

# Keep Safe Connections in Your Community

Who would you call and access for immediate help?

## Frequently called emergency numbers

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
911	Medical, Police, Fire	911	
Brandon City Police	Dispatch		729-2345
RCMP	Provincial Dispatch		726-7500
DOPS	Dispatch		729-3622
Westman Crisis Services	Mobile Crisis Unit	1-888-379-7699	725-4411
Suicide Crisis Line-Brandon	Mobile Crisis Unit	1-888-379-7699	725-4411
Assiniboine RHA Suicide Crisis Line	Mobile Crisis Unit	1-888-379-7699	725-4411
Manitoba Suicide Line	Klinik Winnipeg	1-877-435-7170	
Manitoba Crisis Line	Klinik Winnipeg	1-888-322-3019	
Manitoba Farm & Rural Stress Line	Brandon	1-866-367-3276	
Child & adolescent Crisis Stabilization Unit	Brandon	1-866-403-5459	727-3445
Child & Family Service Emergency	Brandon	1-800-483-8980	726-6030
Kids Help Phone		1-800-668-6868	
Domestic Violence Crisis Line	Brandon	1-877-977-0007	
Westman Women's Shelter	Brandon	1-877-977-0007	
YWCA Westman's Women & Sexual Assault	Brandon	1-204-727-3644	
Sexual Assault Crisis Line	Klinik Winnipeg	1-888-292-7565	

## "9 to 5" Longer Term Services /Practitioners Supportive Community Services & Ongoing Lifetime Support

### ABUSE & DOMESTIC VIOLENCE SURVIVORS

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
Spirit of Healing Group	Provides support to women abuse survivors		727-1268
Brandon Police Service	Victim Services: provides support & assistance to victims		729-2335
Westman Women's Shelter	Brandon: emergency women and children shelter/safe house	1-877-977-0007	727-3644
Domestic Violence Crisis Line	Family violence, physical, emotional & sexual counseling line	1-877-977-0007	
Battered Women's Crisis Line	Physical, emotional and sexual	1-800-362-3344	
Sexual Assault Crisis Line	Sexual assault abuse victims	1-888-292-7565	
Senior Abuse Line	Offers info & support, counseling for elderly abused	1-888-896-7183	

### ADDICTIONS COUNSELLING AND TREATMENT

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
AFM-Addictions Foundation of Manitoba	Assistance w/ misuse of alcohol, drugs, chemicals & gambling		729-3838
Alcoholics Anonymous	Support Group		571-3684

### ADVOCACY ORGANIZATIONS

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
WCB-Workman's Compensation Board	For persons injured at work or affected by work related industrial diseases	1-800-362-3340	1 (204) 954-4321
CMHA – Canadian Mental Health Association	Services, education and social action		727-5425
Brandon Citizen Advocacy	Advocates for medical, legal and housing issues		727-6017
Manitoba Metis Federation	Ensures Metis are aware of their rights		725-7520

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
Residential Tenancies Branch	Advocacy & support on tenant/landlord issues	1-800-656-8481	726-6230
Public Trustee	Acts on behalf of persons who are legally unable to act		726-7025
Ombudsman	Receives complaints about the Provincial Gov't	1-888-543-8230	571-5151

### SEXUALITY RESOURCES

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
Crisis Pregnancy Centre	Teen pregnancy, Counseling		727-6161
AIDS/STD Info Line	Info/support hotline	1-800-782-2437	

### COUNSELLING: GENERAL, INDIVIDUAL, MARITAL AND FAMILY

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
Crisis Pregnancy Centre	Teen pregnancy, Counseling		727-6161
Mobile Crisis Unit	Crisis Line	1-888-379-7699	725-4411
The Counseling Centre	Independent counseling consultant		726-8706
Brandon University Counselors	Counseling for students		727-9769
ACC – Assiniboine Community College Counselors	Counseling for students		725-8723
Brandon Counseling & Mediation Service	Independent counseling consultant		724-6492
Richert & Associates	Independent counseling consultant		726-1133
Foster's Counseling Service	Independent counseling consultant		728-3758
Independent Counseling Consultants	Independent counseling consultant		729-3420
Roberta Graham – Marriage & Family	Independent counseling consultant		725-8010
Choice Counseling Associates	Independent counseling consultant		725-6940
Patricia Gibson	Independent counseling consultant		726-0700

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
Women's Centre	Domestic violence counseling		726-8632
Family Conciliation	Counseling: family breakdown, separation, divorce, custody & access issues	1-800-230-1885	726-6778
Adult Mental Health Services	Intake: consultation, assessment & referrals		571-8300 (receptionist)
Elderly Mental health Services	Intake: consultation, assessment & referrals		571-8300 (receptionist)
Psychosocial Rehabilitation Services	Mental Health Services – Intake		571-8300 (receptionist)
Child & Adolescent Mental Health Services	Intake: consultation, assessment & referrals	1-866-403-5459	727-3445
7 <sup>th</sup> Street Health Access Centre	Community services –extended hours		578-4800

### COUNSELLING: BEREAVEMENT AND GRIEF

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
Compassionate Friends	Self help groups for parents bereaved of a child		727-1823
Brockie Donovan Funeral Home	Grief counseling seminars	1-800-897-5694	727-0694
Memories Chapel	Grief counseling seminars	1-888-694-8153	727-0330
Westman Hospice Association	Supports people living w/ terminal illness, grief support		727-1745

### CHILD & ADOLESCENT, PARENTING, PROTECTION AND WELFARE

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
Youth Corrections	Probation services for youth	1-866-403-5459	726-6464
Fire Stop Program	Fire Safety		729-2403
Child/Family Services	Brandon:Counseling adoption services		726-6030
Child/Family Services	Winnipeg:Counseling adoption services		638-6941
For the Sake of the Children	Support for children & parents who are going through separation		726-6778
Youth for Christ	U-Turn Project: prevention & intervention, after-school programs		727-1251

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
<b>Children's Special Service</b>	Support group for disabled children		726-6173
<b>Big Brothers/Big Sisters</b>	Provides adult role models to any child who needs a mentor		727-1787
<b>Parent to Parent</b>	Support to parents of mentally or physically challenged children		729-8110
<b>Kids Help Line</b>	Support line	1-800-668-6868	
<b>Child Find Manitoba</b>	Support, education, information for missing/abducted children	1-800-532-9135	1(204)945-5735

#### EMPLOYMENT, EDUCATION & SUPPORTED LIVING PROGRAMS

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
<b>Brandon Community Options</b>	Residential/day programs for youth/adults w developmental challenges		571-5770
<b>Marquis Project</b>	Promotes education on int'l development issues through products they offer		727-5675
<b>Adult Learning &amp; Literacy Centre</b>	Adult Education & Support	1-800-262-3930	726-6027
<b>Brandon Comm'ty Welcome Clubhouse</b>	Housing co-op for individuals who have experienced mental health issue		728-1514
<b>Brandon Community Welcome-Grey Owl Extended Program</b>	Support program for individuals who have experienced mental issues		729-8833
<b>Ventures</b>	Employment services for adults with mental health issues		578-2000
<b>Career Connections Incorporated</b>	Employment services for adults with mental health issues		728-9594

#### FOOD, CLOTHING, SHELTER & FINANCIAL ASSISTANCE

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
<b>Employment &amp; Income Assistance</b>	Financial Assistance for basic needs	1-800-277-9914	726-6438
<b>Manitoba Housing Authority</b>	Affordable Housing		726-6455

<b>Meals on Wheels</b>	Food Assistance for people 50 and above		727-6641
<b>Real Meals</b>	Food assistance for people of all ages		727-6788
<b>Habitat for Humanity</b>	Shelter assistance (builds homes for low-income families)		726-4960
<b>Helping Hands Soup Kitchen</b>	Food Hampers		726-0758
<b>Saint Vincent de Paul Society</b>	Food Hampers		728-8078
<b>After Hours Emergency Shelter</b>	After Hours shelter assistance	1-866-559-6778	
<b>Salvation Army Family Services</b>	Food, clothing, shelter, general necessities, counseling & religious services		727-4334
<b>YWCA</b>	Provides 24 hr accommodation for women & men in transition		571-3680
<b>7th Street Health Access Centre</b>	Community services		578-4800

#### FAMILY RESOURCES

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
<b>Brandon Friendship Centre</b>	Aboriginal Resource Centre		727-1407
<b>Elspeth Reid Centre</b>	Family Resource Centre		726-6280
<b>Shilo Military Family Resource Centre</b>	Support network for military families		
<b>Shilo Military-Members Assistance Program</b>	Support network for military families	1-800-268-7708	

#### HEALTH, HOSPITALS & COMMUNITY HEALTH CLINICS

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
<b>Brandon Regional Health Centre</b>	Health Care		578-4000
<b>Westwind</b>	Eating disorders recovery centre		728-2499
<b>Home Care</b>	Home support post hospital discharge		571-8416
<b>New Life Home Health Services</b>	Private community based health care support	1-800-633-7855	727-4222

<b>Public Health</b>	Immunization, healthy babies, parenting, disease prevention		571-8446
<b>Prairie Health Matters</b>	Diabetes education		571-8357
<b>Brandon Clinic</b>	Family practitioners		727-4440
<b>Western Medical</b>	Family Practitioners		727-6451
ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
<b>Centre for Adult Psychiatry</b>	Mental health treatment		578-4555 referral
<b>Centre for Geriatric Psychiatry</b>	Mental health treatment		578-4560 referral
<b>HealthLinks</b>	24 hours health info resource	1-888-315-9257	

#### SELF-HELP ORGANIZATIONS & SUPPORT GROUPS

ORGANIZATION	DESCRIPTION	TOLL FREE NUMBER	LOCAL NUMBER
<b>Anxiety Disorders Association of Manitoba (ADAM)</b>	Information, support & education services		725-8550
<b>Mood Disorders of Manitoba</b>	Depression & Bi-Polar support, education & info		725-8555
<b>Schizophrenia Society</b>	Support, counseling & resource centre		725-8558
<b>CNIB-Canadian National Institute for the Blind</b>	Support for the sight impaired		727-0631
<b>Canadian Cancer Society</b>	Public education and patient services	1-888-857-6658	571-2800
<b>Canadian Red Cross</b>	Social service programs	1-888-800-6493	729-4970
<b>Alzheimer's Society</b>	Information, support & education services	1-800-378-6699	729-8320
<b>Arthritis Society</b>	Information, support & education services		729-9144
<b>Manitoba Lung Association</b>	Information, support & education services		725-4230
<b>Lupus Society of Manitoba</b>	Information, support & education services	1-204-848-2261	
<b>Learning Disabilities Association</b>	Information, support & education services		727-4669
<b>Multiple Sclerosis Society</b>	Information, support & education services	1-800-268-7582	571-5670
<b>Tourette's Syndrome</b>	Information, support & education services		727-5729
<b>Society for Manitobans w/ Disabilities</b>	Information, support & education services		726-6157

## Saint Augustine of Canterbury Roman Catholic Church Brandon, Manitoba

### CRISIS INTERVENTION

### RESOURCE

### FOR FAMILIES & INDIVIDUALS



Youth Ministry Office  
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