

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>MANITOBA</b>			
<b>National Helpline</b>	<p>Hotline 1-800-4-A-CHILD                      Hotline 1-800-422-4453                      Crisis counselors available 24/7                      Founded in 1957 by Sara O'Meara and Yvonne Fedderson. Childhelp is a leading national non-profit organization dedicated to helping victims of child abuse and neglect. Serving the United States, it's Territories and Canada, our hotline is staffed 24 hours a day 7 days a week with professional counselors who, through interpreters can provide assistance in 170 languages. We also offer a range of programs, please see our website for regional details.</p>	<p>Childhelp                      Prevention and Treatment of                      Child Abuse</p>	<p><a href="http://www.childhelp.org">www.childhelp.org</a>  <a href="mailto:info@childhelp.org">info@childhelp.org</a>                      Email support form on the website</p>
<b>Province Wide</b>	<p>Hotline 1-877-977-0007                      If you are a victim of domestic violence contact us to be connected to a crime victim service in your area</p>	<p>Domestic Violence Support                      Service (DVSS)</p>	<p><a href="http://www.gov.mb.ca">www.gov.mb.ca</a></p>
<b>Altona</b>	<p>Understanding anxiety and the options for treatment is the first vital step in recovery.</p>	<p>Anxiety Disorders Association                      145 Centre Avenue                      Altona                      Manitoba R0G 0B1                      204-304-0271 Office.</p>	<p><a href="http://www.adam.mb.ca">www.adam.mb.ca</a>  <a href="mailto:central@adam.mb.ca">central@adam.mb.ca</a></p>
<b>Ashern</b>	<p>Lakeshore Women's Resource Centre assists women and youth to implement change towards personal growth, increased independence and empowerment. Counseling available</p>	<p>Lakeshore Women's Resource                      Centre                      1-2nd Avenue North                      Ashern                      Manitoba                      204-768-3016 Office</p>	<p><a href="mailto:lwrc@mymts.net">lwrc@mymts.net</a></p>
<b>Brandon</b>	<p>Understanding anxiety and the options for treatment is the first vital step in recovery.</p>	<p>Anxiety Disorders Association                      PO Box 22046                      Brandon                      Manitoba R7A 6Y9                      204-725-8550 Office</p>	<p><a href="http://www.adam.mb.ca">www.adam.mb.ca</a>  <a href="mailto:westman@adam.mb.ca">westman@adam.mb.ca</a></p>
<b>Brandon</b>	<p>Hotline 1-866-484-2846 Toll Free                      Court &amp; criminal justice information                      Counselling referrals                      Court preparation                      Safety and protection planning</p>	<p>Victim Services - Manitoba                      Brandon                      Manitoba                      204-726-7400 Office  <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a></p>	<p><a href="http://www.gov.mb.ca">www.gov.mb.ca</a>  <a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a></p>
<b>Brandon</b>	<p>Provincial Hotline 1-800-977-0007                      The Brandon YWCA Westman                      Women's Shelter is an emergency</p>	<p>YWCA - Brandon                      148 11th Street                      Brandon</p>	<p><a href="http://www.ywcabrandon.ca/ywca2@wcgwave.ca">www.ywcabrandon.ca/ ywca2@wcgwave.ca</a></p>

shelter offering a short-term safe and supportive environment for physically, emotionally or sexually abused women and their children 24 hours a day, 365 days a year. In addition to our safe environment the following services are offered. Individual and Group Counseling for women and children. Crisis intervention and referrals. Support/information for medical, housing, financial, legal and employment needs. Public education program. All services are provided FREE of charge and are completely safe, private and confidential.

204-571-3680 Office  
204-727-3644 Shelter Info  
[www.facebook.com/YWCABrandon/](http://www.facebook.com/YWCABrandon/)

<b>Dauphin</b>	<p>Provincial Hotline 1-877-977-0007 Local Hotline 204-638-9484 The Parkland Crisis Centre and Women's Shelter has a mission to open doors of hope for women and children fleeing domestic abuse. Services include: 24 hour Toll Free crisis line. Emergency shelter for women and their children for as long as needed. Transportation to the shelter. Support groups, crisis counseling. Child &amp; youth program. Referrals to medical, legal and social service agencies. Follow up services. All services are FREE and confidential.</p>	<p>Parkland Crisis Centre and Women's Shelter. PO Box 651 Dauphin Manitoba R7N 3B3 204-622-4626 Office</p>	<p><a href="http://www.parklandcrisiscentre.ca/">www.parklandcrisiscentre.ca/</a> <a href="mailto:pkndcris@mts.net">pkndcris@mts.net</a></p>
<b>Dauphin</b>	<p>Hotline 1-866-484-2846 Toll Free Court &amp; criminal justice information Counselling referrals Court preparation Safety and protection planning</p>	<p>Victim Services - Manitoba Dauphin Manitoba 204-622-5080 Office <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a></p>	<p><a href="http://www.gov.mb.ca">www.gov.mb.ca</a> <a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a></p>
<b>Flin Flon</b>	<p>Understanding anxiety and the options for treatment is the first vital step in recovery.</p>	<p>Anxiety Disorders Association Box 834 Flin Flon Manitoba R8A 1N6 204-371-0600 Office</p>	<p><a href="http://www.adam.mb.ca">www.adam.mb.ca</a> <a href="mailto:flinflon@adam.mb.ca">flinflon@adam.mb.ca</a></p>
<b>Flin Flon</b>	<p>After Hours Line 204-271-5375 We provide services within Flin Flon and it's surrounding area, that will protect and empower women and youth without discrimination. Emergency short term housing Community based 2nd stage prog Information and referrals Counselling services Various support groups</p>	<p>Women's Safe Haven Resource Service Inc 60 Hapnot Street Flin Flon Manitoba R8A 1L6 204-681-3105 Office <a href="http://www.facebook.com/womensresourceflinflon/">www.facebook.com/womensresourceflinflon/</a></p>	<p><a href="http://www.womensresource.ca/">www.womensresource.ca/</a> <a href="mailto:womensresourcecentre@mts.net">womensresourcecentre@mts.net</a></p>
<b>Gimli</b>	<p>Provincial Hotline 1-877-977-0007 The purpose of the Interlake</p>	<p>Interlake Women's Resource Ctr 87-5th Avenue</p>	<p><a href="http://www.iwrc.ca/">www.iwrc.ca/</a> <a href="mailto:iwrc@mymts.net">iwrc@mymts.net</a></p>

Women's Resource Centre is to provide front line services to abused women and their children. These services include and are not limited to crisis intervention, information and referrals, advocacy, single and and group counselling and outreach programs. The centre works with outside resources in order to ensure a continuum of service.

Box 1991  
Gimli  
Manitoba R0C 1B0  
204-642-8264 Office

<b>Lac du Bonnet</b>	Understanding anxiety and the options for treatment is the first vital step in recovery.	Anxiety Disorders Association PO Box 429 Lac du Bonnet Manitoba R0E 1A0 204-345-8511 Office	<a href="http://www.adam.mb.ca">www.adam.mb.ca</a> <a href="mailto:eastman@adam.mb.ca">eastman@adam.mb.ca</a>
<b>Lac du Bonnet</b>	Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning	Victim Services - Manitoba Lac du Bonnet Manitoba 204-785-5213 Selkirk Office <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a>	<a href="http://www.gov.mb.ca">www.gov.mb.ca</a> <a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a>
<b>Morris</b>	Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning	Victim Services - Manitoba Morris Manitoba 204-746-8249 Office <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a>	<a href="http://www.gov.mb.ca">www.gov.mb.ca</a> <a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a>
<b>Portage la Prairie</b>	Local Hotline 204-239-5233 Provincial Hotline 1-877-977-0007 The Portage Family Abuse Prevention Centre is a community organization dedicated to Prevention Intervention and Advocacy for families experiencing abuse and violence. Our services include: 24 Hour crisis line. Free residential services. Safe shelter. Intake and assessment. Counselling. Referral services. Domestic violence education. Advocacy. Protection Orders. Safety planning. Case management and Transportation.	Portage Family Abuse Prevention Centre PO Box 1541 Portage la Prairie Manitoba R1N 3P1 204-239-5234 Office	<a href="http://www.abuseprevention.ca">www.abuseprevention.ca</a> <a href="mailto:director@abuseprevention.ca">director@abuseprevention.ca</a>
<b>Portage la Prairie</b>	Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning	Victim Services - Manitoba Portage la Prairie Manitoba 204-239-3378 Office <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a>	<a href="http://www.gov.mb.ca">www.gov.mb.ca</a> <a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a>
<b>Selkirk</b>	Local Hotline 204-482-1200 Or 1-877-977-0007 Toll Free TEXT Hotline 204-805-6682 Nova House is a shelter for abused women and children in the Interlake Region of Manitoba. We provide temporary shelter, counselling, support groups and referral to community resources for women	Nova House, Inc Po Box 337 Selkirk Manitoba R1A 2B3 204-482-7882 Office	<a href="http://www.novahouse.ca">www.novahouse.ca</a> <a href="mailto:info@novahouse.ca">info@novahouse.ca</a>

and their children. Interim housing is also available for women and children to use until they become independent. Services Include: A 24 Hour, 7 days a week crisis line. Safe and secure short term emergency accommodation for abused women and their children. Individual short or long term counselling. One to one counselling for women with childhood sexual abuse issues. Assistance in accessing community resources. Weekly support groups to encourage women to share, heal and grow as individuals. Individual and group counselling for children. Follow up programs and ongoing support. Speakers to visit schools, agencies or community organizations to provide information about abuse and services for abused women and their children

<b>Selkirk</b>	Hotline 1-866-484-2846 Toll Free Court & criminal justice information Counselling referrals Court preparation Safety and protection planning	Victim Services - Manitoba Selkirk Manitoba 204-785-5213 Office <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a>	<a href="http://www.gov.mb.ca">www.gov.mb.ca</a> <a href="mailto:mji@gov.mb.ca">mji@gov.mb.ca</a>
<b>Steinbach</b>	Local Hotline 204-346-0028 Or 1-877-977-0007 Toll Free Agape House is a charitable, non profit organization serving the area that extends north to Beausejour, south to the US border, west to Winnipeg and east to the Ontario border. Our services include: 24 Hour Toll Free crisis line. Emergency shelter for women and children. A children's program with play therapy and children's counselling. Crisis counselling, assistance and referral to medical, legal and social service agencies. Interim housing. Counselling for women and children through our non-residential program. (You do not have to stay in the shelter to receive counselling). Outreach services to remote communities. Presenters for schools, agencies or community organizations on abuse, healthy relationships and Agape services.	Agape House Box 3130 Steinbach Manitoba R5G 1P5 204-326-6062 Office <a href="http://www.facebook.com/agapehousewomensshelter/">www.facebook.com/agapehousewomensshelter/</a>	<a href="http://www.agapehouse.ca/">www.agapehouse.ca/</a>
<b>The Pas</b>	Local Hotline 204-623-5497 Or 1-877-977-0007 Toll Free The Pas Committee for women in crisis operates 2 facilities. An	Aurora House PO Box 3779 The Pas Manitoba R9A 1S4	<a href="mailto:auroratr@mts.net">auroratr@mts.net</a>

emergency shelter and "My sister's House" a small apartment complex for women establishing themselves in a violence free life.

We address domestic violence in the Norman region through support and education. The emergency shelter operates 24/7 throughout the year. A 24 hour crisis line is operated and we refer calls beyond our domestic violence mandate

204-623-7427 Office

[www.aurorahouse-sharethecare.com](http://www.aurorahouse-sharethecare.com)

**The Pas**

Hotline 1-866-484-2846 Toll Free  
Court & criminal justice information  
Counselling referrals  
Court preparation  
Safety and protection planning

Victim Services - Manitoba  
The Pas  
Manitoba  
204-627-8483 Office

[www.gov.mb.ca/justice/victims/index.html](http://www.gov.mb.ca/justice/victims/index.html)

[www.gov.mb.ca](http://www.gov.mb.ca)

[mgi@gov.mb.ca](mailto:mgi@gov.mb.ca)

**Thompson**

Understanding anxiety and the options for treatment is the first vital step in recovery.

Anxiety Disorders Association  
PO Box 803  
Thompson  
Manitoba R8N 0S4  
413-754-6720 Office

[www.adam.mb.ca](http://www.adam.mb.ca)

[burntwood@adam.mb.ca](mailto:burntwood@adam.mb.ca)

**Thompson**

Local Hotline 204-778-7273  
Or 1-800-442-0613 Toll Free  
The Thompson Crisis Centre is dedicated to providing a holistic range of services to women and their children who experience physical, sexual or psychological abuse. The Emergency Floor has 28 beds, women and children arrive at the shelter after assessment by phone or referral and immediately have basic needs addressed. Client-based safety case management plans are created during the average stay of seven to ten nights, via counselling, group work, advocacy and sharing services with collateral agencies. Men are provided the same services off site. Transition program up to six months stay in transitional housing. Children's program - counseling & supportive parenting programming are provided by the Children's counselor for clients on the Emergency Floor. Follow up programs and support groups. Plus community outreach.

Thompson Crisis Centre  
Box 1226  
Thompson  
Manitoba  
204-677-9668 Office

[www.thompsoncrisiscentre.com/](http://www.thompsoncrisiscentre.com/)

[tcc9668@mymts.net](mailto:tcc9668@mymts.net)

**Thompson**

Hotline 1-866-484-2846 Toll Free  
Court & criminal justice information  
Counselling referrals  
Court preparation  
Safety and protection planning

Victim Services - Manitoba  
Thompson  
Manitoba  
204-677-6368 Office

[www.gov.mb.ca/justice/victims/index.html](http://www.gov.mb.ca/justice/victims/index.html)

[www.gov.mb.ca](http://www.gov.mb.ca)

[mgi@gov.mb.ca](mailto:mgi@gov.mb.ca)

**Winkler**

Local Hotline 204-325-9800

Genesis House

[www.genesishouseshelter.ca](http://www.genesishouseshelter.ca)

Or 1-877-977-0007 Toll Free  
Genesis House exists so that the people of South Central Manitoba will be free from family and intimate partner abuse. We provide a confidential service, which includes a shelter for abused women and their children, residential and non residential programs and prevention through public education. Offering: A 24 Hour crisis line. Residential and non residential services. Support groups - these are held several times a year and are designed to develop life skills, child care will be provided. Counselling we offer short and long term counselling and support services services on an individual basis. Child and teen counselling. Advocacy: accompanying you to your lawyer, doctor or to the court. Follow up services. 2nd stage housing. Referrals for financial assistance, CFS, lawyers, education, employment ect..

PO Box 389  
Winkler  
Manitoba R6W 4A6  
204-325-9957 Office

[admin@genesis-house.ca](mailto:admin@genesis-house.ca)

**Winnipeg**

Alpha House provides protective, affordable, longer term housing for women and children leaving abusive relationships. Our mandate is to not only provide a place for families to live while transitioning away from violence, but to work closely with the women to build back their self confidence and self reliance so they can live independently and flourish.

Alpha House  
PO Box 37015  
RPO St Vital Centre  
Winnipeg  
Manitoba R2M 5R3  
204-982-2011 Office

[www.alphahouseproject.ca](http://www.alphahouseproject.ca)  
[info@alphahouseproject.ca](mailto:info@alphahouseproject.ca)

**Winnipeg**

Toll Free Line 1-800-805-8885  
Understanding anxiety and the options for treatment is the first vital step in recovery.

Anxiety Disorders Association  
100 - 4 Fort Street  
Winnipeg  
Manitoba R3C 1C4  
204-925-0600 Office

[www.adam.mb.ca](http://www.adam.mb.ca)  
[adam@adam.mb.ca](mailto:adam@adam.mb.ca)

**Winnipeg**

We provide support and legal services for women who have left or are leaving an abusive relationship.  
Legal representation  
Advocacy and support counselling  
Counselling for children who have witnessed family violence  
Support groups available  
For details of our services please call 204-940-6624

A Women's Place - Domestic Violence Support  
785 Keewatin Street  
Winnipeg  
Manitoba R2X 3B9  
204-940-6624 Office

**Winnipeg**

Bravestone provides women and their children affected by domestic violence with secure and safe on-

Bravestone Centre  
St Norbert PO 202  
Winnipeg

[www.bravestonecentre.ca](http://www.bravestonecentre.ca)  
[info@bravestonecentre.ca](mailto:info@bravestonecentre.ca)

site housing, individual and group therapeutic counselling, support program, advocacy and connection with community resources. The Bravestone Centre has 14 client suites including 13 two bedroom and 1 four bedroom suites. During our 12 month program, families live independently in their program suite and are responsible for their own daily needs.

Manitoba R3V 1L6  
204-275-2600 Office

**Winnipeg**

Hotline 1-877-977-0007 Toll Free  
The Fort Gary Women's Resource Centre is committed to creating a community where women and children are safe, healthy, valued and empowered. FGWRC provides FREE support and services for women and children, including supportive counselling for a variety of issues, information and referrals, workshops and outreach programs

Fort Garry Women's Resource Centre  
1150A Waverley Street  
Winnipeg  
Manitoba R3T 0P4  
204-477-1123 Office

[www.fgwrc.ca](http://www.fgwrc.ca)  
[info@fgwrc.ca](mailto:info@fgwrc.ca)

**Winnipeg**

Crisis Hotline 1-800-362-3344  
Provincial hotline 1-877-977-0007  
Our mission is to support Aboriginal women and their children end family violence by offering shelter during crisis and nurturing hope, change and empowerment for tomorrow. Our crisis line provides 24 hour crisis intervention, counselling and information on a 24 hour 7 days a week basis to individuals experiencing domestic violence and to arrange access to safe shelter services.  
30 Day shelter. Individual and group counselling. Assistance accessing affordable housing, medical and legal services. Advocacy & referral services. Children's individual or group counselling. Interim housing program - interim housing residents receive individual counseling, weekly support groups, home visits, advocacy, referrals, safety planning ect. We also provide outreach services in to schools and other agencies and the local community.

Ikwe - Widdjiitiwin  
PO Box 1056  
Winnipeg  
Manitoba R3C 2X4  
204-987-2780 Office

[www.ikwe.ca](http://www.ikwe.ca)

**Winnipeg**

Hotline 204-786-8631 Sexual Asslt  
Or 1-888-292-7565 Toll Free  
Crisis counselling program  
Post traumatic Counselling program  
Sexual assault crisis program  
Counselling for domestic abuse survivors & children who have witnessed violence.

Klinik Community Health Centre  
Winnipeg  
Manitoba R3G 0P1  
204-784-4090 Office

[www.klinik.mb.ca](http://www.klinik.mb.ca)  
[info@klinik.mb.ca](mailto:info@klinik.mb.ca)

Drop-in counselling services

<b>Winnipeg</b>	<p>Any woman who is experiencing the traumatic effects of childhood sexual abuse is welcome to contact us for help and support.</p> <p>Short term crisis intervention Individual adult counselling Group counselling Positive Coping support group meets Wednesdays 1.30 - 3.30pm Yoga to the Rescue group meets Thursdays 4.30 - 5.30 pm</p>	<p>The Laurel Centre 104 Roslyn Road Winnipeg Manitoba R3L 0G6 204-783-5460 Office</p>	<p><a href="http://www.thelaurelcentre.com">www.thelaurelcentre.com</a> <a href="mailto:info@thelaurelcentre.com">info@thelaurelcentre.com</a></p>
<b>Winnipeg</b>	<p>Hotline 1-888-962-6294 Toll Free We are a community mandated, Aboriginal directed and supported human service organization. Community drop-in Computer lending program Home-based crisis intervention Groups and workshops Sites in McGregor, Anderson and Spence area's.</p>	<p>Ma Mawi Wi Chi Irara Centre 363 McGregor Street Winnipeg Manitoba R2W 4X4 204-925-0300 Office</p>	<p><a href="http://www.mamawi.com">www.mamawi.com</a> <a href="mailto:info@mamawi.com">info@mamawi.com</a></p>
<b>Winnipeg</b>	<p>Toll Free Line 1-855-672-6727 The Men's Resource Centre is a program of the Laurel Centre that provides supportive and therapy services to men who have experienced trauma and stressors in their lives including intimate and family violence. All therapy services at MCR are FREE of charge. We welcome all men from 16 years and above. Our services are short term individual therapy, group therapy, male childhood sexual abuse therapy and an Emergency shelter program.</p>	<p>The Men's Resource Centre 115 Pulford Street Winnipeg Manitoba R3L 1X8 204-415-6797 Office</p>	<p><a href="http://www.mens-resource-centre.ca">www.mens-resource-centre.ca</a>  <a href="http://www.thelaurelcentre.com">www.thelaurelcentre.com</a> <a href="mailto:info@thelaurelcentre.com">info@thelaurelcentre.com</a></p>
<b>Winnipeg</b>	<p>Hotline 1-877-977-0007 Toll Free 24 Hour crisis helpline We offer open &amp; closed counselling groups for victims of domestic violence.</p>	<p>North End Women's Centre 394 Selkirk Avenue Winnipeg Manitoba R2W 2M2 204-589-7347 Office</p>	<p><a href="http://www.newcentre.org">www.newcentre.org</a> <a href="mailto:info@newcentre.org">info@newcentre.org</a></p>
<b>Winnipeg</b>	<p>Hotline 1-866-484-2846 Toll Free Court &amp; criminal justice information Counselling referrals Court preparation Safety and protection planning</p>	<p>Victim Services - Manitoba Winnipeg Manitoba 204-954-6851 Office <a href="http://www.gov.mb.ca/justice/victims/index.html">www.gov.mb.ca/justice/victims/index.html</a></p>	<p><a href="http://www.gov.mb.ca">www.gov.mb.ca</a> <a href="mailto:mgi@gov.mb.ca">mgi@gov.mb.ca</a></p>
<b>Winnipeg</b>	<p>A safe place that provides culturally based services to Aboriginal families in Winnipeg who have experienced violence and or any form of victimization. Advocacy services Crisis counselling</p>	<p>Wahbung - Abinoonjiiag, Inc 225 Dufferin Avenue Winnipeg 204-925-4610 Office 204-582-9508 Office <a href="http://www.facebook.com/wahbung225/">www.facebook.com/wahbung225/</a></p>	<p><a href="http://www.wahbung.org">www.wahbung.org</a> <a href="mailto:reception@wahbung.org">reception@wahbung.org</a> Website off line Nov 2020</p>



Women's counselling  
Art therapy  
Domestic violence workshops.

**Winnipeg**

Local Crisis Line 204-615-0311  
Provincial Hotline 1-877-977-0007  
Text Crisis Line 204-792-5302  
Willow Place is open for shelter  
24 hours a day and 7 days a week.  
Our services for women and  
children include: Short term housing,  
counselling, advocacy and referrals  
to other community services. Our  
website is still under construction  
as of 06/15 so please call for more  
information.

Willow Place shelter  
Box 1786  
Winnipeg  
MB R3C 2Z9  
Office 204-615-0313.

[www.willowplaceshelter.ca](http://www.willowplaceshelter.ca)

**Winnipeg**

Hotline 1-866-947-1517 Toll Free  
Our counsellors will work with you  
to help you develop a sense of your  
own power and to manage your  
life in healthy ways. Some issues  
you may wish to talk about included:  
Family violence, sexual assault or  
childhood abuse. For more details  
call 204-947-2422 ext 204.

Women's Health Clinic  
419 Graham Avenue  
Unit A  
Winnipeg  
Manitoba R3C 0M3  
204-947-2422 ext 204 counsel  
204-947-1517 Office

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)  
[whc@womenshealthclinic.org](mailto:whc@womenshealthclinic.org)

**Winnipeg Beach**

Understanding anxiety and the  
options for treatment is the first  
vital step in recovery.

Anxiety Disorders Association  
PO Box 385  
Winnipeg Beach  
Manitoba R0C 3G0  
204-785-5213 Office.

[www.adam.mb.ca](http://www.adam.mb.ca)  
[interlake@adam.mb.ca](mailto:interlake@adam.mb.ca)