



Counselling & Therapy Resource List – Updated March 2019

Finding a Counsellor:

- Ask your doctor for referral to a quality counsellor
- See the yellow pages under COUNSELLOR
- See if you have an Employee Assistance Plan (EAP) with free confidential counselling: 204-786-8880
- Check if your private medical insurance plan covers professional counselling
- Contact one of these professional organizations:
 - o Psychological Association of Manitoba 204-487-0784
 - o Manitoba Institute of Registered Social Workers 204-888-9477
 - o College of Registered Psychiatric Nurses of Manitoba 204-888-4841

Low- or No-Cost Professional Counselling

Access NorWest Co-Op Community Health 785 Keewatin Street 204-938-5900 https://norwestcoop.ca/program_category/counselling/	Hope Centre Health Centre Inc. 240 Powers Street 204-589-8354 http://hopecentrehealthcare.com
Aulneau Renewal Centre 228 Hamel Avenue 204-987-7090 https://aulneau.com/counselling/	Jewish Child and Family Services C200 – 123 Doncaster Street 204-477-7430 https://www.jcfswinnipeg.org
Aurora Family Therapy Centre 515 Portage Avenue 204-786-9251 www.aurorafamilytherapy.com/	Jonah Counselling + Consulting 462 Selkirk Avenue 204-998-0843 https://jonahconsulting.ca
Centre de Santé 170 Goulet Street 204-235-9310 http://centredesante.mb.ca	Klinik Community Health Centre 870 Portage Avenue Counselling Intake: 204-784-4059 http://klinik.mb.ca
Centre Renaissance Centre Inc. 844 Autumnwood Drive 204-256-6750 https://www.renaissancecentre.ca/services	Ma Mawi Wi Chi Itata Centre 318 Anderson Ave / 363 McGregor St / 443 Spence Ave 204-925-0300 http://www.mamawi.com
Elmwood Community Resource Centre 545 Watt Street 204-982-1720 http://elmwoodcrc.ca/counselling-program/	Mount Carmel Clinic 886 Main Street Counselling Intake: 204-589-9420 https://www.mountcarmel.ca
Family Dynamics 401 – 393 Portage Avenue (Portage Place) Counselling Intake: 204-947-1401 www.familydynamics.ca	New Immigrant Chai Centre Inc. Chai for Men 356 Hargrave Street 204-415-2550
Fort Garry Women's Resource Centre 1150-A Waverley Street Counselling Intake: 204-477-1123 http://fgwrc.ca/our-programs/counselling/	North End Women's Centre 394 Selkirk Avenue 204-589-7347 http://www.newcentre.org/programs/counseling/

chimb.ca



<p>Pluri-elles (Français) Unité 114 – 420 rue Des Meurons 204-233-1735 (poste 201) ou 1-800-207-5874 www.pluri-elles.mb.ca</p>	<p>The Men’s Resource Centre of Manitoba 115 Pulford Street 204-415-6797 www.mens-resource-centre.ca</p>
<p>Recovery of Hope Counselling Services 102-900 Harrow Street East 204-477-4673 or 1-866-493-6202 https://edenhealthcare.ca/roh/services-programs/</p>	<p>Women’s Health Clinic Unit A – 419 Graham Avenue Counselling Intake: 204-947-2422 (extension 204) www.womenshealthclinic.org</p>
<p>The Laurel Centre 104 Roslyn Road 204-783-5460 https://thelaurelcentre.com/home</p>	

Drop-In Counselling

<p>North End Women’s Centre 394 Selkirk Avenue • 204-589-7347 - Monday-Friday from 8:30 am – 3:30 pm</p>	<p>Klinik Drop-In Counselling 870 Portage Avenue • 204-784-4067 - Monday, Friday & Saturday from 12:00 – 4:00 pm - Tuesday & Thursday from 12:00 – 7:00 pm - Closed Wednesday & Sunday</p>
<p>Elmwood Community Resource Centre 545 Watt Street • 204-982-1720 - Monday – Thursday from 9:00 am – 5:00 pm - Friday from 9:00 am – 12:00 pm - Closed Daily from 12:00 – 1:00 pm</p>	

Help & Crisis Lines and Locations (Winnipeg)

<p>A Woman’s Place (Women) • 204-940-6624 Monday – Friday from 9:00 am – 5:00 pm</p>	<p>Mobile Crisis Unit (Adults) • 204-940-1781 Mobile Crisis Unit (Youth) • 204-949-4777</p>
<p>Crisis Response Centre (Adults) • 817 Bannatyne Ave Walk-In Only</p>	<p>Osborne House Crisis Line • 204-942-3052</p>
<p>Crisis Stabilization Unit • 204-940-3633 755 Portage Avenue</p>	<p>Seneca Help Line • 204-942-9276 7:00 – 11:00 pm</p>
<p>First Nations & Inuit Hope for Wellness Help Line 24 hours • 1-855-242-3310</p>	<p>The Indian Residential Schools Resolution Health Support Program • 1-866-925-4419</p>
<p>Kids Help Phone (18 and under) • 1-800-668-6868</p>	<p>Youth Emergency Crisis Stabilization Unit (18 and under) 204-949-4777</p>
<p>Klinik Sexual Assault Line (Everyone) • 204-786-8631 1-888-292-7565 • TTY: 204-784-4097</p>	
<p>Klinik Suicide Crisis Line (Everyone) • 204-786-8686 24 hours • Toll-Free: 1-888-322-3019</p>	
<p>Main Street Project (Adults) • 204-982-8245</p>	
<p>Manitoba Domestic Violence Crisis Phone Line 1-877-977-0007</p>	
<p>Manitoba Suicide Line (Everyone) • 1-877-435-7170 204-784-4097 • http://reasontolive.ca</p>	