



MACDONALD YOUTH SERVICES

YRC/SHELTER PARENT AND PROFESSIONAL SUPPORT PACKAGE



The Youth Resource Centre

Emergency shelter and walk-in basic needs

161 Mayfair Avenue
Winnipeg, Manitoba
R3L 0A1
Phone #: (204) **477-1804**
Fax #: (204) 284-4431
Website: www.mys.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; <http://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**

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 Info Lines

Phone #: 784-4067

Web Site: www.klinic.mb.ca

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. For information on Drop-In hours call **784-4067**.

The names of people requesting a consultation appointment are placed on a waiting list. Your name will be added to this list only if we can ensure that you can be seen by a counsellor within a two week period. There is no fee to see a counsellor. However the number of openings available for counselling after an initial consultation appointment is limited. If they can not provide you with services, they will offer referrals to resources they believe might be best suited to meet your needs.

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

Sparling Hall, University of Winnipeg

515 Portage Avenue

Web Site: aurora.uwinnipeg.ca

Aurora Family Therapy Centre offers therapy to families, couples and individuals. They value inclusivity and diversity, and welcome all ages, cultures, ethnicities, genders, abilities, nationalities, races, religions, and sexual orientations. They have been providing therapy for over 35 years. They offer a welcoming place for you to discuss your concerns. Appointments are available weekdays, evenings and Saturdays.

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, we can supplement the lowest fee to assist people who are experiencing financial hardship

Parent & Child Program

Web Site: www.elizabethhill.ca
301-321 McDermot Ave

The Parent and Child program has now become the Strengthening Families Program. This program is committed to a family-centered approach and is based on the belief that children heal best in the context of their families and caregivers. Strengthening family relationships in general and facilitating the establishment of secure attachments between parents and children in particular, are the overall goals of the program.

Referral Criteria: Families who are at risk of long term psychological harm relating to child abuse and neglect, family violence, substance misuse and other serious social problems. Children who are experiencing overwhelming emotional or behavior symptoms (ie: suicidal ideation, extreme aggression or withdrawal, fire-setting) Children who are the subject of an abuse investigation or custody/access dispute.

Family Mediation Services

Phone #: 925-3410

Web Site: www.mediationserviceswpg.ca
302-1200 Portage Ave

Mediation Services is a non-profit organization that promotes peace and restorative justice within the community. We strive to empower people to resolve conflicts using non-violent processes. They work with all types of conflicts including family, neighborhood, and court diversion.

Family Centre of Winnipeg

Phone #: 947-1401

Website: www.familycentre.mb.ca
#401-393 Portage Avenue

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**Web Site: 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.

Laurel Centre**Phone #: 783-5460**

62 Sherbrook Centre

Web Site: www.thelaurelcentre.com/home

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**Phone #: 925-0300**Web Site: www.mamawi.com

Various sites in Winnipeg. No fee. 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**
Web Site: www.afm.mb.ca

Phone #: 944-6235

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
Web site: www.newdirections.mb.ca

Phone #: 786-7051

Contact Person: Lezlie Russell ext. 303. No fee. Support group for parents of high-risk youth. Length of program is ongoing, every second Thursday, 7pm- 9pm

DROP-IN

Family Community Centre
100-475 Sargent Ave.

Phone #: 775-9934

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
Web Site: www.wolseleyfamilyplace.com
691 Wolseley Avenue

Phone #: 788-8052

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.