



Who are the Seniors Resource Finders?

Seniors Resource Finders (SRF) help link and refer adults 55+ to community supports, programs and services. Whether it's recreational, volunteer opportunities, exercise programs, or supports to help you meet your needs in daily life, it can be hard to know where to go. Seniors Resource Finders can talk to you about your needs and interests and get you connected to the resources in your part of the city.

Here are a few examples of the types of resources they can help you find connection for:

- 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
- Health Services



Area	Website	Email	Phones
St. James Assiniboia	stjamescentre.com	resources@stjamescentre.com	204-560-5184
Assiniboine South	swsrc.ca	resources@swsrc.ca	204-478-6169
Fort Garry	aosupportservices.ca	fortgarry@aosupportservices.ca	204-792-1913
St. Vital/St. Boniface	dakotacc.com	seniorsresources@dakotacc.com	204-254-1010 Ext. 217
Transcona	transconaseniors.ca	tcs@mymts.net	204-222-9879
River East	gnalc.ca	resrf@gnalc.ca	204-667-6812
Seven Oaks	gwensecter.com	sevenoaksseniors@gwensecter.com	204-339-1701 Ext 205
Keewatin/Inkster	kinrc.ca	kinrc@mts.net	204-774-3085
Point Douglas	aosupportservices.ca	pdsc@aosupportservices.ca	204-792-2920
East Downtown	aosupportservices.ca	dsrca@aosupportservices.ca	204-803-8329
West Downtown/Broadway	bsrc.ca	broadwayseniors@gmail.com	204-772-3533
River Heights	swsrc.ca	resources@swsrc.ca	204-478-6169
Conseil des francophones 55+	serves French speaking population of Winnipeg www.fafm.mb.ca	conseil55@fafm.mb.ca	204 235-0670
West St. Paul and East St. Paul	middlechurchhome.mb.ca	bmccallum@middlechurchhome.mb.ca	204-336-4126