

For Your Information #4: *Information & Support*



SOUTH WINNIPEG SENIORS RESOURCE COUNCIL

**An information and referral hub
connecting older adults with community resources**

www.swsrc.ca

The Complete FYI Series

FYI #1 Home & Yard Support

FYI #2 Health & Personal Services

FYI #3 Housing

FYI #4 Information & Support

FYI #5 Grocery & Meal Programs

FYI #6 Clubs & Recreation

FYI #7 Transportation

Government: municipal, provincial, federal

55+ Income Supplement www.gov.mb.ca	1-800-563-8793
Bureau of Pension Advocates www.veterans.gc.ca	204-983-5598
City of Winnipeg General Inquiry www.winnipeg.ca	311
City of Winnipeg Vulnerable Persons Info www.winnipeg.ca	204-986-6287
Government of Canada General Inquiry www.gov.mb.ca	1-800-622-6232
Health Links – Info Santé www.wrha.mb.ca	204-788-8200
<ul style="list-style-type: none">• 24-hour health information	
Manitoba Government Inquiry www.gov.mb.ca/contact/index.html	1-866-626-4862
Manitoba Shelter Benefit for Seniors www.gov.mb.ca	204-945-2197
Manitoba Vital Statistics Agency www.vitalstats.gov.mb.ca	204-945-3701

Government: municipal, provincial, federal

Opportunities for Employment Inc. www.ofe.ca	204 925-3490
Pharmacare Drug Program www.gov.mb.ca/health/pharmacare/	204-786-7141
Public Trustee of Manitoba www.gov.mb.ca/publictrustee/	204-945-2700
Seniors and Healthy Aging www.gov.mb.ca/seniors/	204-945-6565
Service Canada: OAS/GIS/ CPP www.canada.ca	1-800-277-9914
Veterans Affairs Canada www.veterans.gc.ca	1-866-522-2122

Community Organizations

Active Aging in Manitoba (AAIM) www.alcoamb.org	204-632-3947
Addictions Foundation of Manitoba www.afm.mb.ca	204-944-6200
Alcoholics Anonymous www.aamanitoba.org	204-942-0126

Community Organizations (cont.)

A&O: Support Services for Older Adults www.aosupportservices.ca	204-956-6440
Creative Retirement Manitoba www.crm.mb.ca	204-949-2565
Domestic Violence Crisis Line	1-877-977-0007
Employment Assistance Resource Services www.winnipegtransitioncentre.com/	204-338-3899
Gamblers Anonymous http://www.gamblersanonymous.org/	204-582-4823
Gambling Help Line	1-800-463-1554
Geriatric Program Assessment Team www.wrha.mb.ca/wave/2011/05/gpat.php	204-982-0144

Healthy Aging Resource Teams

River East/Transcona	204-940-2114
St. James/Assiniboia Assiniboine South	204-940-3261
Downtown/Point Douglas	204-940-8140
• They can help you: <ul style="list-style-type: none">- Find resources- Maintain and improve your health- Provide & learn information about health services	

Healthy Aging Resource Teams (cont.)

Klinik Crisis Line (24/7) www.klinik.mb.ca	1-888-322-3019
Law Phone In & Lawyer Referral Line www.communitylegal.mb.ca	204-943-2305
Manitoba Suicide Prevention & Support Line Toll free, 24 hours, 7 days a week www.reasonstolive.ca	1-877-435-7170
Mediation Services www.mediationserviceswpg.ca	204-925-3410
Mobile Crisis Service	204-940-1781
Palliative Manitoba www.palliativemanitoba.ca	204-889-8525
Residential Tenancies Branch www.gov.mb.ca/cca/rtb/index.html	204-945-2476
Seniors Abuse Support Line	1-888-896-7183
Society for Manitobans with Disabilities www.smd.mb.ca	204-975-3010
WRHA Homecare www.wrha.mb.ca	204-788-8330

Chronic Disease Resources

Alzheimer Society of Manitoba www.alzheimer.mb.ca	204-943-6622
Arthritis Society www.arthritis.ca	204-942-4892
Canadian Cancer Society www.cancer.ca	204-774-7483
Canadian Liver Foundation www.liver.ca	204-831-6231
Canadian Mental Health Association https://mbwpg.cmha.ca/	204-982-6100
Diabetes Canada www.diabetes.ca	204-925-3800
Heart & Stroke Foundation of Manitoba www.heartandstroke.ca	204-949-2000
Huntington Disease Resource Centre www.hdmanitoba.ca	204-772-4617
Lupus Society of Manitoba Inc.	204-942-6825
Manitoba Lung Association www.mb.lung.ca	204-774-5501

Chronic Disease Resources (cont.)

Mood Disorders Association of Manitoba 204-786-0987
www.mooddisordersmanitoba.ca

Multiple Sclerosis Society of Canada 204-943-9595
www.mssociety.ca/chapter/winnipeg-area

Osteoporosis Canada 204-772-3498
www.osteoporosis.ca

Parkinson's Society Manitoba 204-786-2637
www.parkinson.ca

Stroke Recovery Association of Manitoba 204-942-2880
www.strokerecovery.ca

Cultural Resources

A&O: Support Services for Older Adults 204-956-6440
www.aosupportservices.ca

- Entry Program for Older Adult Immigrants

Conseil des francophones 55+ 204-793-1054
www.fafm.mb.ca

Family Dynamics: Support for strengthening families
www.familydynamics.ca 204-947-1401

Cultural Resources (cont.)

Immigrant Centre Manitoba www.icmanitoba.com	204-943-9158
Jewish Child and Family Services www.jcfswinnipeg.org	204-477-7430
Manitoba Interfaith Immigration Council www.miic.ca	204-977-1000
Manitoba Metis Federation www.mmf.mb.ca	204-586-8474
Pluri-elles MB Inc. www.pluri-elles.mb.ca	204-233-1735
• Services for Francophones	

Resources for Seniors with Disabilities

Canadian Institute for the Blind (CNIB) www.cnib.ca	204-774-5421
Deaf Centre Manitoba www.deafmanitoba.org	204-284-9373
Independent Living Resource Centre www.ilrc.mb.ca	204-947-0194

Resources for Seniors with Disabilities (cont.)

MB League of Persons with Disabilities www.mlpd.mb.ca	204-943-6099
Society for Manitobans with Disabilities www.smd.mb.ca	204-975-3010
WinnServ: Support for intellectual disabilities www.winnserv.ca	204-783-8654
WRHA Central Audiology Intake	204-837-0511

Notes

SENIORS RESOURCE FINDERS

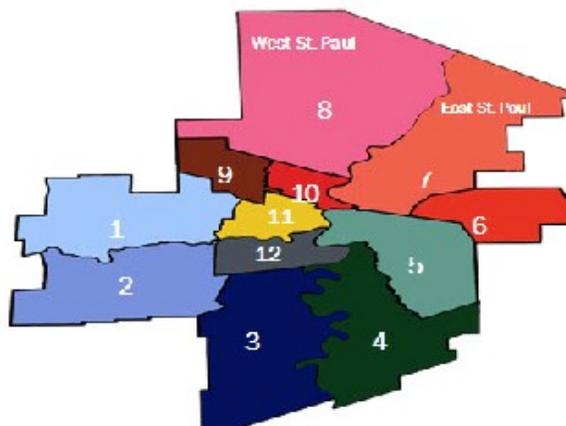
(formerly Community Resource Councils)
Information and Referral Hub

Living Well
 at **55+**

1. St. James Assiniboia Area - Seniors Resource Coordinator	204-987-8850 ext. 108
2. Assiniboine South Area - Seniors Resource Coordinator	204-478-6169
3. Fort Garry Area - Seniors Resource Coordinator	204-792-1913
4.* St. Vital Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
5.* St. Boniface Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
6. Transcona Area - Seniors Resource Coordinator	204-222-9879
7. River East Area - Seniors Resource Coordinator	204-667-6812
8. Seven Oaks Area - Seniors Resource Coordinator	204-612-3888
9. Keewatin/Inkster Area - Seniors Resource Coordinator	204-774-3085
10. Point Douglas Area - Seniors Resource Coordinator	204-792-2920
11. East Downtown Area - Seniors Resource Coordinator	204-803-8329
11. West Downtown/Broadway Area - Seniors Resource Coordinator	204-772-3533
12. River Heights Area - Seniors Resource Coordinator	204-478-6169
13.* Conseil des francophones 55+ - serves the French speaking population of Winnipeg	204-793-1054
14.**Middlechurch Home of Winnipeg - serves West St. Paul and East St. Paul	204-336-4126

Seniors Resource Finders (SRF) help link and refer older adults 55+ to community supports, programs and services. Services vary from community to community based on identified needs; however, some common services are:

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations





Who we are:

South Winnipeg Seniors Resource Council (SWSRC) is a non-profit information and referral hub connecting older adults with community resources to assist them in daily living.

Who we serve:

- Adults 55+ living in accommodations ranging from private dwellings to personal care homes
- Families, friends and caregivers of older adults

Where we serve:

In the communities of Charleswood, Crescentwood, Fort Rouge, Lord Roberts, Osborne Village, River Heights, Riverview and Tuxedo.

Contact Us:

117 – One Morley Ave, Winnipeg, MB R2L 2P4
204-478-6169 resources@swsrc.ca

***** Disclaimer *****

Information in the FYI Brochure is for reference purposes only and is not an exhaustive list of services available.

SWSRC does not take responsibility for the services provided.