Grunthahl MB	
	204-392-8143	
	theloftoutreach@gmail.com	
Tailored for	204-392-7733	Free Career
Success	Tailoredforsuccess.se@gmail.com	clothing

## **Employment and Income**

	T	
Eastman	395 Main Street	
Employment	Steinbach, MB	Resume writing
Services	R5G 1Z4	help
	204-326-4099	Job search help
Service Canada	321 Main St.	EI Sickness
	Steinbach, MB	benefits
	R5G 1Z2	Job Search
	1-800-206-7218 (Sickness	assistance
	benefits)	CPP Disability
	1-800-277-9914 (CPP)	Benefit claims
MarketAbilities	1-204-785-5100	Job placement
		for those with
		and IQ under 70
Employment and	204-346-7340	Disability benefits
Income Assistance	1-866-576-8546	Shelter and basic
		needs cost
		assistance.
Opening Doors to	2-90 Brandt St.	Workshops, job
Success	Steinbach, MB	search coaching,
	204-346-9840	resume
		development
		Training
		resources
Tailored for	204-392-7733	Free Career
Success	Tailoredforsuccess.se@gmail.com	clothing
A.I.M. for Work	1-800-494-4179	Paid work
	204-482-2130	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	5 Chrysler Gate	Information about
Division	Steinbach MB	public schools in
	204-326-6471	Steinbach
	www.hsd.ca	
Red River College	385 Loewen Blvd.	Adult high school
	Steinbach MB	diploma / G.E.D
	204-320-2500	Diplomas in various
		programs
Academy of Learning	178 Pth 12N.	Various training
	Steinbach, MB	programs
	204-326-4188	
Opening Doors to	2-90 Brandt St.	Workshops, job search
Success	Steinbach, MB	coaching, resume
	204-346-9840	development
		Training resources

## Support

Family Resource Center  Steinbach, MB R5G 1X3 204-346-0413  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  FASD Life's Journey  19 B Pth 12 N Steinbach MB Support for struggling youth  204-320-8202 204-381-6163  FASD Life's Journey  Steinbach MB 204-326-3727  SCO  204-326-7954 204-898-9033  Support for people with FASD 204-326-7954 204-898-9033  Support for people with FASD Support for people with FASD  Support for people with FASD			
R5G 1X3 204-346-0413  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  FASD Life's Journey  19 B Pth 12 N Steinbach MB Support for struggling youth  Steinbach MB 204-326-3727  SCO 204-326-3727  SCO 204-898-9033  Support for people with FASD  Help with problem solving and figuring out where to go to get what you need to survive.  Parenting support for those with kids under 5  Super Start Healthy Baby  Manitoba Child Benefit Program  R5G 1X3 Pregnancy classes Mommy and me groups Breastfeeding support Clothing Breast pump rentals Car seat inspection Nutrition advice  Support for struggling youth  Palp with FASD  Help with problem solving and figuring out where to go to get what you need to survive.  Parenting support for those with kids under 5  Super Start Healthy Baby  Manitoba Child Benefit Program  \$420/yr tax free government benefit			
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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  FASD Life's Journey  19 B Pth 12 N Steinbach MB 204-326-3727  SCO  204-326-3727  SCO  204-326-7954 204-898-9033  Solving and figuring out where to go to get what you need to survive.  Healthy Child Coalition  Healthy Child Coalition  Support for people with FASD  Parenting support for those with kids under 5  Super Start Healthy Baby  Manitoba Child Benefit Program  Breastfeeding Support Clothing Breast pump rentals Car seat inspection Nutrition advice  Support for struggling youth Public Poor People with FASD  Parenting support for those with kids under 5  \$420/yr tax free government benefit		204-346-0413	Mommy and me
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  FASD Life's Journey  19 B Pth 12 N Steinbach MB Support for struggling youth  204-326-8202 204-381-6163  FASD Life's Journey  19 B Pth 12 N Support for people with FASD  Support for struggling youth  4 Palty Child Coalition  100 Pth 12 N Support for struggling youth  Support for people with FASD  4 Palp with problem solving and figuring out where to go to get what you need to survive.  4 Parenting support for those with kids under 5  5 Super Start Healthy Baby  Manitoba Child Benefit Program  4 204-346-7021 Baby  4 204-346-7021 Baby  4 204-346-7021 Baby  5 \$420/yr tax free government benefit			groups
Clothing Breast pump rentals Car seat inspection Nutrition advice  Headway  100 Pth 12 N Steinbach MB R5G 1T4 204-320-8202 204-381-6163  FASD Life's Journey  19 B Pth 12 N Steinbach MB 204-326-3727  SCO 204-326-3727  SCO 204-326-7954 204-898-9033  Support for people with FASD Allie with FASD  Support for people with FASD  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  Aklassen@southernhealth.ca Super Start Healthy Baby  Manitoba Child Benefit Program  Stephant 1-800-563-8793 Start Healthy Baby  All 1-800-563-8793 Start Healthy Baby  Support for those with kids under survive.  \$\frac{5}{5}\$  \$\frac{5}{420}\$ \$\frac{5}{7}\$ \$\frac{7}{7}\$ \$\frac{5}{7}\$ \$5			Breastfeeding
Headway  The adway  Th			support
Headway  Headway  100 Pth 12 N Steinbach MB R5G 1T4 204-320-8202 204-381-6163  FASD Life's Journey  19 B Pth 12 N Steinbach MB Support for struggling youth  204-326-3727  SCO  204-326-3727  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  Aklassen@southernhealth.ca  Super Start Healthy Baby  Manitoba Child Benefit Program  Car seat inspection Nutrition advice  Support for struggling youth  Public Support for people with FASD  Aklassen@southernhealth.ca  Parenting support for those with kids under 5  \$420/yr tax free government benefit			Clothing
Headway  100 Pth 12 N Steinbach MB R5G 1T4 204-320-8202 204-381-6163  FASD Life's Journey  19 B Pth 12 N Steinbach MB Support for struggling youth  204-326-3727  SCO 204-326-3727  SCO 204-326-7954 204-898-9033 Support for people with FASD 204-898-9033 Solving and figuring out where to go to get what you need to survive.  Healthy Child Coalition Aklassen@southernhealth.ca Super Start Healthy Baby  Manitoba Child Benefit Program  Nutrition advice  Nutrition advice  Nutrition advice  Nutrition advice  Nutrition advice  Nutrition advice  Support for struggling youth  Put Parent for people with FASD  Parenting support for those with kids under 5  \$420/yr tax free government benefit			Breast pump rentals
Headway  Steinbach MB  R5G 1T4  204-320-8202  204-381-6163  FASD Life's Journey  19 B Pth 12 N  Steinbach MB  Support for struggling youth  Steinbach MB  204-326-3727  SCO  204-326-3727  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  Aklassen@southernhealth.ca  Super Start Healthy  Baby  Manitoba Child  Benefit Program  Support for struggling youth  Support for people  with FASD  Parenting support for those with kids under  5  \$420/yr tax free government benefit			Car seat inspection
Steinbach MB R5G 1T4 204-320-8202 204-381-6163  FASD Life's Journey  19 B Pth 12 N Steinbach MB 204-326-3727  SCO 204-326-7954 204-898-9033 Solving and figuring out where to go to get what you need to survive.  Healthy Child Coalition  Aklassen@southernhealth.ca  Support for struggling youth Support for people with FASD  With FASD  Parenting support for those with kids under 5  Super Start Healthy Baby  Manitoba Child Benefit Program  Support for struggling youth  Support for people with FASD  Pupport for people with FASD  Parenting support for those with kids under survive.  Parenting support for those with kids under support for those with ki			Nutrition advice
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FASD Life's Journey  19 B Pth 12 N Steinbach MB 204-326-3727  SCO 204-326-7954 204-898-9033 Solving and figuring out where to go to get what you need to survive.  Healthy Child Coalition Aklassen@southernhealth.ca Benefit Program  Support for people with FASD  Parenting suprote for those with kids under 5  \$420/yr tax free government benefit		R5G 1T4	struggling youth
FASD Life's Journey Steinbach MB 204-326-3727  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 Aklassen@southernhealth.ca Super Start Healthy Baby Manitoba Child Benefit Program  Support for people with FASD  Help with problem solving and figuring out where to go to get what you need to survive.  Parenting support for those with kids under 5  \$420/yr tax free government benefit		204-320-8202	
Steinbach MB 204-326-3727  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  Aklassen@southernhealth.ca  Super Start Healthy Baby  Manitoba Child Benefit Program  SCO 204-326-7954 Help with problem solving and figuring out where to go to get what you need to survive.  Parenting support for those with kids under 5  \$420/yr tax free government benefit		204-381-6163	
SCO  204-326-3727  BCO  204-326-7954  204-898-9033  Solving and figuring out where to go to get what you need to survive.  Healthy Child  Coalition  Addressen@southernhealth.ca  Super Start Healthy Baby  Manitoba Child Benefit Program  BCO  204-326-7954  Help with problem solving and figuring out where to go to get what you need to survive.  Parenting support for those with kids under 5  \$420/yr tax free government benefit	FASD Life's Journey	19 B Pth 12 N	Support for people
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  Coalition  Super Start Healthy Baby  Manitoba Child Benefit Program  Help with problem solving and figuring out where to go to get what you need to survive.  Parenting support for those with kids under 5  \$420/yr tax free government benefit		Steinbach MB	with FASD
204-898-9033 solving and figuring out where to go to get what you need to survive.  Healthy Child Coalition Addresser@southernhealth.ca Super Start Healthy Baby Manitoba Child Benefit Program  Solving and figuring out where to go to get what you need to survive.  Parenting support for those with kids under  5  \$420/yr tax free government benefit		204-326-3727	
out where to go to get what you need to survive.  Healthy Child Coalition  Addressen@southernhealth.ca  Super Start Healthy Baby  Manitoba Child Benefit Program  Out where to go to get what you need to survive.  Parenting support for those with kids under 5  \$420/yr tax free government benefit	SCO	204-326-7954	Help with problem
Healthy Child Coalition  Super Start Healthy Baby  Manitoba Child Benefit Program  Get what you need to survive.  Parenting support for those with kids under  5  Super Start Healthy Baby  1-800-563-8793 \$420/yr tax free government benefit		204-898-9033	solving and figuring
Healthy Child Coalition  Survive.  Parenting support for those with kids under  Super Start Healthy Baby  Manitoba Child Benefit Program  Survive.  Parenting support for those with kids under  5  \$420/yr tax free government benefit			out where to go to
Healthy Child Coalition  Coalition  Super Start Healthy Baby  Manitoba Child Benefit Program  204-346-6698 204-346-6698  204-346-7021 204-346-7021 3420/yr tax free government benefit			get what you need to
Coalition  aklassen@southernhealth.ca those with kids under 5  Super Start Healthy Baby  Manitoba Child Benefit Program  aklassen@southernhealth.ca those with kids under 5  \$420/yr tax free government benefit			survive.
Super Start Healthy Baby  Manitoba Child Benefit Program  5  204-346-7021  1-800-563-8793 \$420/yr tax free government benefit	Healthy Child	204-346-6698	Parenting support for
Super Start Healthy Baby  Manitoba Child Benefit Program  204-346-7021  1-800-563-8793 \$420/yr tax free government benefit	Coalition	aklassen@southernhealth.ca	those with kids under
Baby1-800-563-8793\$420/yr tax freeBenefit Programgovernment benefit			5
Manitoba Child1-800-563-8793\$420/yr tax freeBenefit Programgovernment benefit	Super Start Healthy	204-346-7021	
Benefit Program government benefit	Baby		
	Manitoba Child	1-800-563-8793	\$420/yr tax free
for each child	Benefit Program		government benefit
			for each child

## **Addiction Support**

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

#### **Persons with Disabilities**

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

## Things to Do

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

## A Place to Hang Out

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

# Free things to Do in Steinbach

Summer in the City (end of June)	Main Street	All kinds of stuff
Concerts in the Park	I/ D. Dowlesson Dowle	Liston to moveis
	K.R. Barkman Park	Listen to music
(Summers only)	A D D D l	NA/ALALA ANA ANA
Movie in the Park	A.D Penner Park	Watch a movie
(Summers only)		
Skatepark	Lumber Ave.	Skateboarding and
		BMXing
Steinbach Parade	Main Street	Watch and get free
(August Long		swag
Weekend)		
Pioneer Days Petting	Clearspring Mall	Pet some animals!
Z00		
(August Long		
Weekend)		
Pioneer Days	Mennonite Heritage	Catch concerts
(August Long	Village Museum	Kids entertainment
weekend)		Explore the museum
SCO	345 Loewen Blvd.	
Drop In Center	Steinbach, MB	Hang Out
(MWF 9:30 – 11:30)	204-392-2650	· ·
Backstage	220 Lumber Ave.	A youth hang out
Drop In Center	Steinbach MB	, ,
(Tue, Wed, Fri. 7:30 – 10)	204-326-4366	
Jake Epp Library	Elmdale Ave.	Read a book
Kids Clubs	Call any church!	Various activities.
And	Most run free kids and	
Youth Programs	youth groups one	
	evening a week.	