

# GET CONNECTED

As an adult, you often are looking for all kinds of services. Knowing where to begin is a challenge.

Below are some places to help you start getting connected.

# EMPLOYMENT

## Youth Employment Services

614-294 Portage Avenue

Ph. 204-987-8661

A free employment service for Manitoba Youth ages 16-29. Open Monday – Friday, 8:30am – 4:30pm. Bring social insurance number to register. No appointment necessary.

Indeed

<https://yesmb.ca/>

## Job Bank or Mobile App

Online database to search job openings by province. Search on the website: or download the mobile app:

<https://www.jobbank.gc.ca/jobsearch/>

Indeed

Website to search for employment.

<https://ca.indeed.com/jobs-in-Winnipeg,-MB>

# FINANCES

## Community Volunteer Income Tax Program

401 York Avenue Ph. 204-989-1900

Free income tax preparation. Offered annually from late February to late April on a walk-in basis. Call for additional info.

<https://www.cfcs.mb.ca/>

## How to Open a Bank Account

Website with information about how to open a bank account and what ID you will need.

<https://www.canada.ca/en/financial-consumer-agency/services/banking/opening-bank-account.html#toc2>

## Employment & Income Assistance

Ph. 204-948-4000

The Employment and Income Assistance Program (EIA) provides financial help to Manitobans who have no other way to support themselves or their families. They can provide support for basic needs and housing.

To apply, call the phone number above  
Monday – Friday, 8:30am – 4:30pm.

<https://www.gov.mb.ca/fs/eia/>

# HOUSING

## Winnipeg Rental Network

Information about renting in Manitoba such as what your responsibilities are as a tenant, security deposits, and signing a tenancy agreement.

<https://www.winnipegrentnet.ca/rental-guide>

## Manitoba Housing

Subsidized (based on your income) housing in Winnipeg and throughout the province. To apply, call 204-945-4663 to have an application mailed to you or fill out an application at any Manitoba Housing office. Visit website for office locations and additional information.

<https://www.gov.mb.ca/housing/housingoffice.html>

## Winnipeg Housing Rehabilitation Corporation

Application for housing available at Emergency Housing Many services exist to provide someone with a place to stay in a crisis and can include other crisis services, such as basic supplies, counseling, and assistance in finding more permanent housing.

<https://whrc.ca/how-to-apply/apply-now/>

Student Housing Many post-secondary institutions offer housing options for students that can include meals, utilities (internet, etc), and access to campus services and activities.

- Red River College
- University of Manitoba
- Université St-Boniface
- University of Winnipeg

# PHYSICAL HEALTH

## Family Doctor Finder

Ph. 204-786-7111

<https://forms.gov.mb.ca/family-doctor-finder/>

Family Doctor Finder can help you find a family doctor or home clinic in your area. Register online or by phone.

## Youville Teen Clinic

6-845 Dakota Street

Ph. 204-255-4840

<https://www.youville.ca/health-centre/teen-clinic>

Free & confidential health care for youth ages 14-20 every Tuesday from 4:00 to 7:00pm. Nurses and a doctor who can answer questions, provide testing, low cost/no cost birth control, free condoms, and connect you with other resources. No health card required.

## Health Links/Info santé

This health information service is staffed by nurses who can answer health questions over the phone and provide direction in accessing appropriate care. Call: 204-788-8200

<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>

# MENTAL HEALTH

## Health Sciences Centre – Crisis Response Center

817 Bannatyne Avenue

Walk-in assessment and treatment for adults ages 18 and over in mental health crisis, along with referrals to other mental health services. Open 24/7.

## Mobile Crisis Service

Ph. 204-940-1781

In-person or over the phone support available 24/7 for adults experiencing a mental health crisis.

## Addictions Foundation of Manitoba

1031 Portage Avenue

204-944-6200

AFM provides supports for youth, families, and adults related to addictions, including resources, counseling, and treatment.

<https://afm.mb.ca/>

## Klinik

870 Portage Ave

204-784-4090

Klinik provides a variety of services, including primary health, counseling, crisis counseling, and education.

<https://klinik.mb.ca/>

# IDENTIFICATION

## Birth Certificate

Your birth certificate is an important piece of identification that can be used when applying for other forms of ID (passport, driver's license, social insurance number, etc.) Applications for a birth certificate are done with the province/country in which you were born.


[https://vitalstats.gov.mb.ca/online\\_certificate\\_application.html](https://vitalstats.gov.mb.ca/online_certificate_application.html)



## Health Card

Your health card is important for accessing and keeping track of your health care in Manitoba. You will be listed on your parent/guardian's health card until age 18. If you are 18 or over and do not have your own card.

<https://www.gov.mb.ca/health/mhsip/index.html>



## Manitoba Identification Card

This document allows you to prove your identification, your age, and that you live in Manitoba. Other similar documents include a MB Driver's License, MB Enhanced ID, MB Enhanced Driver's License, and a Canadian Passport. Driver's Licenses allow you to drive vehicles on the roads.

<https://www.mpi.mb.ca/Pages/apply-for-id-card.aspx>



## Social Insurance Number

A Social Insurance Number is required in Canada to work and to access government programs and benefits. This is a vital piece of Identification.

<https://www.canada.ca/en/employment-social-development/services/sin.html>

# YOUTH IN CARE

## Futures Forward

Ph. 1-888-395-2135

A free program offering support to youth ages **15-29** currently or formerly in CFS care in the areas of mental health, housing, employment, education, and financial counselling. Some of the services offered include counselling, assistance to obtain ID, resume & interview prep, and assistance with budgeting.

<https://futuresforward.ca/>



## Manitoba Advocate for Children and Youth

This service is for all youth in MB. People formerly in CFS care can access this service until age **21**. MACY works to ensure that the rights of young people are upheld and appropriate services are provided.

<https://manitobaadvocate.ca/>



## VOICES

This service assists current or former youth in care from ages **12 to 30** through advocacy, education, group coordination, and outreach. Staff and volunteers, many who have lived experience in child welfare, promote youth voice, independence, and empowerment.

<https://voices.mb.ca/>

# EDUCATION

Every post-secondary institution (university or college) offers student supports (counselors, tutoring, scheduling, etc.) Accommodations are also available for students with additional needs (mental illness, learning disabilities, etc.) Many institutions also offer grants or bursaries for students with additional needs. Each of the schools listed below have available information online.

- **Manitoba Student Aid**  
[edu.gov.mb.ca/msa/planning-for-your-future/whats-available-to-me](http://edu.gov.mb.ca/msa/planning-for-your-future/whats-available-to-me)
- **University of Manitoba**  
[umanitoba.ca/student-supports/accessibility](http://umanitoba.ca/student-supports/accessibility)
- **University of Winnipeg**  
[uwinnipeg.ca/accessibility-services/](http://uwinnipeg.ca/accessibility-services/)
- **Université St-Boniface**  
[ustboniface.ca/en/accessibility-services](http://ustboniface.ca/en/accessibility-services)
- **Red River College**  
[rrc.ca/accessibility/](http://rrc.ca/accessibility/)
- **Manitoba Institute of Trades & Technology**  
[mitt.ca/student-services/accessibility-services](http://mitt.ca/student-services/accessibility-services)