

# Brandon School Division

## COMMUNITY RESOURCES

### ADVOCACY RESOURCES

|                          |  |                |
|--------------------------|--|----------------|
| Children’s Advocate..... |  | 1-800-263-7146 |
| Family Conciliation..... |  | 204-726-6336   |
| Mediation Services ..... |  | 204-726-6336   |
| Victim Services.....     |  | 204-726-6515   |

### AFTER SCHOOL PROGRAMS

|  |              |   |               |
|--|--------------|---|---------------|
| Big Brothers Big Sisters of Brandon..... | 204-727-1787 | Lighthouse – City of Brandon.....           | 204-729-2234  |
| Brandon Mini U.....                      | 204-727-9636 | Lighthouse – Metis Friendship Centre.....   | 204-727-1407  |
| Lighthouse – Youth for Christ.....       | 204-727-1251 | After the School Bell Rings.....            | 204- 925-5747 |
| City of Brandon Youth Centre.....        | 204-729-2515 | Brandon Aboriginal Youth Activity Centre... | 204-729-8112  |

### CHILD WELFARE AGENCIES

|   |  |                |
|---|--|----------------|
| Emergency – After Hours.....  |  | 1-800-483-8980 |
| Child & Family Services of Western Manitoba.....                            |  | 204-726-6030   |
| Dakota Ojibway Child & Family Services.....                                 |  | 204-729-3650   |
| Michif Child & Family Services.....   |  | 204-727-8540   |
| Nisichawayasihk Cree Nation Family and Community Wellness Centre (NCN)..... |  | 204-726-3690   |
| Sandy Bay Child & Family Services.....                                      |  | 204-725-5760   |
| West Region Child & Family Services.....                                    |  | 204-571-2090   |

### CRISIS/HELP LINES

|  |                |  |                |
|--|----------------|--|----------------|
| AIDS-STD Information Line.....         | 1-888-305-8647 | Men’s Resource Centre.....                   | 1-855-672-6727 |
| Child & Adolescent Treatment Centre... | 204-578-2700   | Mobile Crisis Unit/Crisis Stabilization..... | 1-888-379-7699 |
| Crisis Line for Abused Women.....      | 204-727-3644   | Westman Women’s Shelter.....                 | 204-727-3644   |
| Crisis Pregnancy Centre.....           | 204-727-6161   | Women’s Resource Centre.....                 | 204-726-8632   |
| Domestic Violence Crisis Line.....     | 1-877-977-0007 | Sexual Assault Crisis Line.....              | 1-888-292-7565 |
| Farm & Rural Stress Line.....          | 1-866-367-3276 | Smoker’s Help Line.....                      | 1-877-513-5333 |
| Kid’s Help Phone.....                  | 1-800-668-6868 | Suicide & Crisis Line.....                   | 1-888-379-7699 |
| Manitoba Farm & Rural Support.....     | 1-866-367-3276 | Tobacco Dependence Clinic.....               | 204-578-4207   |

### DIAL-A-DIETITIAN

|   |  |                |
|---|--|----------------|
| Free nutrition information by a Dietitian anywhere in MB..... |  | 1-877-830-2892 |
|---|--|----------------|

### FOOD BANKS/EMERGENCY FOOD

|                                 |              |                                |              |
|---------------------------------|--------------|--------------------------------|--------------|
| Helping Hands Soup Kitchen..... | 204-727-4635 | Salvation Army.....            | 204-727-6271 |
| St. Augustine’s Church.....     | 204-727-4728 | Samaritan House Food Bank..... | 204-726-0758 |
| Father’s Pantry Inc.....        | 204-726-3312 |                                |              |

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### FINANCIAL SUPPORTS/BENEFITS

|  |                |
|--|----------------|
| Canada Child Tax Benefit.....              | 1-800-387-1193 |
| Income Support Program.....                | 1-800-563-8793 |
| Manitoba Shelter Benefit for Families..... | 1-877-587-6224 |
| Maternity & Paternity Benefits (HRDC)..... | 1-800-206-7218 |
| Manitoba's Prenatal Benefit.....           | 1-888-848-0140 |

### HEALTH LINKS

|   |                |
|---|----------------|
| General health information from a Registered Nurse 24hr/7days a week..... | 1-888-315-9257 |
|---|----------------|

### HOUSING

|   |              |
|---|--------------|
| CMHA Emergency Shelter.....                       | 204-761-5040 |
| 7 <sup>th</sup> Street Access Centre Housing..... | 204-578-4800 |
| Mary's House (Women & Family).....                | 204-727-1268 |
| YWCA Meredith House (Family).....                 | 204-571-3680 |

### JUSTICE

|   |              |
|---|--------------|
| Community & Youth Correctional Services (Probations).....     | 204-726-6464 |
| School Division Brandon Police Service Resource Officers..... | 204-729-2345 |

### LEGAL SUPPORTS

|                                      |                |
|--------------------------------------|----------------|
| Law Phone in & Lawyer Referral.....  | 1-800-262-8800 |
| Legal Aid, Community Law Centre..... | 1-800-876-7326 |

### LITERACY & EDUCATION

|   |              |
|---|--------------|
| Assiniboine Community College Adult Learning..... | 204-725-8735 |
| Brandon Literacy Council.....                     | 204-729-9964 |
| Career & Employment Youth Services.....           | 204-571-8800 |
| Samaritan House Ministries Training Centre.....   | 204-727-1268 |
| Westman Immigration Services.....                 | 204-727-6031 |

### MANITOBA FAMILY SERVICES

|                                  |                |                                    |                     |
|----------------------------------|----------------|------------------------------------|---------------------|
| Family Services.....             | 204-726-6336   | Children's disABILITY Services.... | 1-800-230-1885      |
| Employment & Income Assistance.. | 1-866-726-6438 | Community Living disABILITY        |                     |
| Child Day Care Office.....       | 1-888-213-4754 | Services (Adult).....              | 204-726-6336        |
| Family Conciliation.....         | 1-800-282-8069 | Community Respite Services.....    | 204-727-4910        |
| marketABILITIES.....             | 204-726-6336   | Counsellors-Family, Marriage       |                     |
|                                  |                | & Personal.....                    | 204-571-3680 (YWCA) |

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## COMMUNITY RESOURCES

### MEDICAL – HOSPITALS & CLINICS

|                                  |                |                             |   |
|----------------------------------|----------------|-----------------------------|---|
| Brandon Regional Health Centre.. | 204-578-4000   | Rosser Medical Clinic.....  | 204-729-8588  |
| Brandon Clinic.....              | 204-728-4440   | Western Medical Clinic..... | 204-727-6451  |
| Brandon Clinic West.....         | 204-727-0900   | Wheat City Clinic.....      | 204-727-1711  |
| Newmount Medical Clinic.....     | 204-726-0773   |                             |   |
| FAMILY DOCTOR FINDER             | 1-866-690-8260 |                             | <a href="http://www.gov.mb.ca/health/familydoctorfinder/">http://www.gov.mb.ca/health/familydoctorfinder/</a> |

### MENTAL/EMOTIONAL HEALTH

|  |                |
|--|----------------|
| Anxiety Disorders Association of Manitoba.....               | 204-725-8550   |
| Community Mental Health Services.....                        | 204-578-2400   |
| Child & Adolescent Treatment Services.....                   | 204-578-2700   |
| Mobile Crisis Unit (Adults) .....                            | 1-888-379-7699 |
| Mood Disorders Association of Manitoba.....                  | 204-725-1232   |
| Brandon Friendship Centre Aboriginal Healing & Wellness..... | 204-727-1407   |
| Samaritan House.....   | 204-726-0758   |

### NEWCOMER RESOURCES

|  |              |
|--|--------------|
| Westman Immigrant Services                               | 204-727-6031 |
| Brandon Community Language Centre (Translation Services) | 204-727-2276 |

### PARENTING RESOURCES

|  |   |
|--|---|
| Healthy Baby Program.....                                  | 204-578-2545  |
| Elsbeth Reid Family Resource Centre.....                   | 204-726-6280  |
| Brandon Friendship Centre.....                             | 204-727-1407  |
| Adoption Options.....                                      | 204-774-0511  |
| Parents Help Line.....                                     | 1-888-603-9100  |
| Manitoba Parent Zone (Healthy Child Manitoba Website)..... | <a href="http://www.manitobaparentzone.ca/">http://www.manitobaparentzone.ca/</a> |
| Midwifery Services.....                                    | 204-571-5530  |

### POISON CONTROL

|   |                |
|---|----------------|
| Call 911 or Manitoba Poison Control (operates 24 hours, 7 days/week)..... | 1-855-776-4766 |
|---|----------------|

### PUBLIC HEALTH

|                  |              |
|------------------|--------------|
| Brandon.....     | 204-578-2500 |
| Teen Clinic..... | 204-578-2513 |

### RECREATION

|                     |              |
|---------------------|--------------|
| Kidsport.....       | 204-726-6072 |
| YMCA.....           | 204-727-5456 |
| Sportsplex.....     | 204-729-2470 |
| Sport Manitoba..... | 204-726-6072 |

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## COMMUNITY RESOURCES

### 7<sup>th</sup> STREET ACCESS CENTRE

Brandon..... 204-578-4800

### THRIFT STORES

|  |              |                               |              |
|--|--------------|-------------------------------|--------------|
| CMHA Restore.....                      | 204-728-2227 | Nearly New Shop.....          | 204-578-2065 |
| Elsbeth Reid Family Resource Centre... | 204-726-6280 | Samaritan House.....          | 204-726-0758 |
| MCC Thrift Store.....                  | 204-727-1162 | Value Village Stores Ltd..... | 204-727-8050 |

### MISCELLANEOUS/ADDITIONAL SUPPORT SERVICES

|   |                |
|---|----------------|
| Addictions Foundation of Manitoba (Brandon).....    | 204-729-3838   |
| AFM Gambling Help Line.....                         | 204-727-1696   |
| John Howard Society.....                            | 1-800-463-1554 |
| Learning Disabilities Association.....              | 204-727-4669   |
| Red Cross (Bullying Prevention).....                | 1-877-356-3226 |
| Sexual Education Resource Centre.....               | 204-727-0417   |
| Society for Manitobans with Disabilities (SMD)..... | 204-726-6157   |
| Westman Dreams for Kids.....                        | 204-729-8898   |
| Westman Women's Shelter.....                        | 204-727-3644   |
| Youth for Christ.....                               | 204-727-1251   |
| YWCA (Girl Space).....                              | 204-571-3680   |

### WEBSITE RESOURCES

|                          |   |
|--------------------------|---|
| Manitoba Healthy Schools | <a href="http://www.gov.mb.ca/healthyschools/topics/mental/index.html?print">http://www.gov.mb.ca/healthyschools/topics/mental/index.html?print</a>   |
| Mind Check               | <a href="http://mindcheck.ca/get-involved/friends/supporting-your-friends-mental-wellness">http://mindcheck.ca/get-involved/friends/supporting-your-friends-mental-wellness</a>   |
| Stress Hacks             | <a href="http://www.stresshacks.ca/">http://www.stresshacks.ca/</a>   |
| Wellcast                 | <a href="https://www.youtube.com/user/watchwellcast">https://www.youtube.com/user/watchwellcast</a>   |
| Body Image               | <a href="http://www.beyondimages.ca">www.beyondimages.ca</a><br><a href="http://bodyimagehealth.org/healthy-bodies/curriculum/">http://bodyimagehealth.org/healthy-bodies/curriculum/</a><br><a href="http://thestudentbody.aboutkidshealth.ca">http://thestudentbody.aboutkidshealth.ca</a><br><a href="http://www.gov.mb.ca/healthyschools/topics/mental/index.html?print">http://www.gov.mb.ca/healthyschools/topics/mental/index.html?print</a> |
| Kids Health              | <a href="http://www.kidshealth.org">www.kidshealth.org</a>  |
| Women's Health Clinic    | <a href="http://womenshealthclinic.org">http://womenshealthclinic.org</a>   |