



MACDONALD YOUTH SERVICES

YRC/SHELTER

PARENT AND PROFESSIONAL SUPPORT PACKAGE



Youth Resource Centre/Shelter *Emergency shelter and walk-in basic needs*

161 Mayfair Avenue
Wpg, Manitoba
R3L 0A1

Phone #: (204) **477-1804**

Fax #: (204) 284-4431

Website: www.mys.mb.ca

Hours: **24 hours, 7 days a week**

Here are some other agencies that you might find helpful; please first call the particular agency to clarify what type(s) of counselling services that they offer to find the right service for you and your family.

This information can also be found at; www.mys.ca/materials.php

CRISIS RESOURCES

Mobile Crisis Team

Phone #: 949-4777 (24 hours)

The Mobile Crisis Team is a crisis response team, responsible for delivering services to children, adolescents, families and care-givers, when crisis services are required. The teams will stabilize crises, provide on-site services (in-home) and develop treatment strategies for ongoing intervention.

The phone line open 24 hours.

In home support services available, except between the hours of 3:00am - 7:00am.

Klinic Crisis Line

Phone #: 786-8686 (24 hours)

Toll free # is available for rural callers **1-888-322-3019**

Klinic Crisis Line offers 24 hour phone counselling to people and parents in crisis. Callers ask counsellors about many subjects. Among others, these include: depression, loss, separation, grief, self-esteem, suicide, anxiety, relationships, childhood abuse (past or current), domestic abuse, sudden life changes, loneliness, sexuality and sexual orientation

COUNSELLING AND MEDIATION

Klinic – Community Drop In Counselling Program

Phone #: 784-4067

www.klinic.mb.ca

Klinic philosophy...*Klinic* is a pro-choice agency. They will offer you respectful, non-judgemental support. They welcome people of any gender, appearance, culture, religious background or sexual orientation.

Klinic offers a single session counselling service. Drop-In counselling is available to anyone for any reason. No appointment is necessary and people are seen on a first come first serve basis.

- *In partnership with the Winnipeg Regional Health Authority, and the Family Violence Prevention Program, Klinic offers Drop-In Counselling at the following locations:*

Klinic on Broadway

545 Broadway

Assigned visitor parking available

Transcona

845 Regent Avenue West

Parking available

****For hours of operation, PLEASE CALL 784-4067****

If you are in crisis or have been affected by a trauma and wish to make an appointment with a counsellor. Contact the **Crisis and Trauma Intake Line** Monday through Friday between 9 am and 4 pm at **784-4059**.

Teen Klinic - Walk-In

870 Portage Ave

Mondays 4:30 - 8:00 pm

Teen *Klinic* is open to anyone ages 12 - 20. No one will judge you because of your age, gender, appearance or your sexual orientation.

Aurora

Phone #: 786-9251

University of Winnipeg

Sparling Hall, 2nd floor

515 Portage Avenue

<http://aurora.uwinnipeg.ca>

Aurora Family Therapy Centre will work with you to find a satisfactory resolution to your problems – whether they have their roots in parenting concerns, child and adolescent problems, couple communication problems, the paralysis of post-divorce feelings and trauma of grief and loss, past or present abuse, low self-esteem or other issues that affect your quality of life and your relationship with those you care about. Your therapist will help you to more fully understand the problem that brought you to Aurora, and with you to set goals and find solutions that work best for you.

Aurora's therapists are committed to caring about you as a whole person – mind, body, and spirit – and to adhering to the ethical and professional guidelines of the American Association for Marriage and Family Therapy. This includes the valuing of inclusivity and diversity and talking a stand against discrimination

on the basis of age, culture, ethnicity, gender, physical ability, nationality, race, religion and sexual orientation.

They offer a sliding fee scale; your therapist will work with you to determine the fee based on a formula that considers family income and number of people in the household. On a time-limited basis, they can supplement the lowest fee to assist people who are experiencing financial hardship.

Family Mediation Services

320-1200 Portage Avenue
Winnipeg, MB
www.mediationserviceswpg.ca

Phone #: 925-3410

Toll Free: 1-866-925-3410

Mediation Services is a non-profit organization that promotes peace and restorative justice within the community. Through third party intervention and education people are empowered to resolve conflicts using nonviolent conflict resolution processes.

Family Centre of Winnipeg

401-393 Portage Avenue
Portage Place
Winnipeg, MB
www.familycentre.mb.ca

Phone #: 947-1401

Family Center's mission is to bring programs, partnerships and resources together to empower and strengthen families and communities.

Counseling & community services

Counseling is provided to individuals, couples, families and groups. Counselors will use a strengths-based, family centered approach towards, improving couple and family relationships, improving communication and parenting skills, developing skills to set and reach goals, learning effective anger management skills, learning to live without violence, dealing more effectively with separation and divorce, understanding and managing depression and stress, moving beyond the impact of childhood and adult traumas.

Community services include educational workshops, professional training, student training, community partnerships, and media requests.

In Home Family Support & Education

In-Home Family Support Workers may be provided to families during a time of crisis, when a family member is ill or disabled, or where there are special needs. In-Home Family Education Workers may be provided when a family wants to learn parenting and/or home management skills. We also offer community outreach/development in Manitoba Housing Developments. The focus of the program is on the total family. Professional Family Support Supervisors provide case management including outreach, emotional support, crisis intervention, parental guidance, advocacy and referral to community resources as needed.

The goals of the In-Home Family Support / Family Education program are to: provide child care, family support, parent education and household help to families, strengthen parenting skills and families, and promote positive development of children.

South Winnipeg Family Info Centre Phone #: 284-9311

Lower Level, 800 Point Road
Winnipeg, MB
www.swfic.org

South Winnipeg Family Information Centre is committed to strengthening family life and preventing crisis, through education programs, workshops and peer support. Their aim is to enable people to adjust to changes and meet the challenges in their family.

Specific objectives are to: Provide learning experiences for parents and other family members assist the community in obtaining social and family-related resources, and provide community members with information on family related resources.

The Laurel Centre Phone #: 783-5460

104 Roslyn Road
Winnipeg, MB
www.thelaurelcentre.com

The Laurel Centre provides individual and group counselling to women who have experienced childhood and / or adolescent sexual abuse. The agency is unique in its counselling approach to child sexual abuse and compulsive coping behaviours (such as addictions) they recognize that many survivors compulsive coping behaviours grow of their attempts to cope with the pain that comes from their abuse.

Ma Mawi Wi Chi Itata Centre Phone #: 925-0300

Various sites in Winnipeg
www.mamawi.com

Their mission, to seek and help build the capacity of the Aboriginal community to maintain healthy children, youth, families, and neighbourhoods.

All of *Ma Mawi's* programs and services are community based and operate within a philosophy that is embodied in our name, which translated from Ojibway means: "we all work together to help one another" These words reflect the concepts of collective responsibility and reciprocity towards helping each other, and are based on the recognition that at some point in our lives, we may need help to deal with the problems that arise from living and raising children in an urban environment. With a community development approach to service delivery, *Ma Mawi* is actively creating meaningful opportunities for family and community involvement in the neighbourhoods we support.

Variety of programs available to aboriginal and non-aboriginal families needing support. Family group conferencing is available to families involved with CFS to help keep children within the family. Emergency services (bus tickets, food vouchers, etc.)

SUPPORT GROUPS

**Addictions Foundation of Manitoba
Parents Intervention Program**

Phone #: 944-6235

www.afm.mb.ca

No fee. An information program to help groups of parents & caregivers learn about and deal with behaviours of their child who uses drugs, alcohol or gambles. Offered almost on a monthly basis (excluding July), call to register and to find out dates it is offered on. Please leave children at home as this is for parents only.

Families Anonymous

Phone #: 237-0336 (24 Hours)

Call for meeting times/locations. No fee or wait list. Twelve step support group for parents who have a wide range of difficulties with their son/daughter. Also support for adults who know someone struggling with drug/alcohol addictions.

New Directions/Parent Support Group

Phone #: 786-7051

400-491 Portage Ave

Winnipeg, MB

www.newdirections.mb.ca

Mission is to provide responsive and individualized services that foster the hopes and dreams of people and their communities

The families of youth involved in high risk behaviours often don't know where to turn for understanding, support and assistance. The support group for parents of high risk youth can help.

The support group for parents of high risk youth is a program of *New Directions* for children, adults, and families. As the name suggests we offer support to parents and families who are having difficulties with their youth's involvement in high risk behaviours. This can often be an exhausting, confusing as well as lonely experience for parents.

The group is open to anyone and is facilitated by a staff person from the *Family Therapy* program. The link to the *Family Therapy* program is important as this is a resource parents may wish to access in the future. Meetings are held every second Thursday evening from 7:00pm to 9:00pm.

DROP-IN

Family Community Centre

Phone #: 775-9934

100-475 Sargent Ave.

No fee. Drop-in for adults, free parenting classes. Respite Day care available. Hours of operation: Monday and Wednesday 1pm – 4pm. Tuesday and Friday 9am – 4pm.

Wolseley Family Place

Phone #: 788-8052

www.wolseleyfamilyplace.com

Wolseley Family Place is a multi-service, non-profit, community based program that promotes social support, cooperation and collective responsibility through an offering of a mix of education, information, activities, material support and other resources to families across a number of service and program areas. Programs deliver a range of services and programs guided by principles that focus on building supportive relationships, facilitating growth, respecting diversity and furthering community development.