

CHEAT SHEET: COUNSELLING

<p>Anxiety & Depression</p>	<p>CBTm class, self refer by calling to register for the class they want, class info in WRHA Health Management Group Guide (available online), or google “WRHA groups CBT”, class goes for 4 weeks, Cognitive Behaviour Therapy with mindfulness (CBTm) - Winnipeg Regional Health Authority (wrha.mb.ca)</p> <p>Mood Disorders Association of MB: peer support line 204-560-1461, support groups 204-786-0987 or register online, women’s, men’s, mixed, depression, bi-polar, personality, family and friends, parents, postpartum, Mood Disorders Association of Manitoba - Regions (mooddisordersmanitoba.ca)</p> <p>Anxiety Disorders Association of MB: peer support line 204-925-0600 to build practical tools, Discover Anxiety Disorder Facts, Treatments & Recovery Stories (adam.mb.ca)</p> <p>Good website – www.anxietycanada.ca</p>
<p>General Counselling, any issue</p> <p>Individual Couple Family</p>	<ul style="list-style-type: none"> • Jewish Child and Family Counselling Services: 204-477-7430 – sliding scale, open to all faiths and cultural groups, JCFs - Counselling (jcfswinnipeg.org) • Aurora Family Therapy Centre: 204-786-9251 – sliding scale, often no wait for couples/families, Therapy Services Aurora Family Therapy Centre • Family Dynamics: 204-947-1401, Counselling – Family Dynamics • New Directions – family therapy, 204-786-7051 ext 2560, free, family.therapy@newdirections, Family Therapy Services – New Directions • Aulneau Renewal Centre: 204-987-7090 (sliding scale), https://aulneau.com/counselling/ • Non-Insured Health Benefits (NIHB), www.canada.ca Manitoba Region: 204- 983-4571 or 1-800-665-8507 toll-free, Indigenous folks with Treaty # • Fort Garry Women’s resource Centre, women only –: 204-477-1123, counselling, classes, legal support etc. Counselling – Fort Garry Women's Resource Centre (fgwrc.ca) • Women’s Health Clinic, women only, 204-947-2422 ext 204, Counselling For Adults - Women's Health Clinic (womenshealthclinic.org) • Klinik DROP IN Counseling: *currently via phone, to book a same day appt, call 204-784-4090 with your health card
<p>Grief</p>	<p>Palliative MB: Grief Seminars: have a list of dates/times on website here Bereavement (palliativemanitoba.ca), Telephone Bereavement support: intake 204-889-8525 ext. 225, self refer, by trained volunteers, they will be matched with someone, weekly phone calls, Telephone Bereavement Support (palliativemanitoba.ca)</p> <p>Cancer Care: intake 204-787-2109, self-refer, for cancer patients or families, individual counselling and groups, Programs/ Support Groups/ Counselling (cancercare.mb.ca)</p> <p>Suicide Bereavement: Klinik, individual & groups, 12 week program, 204-784-4059</p>
<p>Trauma</p>	<p>Klinik Trauma Counselling: for adults, men & women, any type of trauma, intake 204-784-4059 or email intake counsellingintake@klinik.mb.ca , Trauma Counselling - Klinik Community Health</p> <p>Laurel Centre – self-refer, for adults who experienced childhood sexual abuse (women & men, groups and individual counselling), 204-783-5460, thelaurelcentre.com. *For men, they can still call the men’s resource centre line, but they will be redirected to Laurel Centre program)</p>

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	<p>Newcomer Collaborative Community Mental Health Service, Aurora Family Therapy Centre – 204-789-4246, referral form online (self refer or other referrer), Newcomer Collaborative Community Mental Health Service Aurora Family Therapy Centre</p> <p>Good website – from Klinik - https://trauma-recovery.ca/</p> <p>Good book – 8 Keys to Safe Trauma Recovery – by Babette Rothschild</p>
<p>Case Management (housing, work, mental health recovery)</p> <p>Classes</p>	<p>Canadian Mental Health Association (CMHA) 930 Portage ave</p> <ul style="list-style-type: none"> • Case management, 204-982-6100, self-refer, Rehabilitation and Recovery (cmha.ca) • Learning Centre: classes, self-refer, online registration or call 204-982-6100, classes on a range of mental health issues and practical stuff (budgeting, anxiety, working on EIA etc) . CMHA Well-Being Learning Centre • Resource Guide, Layout 1 (cmha.ca) <p>WRHA Community Mental Health - for adults with severe and persistent mental health, case management, self refer 204-788-8330</p>
<p>Gender Sexuality Issues</p>	<p>Counselling: **ask for an 2SLGBTQ+-affirming counsellor</p> <ul style="list-style-type: none"> • Aurora Family Therapy at the University of Winnipeg – (204) 786 9251 • Klinik Community Health Centre - (204) 784 4067 • Women’s Health Clinic – (204) 947 2422, Ext. 204 <p>Rainbow Resource Centre: counselling call (204) 474 0212 ext 201, on a Monday morning at 10:00am, Counselling – Rainbow Resource Centre, also can help with social support, education etc.</p> <p>Klinik Transgender Health Clinic: self refer 204-784-4051, leave a msg with chosen name and safe number to reach them, Trans Health Klinik - Klinik Community Health</p>
<p>Seniors</p>	<p>Age and Opportunity – 204-956-6440, A & O: Support Services for Older Adults – Providing innovative programs and services to older adults since 1957. (aosupportservices.ca), info@aosupportservices.ca</p> <ul style="list-style-type: none"> • Counselling on loneliness, death of someone, loss of health, relationships with adult children/grandchildren: 204-956-6440 • Help with housing, 55+ housing directory • Connect program, phone or in-person socialization (not counselling) • Seniors Without Walls program – phone workshops • Elder Abuse info and support – safe suite program <p>St James: Seniors Resource Finder, call 204-987-8850 ext 108, or email Sarah at sarah@sthamescentre.com, Senior Support Services St. James Assiniboia 55+ Centre (stjamescentre.com)</p> <p>Charleswood Senior Centre: 204-897-5263, info@charleswoodseniorcentre.org Home Charleswood 55+ Active Living Centre (charleswoodseniorcentre.org)</p> <p>List of Seniors Resource Finders in Wpg: seniors-resource-finders.pdf (wrha.mb.ca), *can inquire about community resources, rides, home maintenance, activities</p>
<p>Parenting support</p>	<p>Triple P Parenting Hotline: call 204-945-4777 in Wpg or toll free 1-877-945-4777, parenting support, not a crisis service</p> <p>Triple P Positive Parenting Program Parenting Resources Toddler and Preschooler A Parent or Caregiver Manitoba Parent Zone Healthy Child Manitoba</p>
<p>Men’s Resources</p>	<p>Mens Resource Centre – Call 204-415-6797, website The Men's Resource Centre of Manitoba — A Program of The Laurel Centre (mens-resource-centre.ca)</p>

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<p>Caregiver supports</p>	<p>Age & Opportunity (55+) online support group for caregivers, once a week. To register contact Jamie Kinaschuk at jkinaschuk@aosupportservices.ca.</p> <p>Caregiver Groups through:</p> <ul style="list-style-type: none"> • Cancer Care, 204-787-2109, Programs/ Support Groups/ Counselling (cancercare.mb.ca) • MS society Caregivers — MS Society of Canada, • Heart & Stroke: Caregivers – Stroke Recovery Association of Manitoba <p>A Guide for the Caregiver: caregiver.pdf (gov.mb.ca)</p>
<p>Family Violence</p>	<p>Klinic Evolve program, 204-784-4059, separate programs for women who have been abused, and for men who have been violent or concerned about their behavior. Evolve Family Violence Counselling - Klinic Community Health</p> <p>Willow Place (women’s shelter): Counselling services for women & men, 204-230-9399, drop in or by appt, Services – Willow Place (willowplaceshelter.ca)</p> <p>A Woman’s Place: chat or text support, Norwest Co-op, A Woman’s Place Chat Line NorWest Co-op Community Health (norwestcoop.ca)</p> <p>Family Violence Prevention Program 24-hour crisis line: Call: 1-877-977-0007, email: fvpp@gov.mb.ca, https://www.gov.mb.ca/msw/fvpp</p>
<p>Pregnancy Loss</p>	<p>Counselling for miscarriage, termination, infant loss:</p> <p>Dragon Fly program – Women’s Health Clinic, intake 204-947-2422, ext 544, or can register online, Pregnancy Loss and Infant Loss Program (womenshealthclinic.org)</p>
<p>Pain Nutrition Diabetes, Lifestyle COPD Smoking Setting goals</p>	<p>WRHA Health Education Programs, self refer, free classes</p> <p>Health Management Group Program Guide - Winnipeg Regional Health Authority (wrha.mb.ca)</p> <p>Get Better Together: group for people adjusting to changes in physical health, functional changes, Get Better Together En santé . . . ensemble - Winnipeg Regional Health Authority (wrha.mb.ca)</p>
<p>Crisis Resources</p>	<p>Mobile Crisis Service: 204-940-1781, or go to Crisis response centre at 817 Bannatyne, a clinician will do a mental health assessment over the phone/ in person</p> <p>Klinic Crisis Line: 204-786-8686, do not have to be in crisis to call, can call for support (to vent, problem solve, breathing exercises etc)</p> <p>Manitoba Suicide Prevention & Support Line: 1-877-435-7170. Reason To Live - Manitoba Suicide Prevention & Support Line - 1-877-435-7170</p> <p>Youth Mobile Crisis: 204-949-4777, Youth Crisis Services Macdonald Youth Services (mys.ca)</p>