

Our Health Counts Winnipeg – Day Drop-In Spaces, Public Bathrooms, Free Shower & Laundry Drop-In Centres

1JustCity supports 3 drop-in community centres:

- West Broadway, the West End, Osborne Village.
- Daily meals, senior's programs, sharing circles, haircuts, showers, laundry, toiletries, clean undergarments.
- **Website:** <https://www.1justcity.ca/> (**Updated regularly**).

1Just City: West Broadway, 222 Furby St. Ph: 204-774-2773 Website: <https://www.1justcity.ca/westend>

Monday – Friday (Hours vary by day – see website, call or visit for details).

- Daily Drop-In with social and recreational programs.
- 55+ Drop-In Friday, 1:00pm – 4:00pm.
- Supper served Monday – Thursday 4:00pm – 5:30pm.
- Monthly supplemental food kits on the second Friday of each month at 10:00am.
- Indigenous Cultural Programming – language bingo, sharing circle Monday & Wednesday at 1:00pm.
- Eviction Prevention Support/housing supports – ongoing.

Oak Table: 107 Pulford St. Ph: 204-416-2240 Website: <https://www.1justcity.ca/oaktable>

- Food, clothing, hygiene items, health and wellness programs at the Augustine United Church in Osborne Village.
- Culturally sensitive supports for mental wellness and those living with addiction.
- Drop-In & Lunch: Monday – Thursday 12:00pm – 3:00pm.
- Breakfast served every Friday morning 10:00am – 11:30am.
- Healthcare supports available weekly – foot care once a week (see online schedule or call).
- Small group programming (check website for details).

New location: Pimicikamak: West End - 621 Balmoral St. – NOW OPEN, program expansion in March 2024

Ph: 204-779-8957 Website: <https://www.1justcity.ca/pwc>

- Monday – Thursday: Free coffee & Wi-Fi Drop-In (10:00am -12:00pm).
- Tuesday afternoons – Movie with snacks! (2:00pm – 4:00pm).
- Thursday afternoons – Bingo! (2:00pm – 4:00pm).
- Programming expansion will include: hot lunch, food bank, Indigenous Cultural Programming, eviction prevention support, harm reduction supplies, laundry.

Lighthouse Mission, 669 Main St. Ph: 204-943-9669 Website: <https://lighthousemission.ca/get-help/>

Hot meals, warmth and essentials Monday to Friday.

- Bible study every Monday: 11:30am – 12:30pm.
- Harvest Food Bank on Thursdays: Must register and provide your Manitoba Health card.

Monday to Thursday:

- Hot Breakfast: 9:00am – 11:15am.
- Soup & Sandwiches: 1:00pm – 3:15pm.

Friday:

- Lunch: 1:00pm – 4:00pm.
- Chili & Church 6:00pm – 7:30pm.

Mount Carmel Clinic - Sage House, 422 Dufferin Ave. Ph: 204-272-0838

Website: <https://www.mountcarmel.ca/events/category/sage-house/list/>

Drop-In centre and Outreach program for women engaging in survival sex work.

Monday to Thursday: 12:00pm – 7:00pm.

- Essential resources, food, showers, harm reduction supplies, primary health care needs.
- Cultural supports, skill building, volunteerism, and support groups.

Mount Carmel Clinic – Community Drop-In, 888 Main St. Ph: 204-582-2311

Monday – Friday 9:00am – 5:00pm.

- Harm reduction supplies (safer crack kits, safer injection kits, condoms).
- Computers with free internet – check emails, print out forms.
- Help with faxing forms, accessing housing listings, locating needed services in the community.
- Social worker or Elder available for those in need of counselling or support.
- Hygiene products, traditional medicines (sage, cedar, sweet grass), reusable masks.

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North End Women's Resource Centre (NEWC), 394 Selkirk Ave. Ph: 204-589-7347

Website: <https://newcentre.org/>

Open to women & gender-diverse people.

Monday, Tuesday, Thursday: 8:30am-4:30pm.

- Thursday: Free Yoga: 9:00am – 10:00am.
- Thursday: Harm-reduction-focused group: 1:30pm – 3:30pm.

Wednesday: 12:00pm – 4:30pm.

Friday: 8:30am – 3:30pm.

Drop in for information, snacks, supplies, phone use, washroom, cool down or warm up.

- Hygiene/menstrual/baby/seasonal items, vaccines.
- Harm reduction supplies.
- Counselling for individual or group (18+).
- Transitional housing support and community housing information.

Watch Facebook and Instagram pages for any change in hours.

North Point Douglas Women's Centre (NPDWC) 221 Austin St. Ph: 204-947-0321

Website: <https://npdwc.org>

Drop-In Hours:

- Monday, Tuesday, Wednesday, Friday: 9:00am – 4:00pm.
- (Closed from 12:00pm – 1:00pm for lunch).
- Men's programming during Drop-In hours: 9:00am – 10:00am & 3:00pm – 4:00pm.

Help with basic needs, access to traditional medicines, connect, referrals, crisis support.

- Individual counselling by appointment.

One88, 188 Princess St. Ph: 204-504-8118 Website: <https://one88.org/>

Church community offering weekday drop-in activities.

Drop-In (main floor): Monday, Tuesday, Wednesday, Thursday 10:00am – 2:00pm.

- Grab a coffee, do some laundry, chat, join a program, relax.
- Showers available Tuesday, Wednesday, Thursday.

Lunch on Tuesdays at 11:30am.

Friday Drop-In Door service 10:00am – 1:00pm (pickup mail and laundry).

Sunday worship in the upper room: 10:30am – 12:00pm.

Siloam Mission 300 Princess St. Ph: 204-956-4344 Website: <https://www.siloam.ca/what-we-do/>

Monday – Friday 8:00am – 4:30pm.

Once inside, people have access to all programs and services:

- Drop-In & Meals.
- Hygiene Program – showers, laundry machines (free).
- Clothing Room – seasonal appropriate clothes, hygiene items, undergarments (free) - 1 appointment per week.
- **Hannah's Place:** Emergency Shelter – 100-person capacity. Separate/secure space for women.
- **Saul Sair Health Centre:** Primary care, dentistry, optometry, foot care, chiropractic care, massage therapy, physiotherapy, health education. (Services are reserved for Siloam Mission community members).
- **Transition Services:** goal setting, weekly meetings, support and accountability, obtaining ID, accessing financial benefits, connecting to resources (medical, mental health, legal, addiction treatment). Help with housing.
- Spiritual Care Program and Cultural Connections – support groups, cultural teachings.
- Mental Health and Wellness – Intervention Specialist, Arts Program, drop-in counselling.

Sunshine House – 646 Logan Ave (Closed for Renovations)

Temporary location: 922 Notre Dame – First Mennonite Church Ph: 204-785-8565

Website: <https://www.sunshinehousewpg.org/>

Drop-In Monday to Friday, 11:00am – 4:00pm.

- Coffee, a meal, conversation, fun activities.
- Access to harm reduction supplies (Temporary location does not support showers or laundry at this time).
- \$2 Brunch on Sundays 11:00am – 1:00pm (Kids under 12 eat free!).

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Sunshine House – 646 Logan Ave (Closed for Renovations)

Temporary location: 922 Notre Dame – First Mennonite Church Ph: 204-785-8565

Website: <https://www.sunshinehousewpg.org/>

Like That Program

- Monday & Wednesday: 2SLGBTQ+ focused Drop-In – Come as you are!
- 6:00pm – 9:00pm.
- Fun, skills building, recreation.

MOPS (Mobile Overdose Prevention Site) location: 631 Main Street Parking lot 204-914-8221

Wednesday – Sunday: 11:45am – 5:15pm.

Between 5:30 and 6:30 they are parked at community places around the core area.

- Extended hours for winter until March 31/2024: Thursday, Friday, Saturday MOPS is driving the streets of central Winnipeg from 6:30pm – 9:30pm.
- People are invited inside the RV van to inject or snort drugs, inhalation tent for smoking.
- Harm reduction supplies, Narcan/Naloxone.
- Coffee, water, snack.
- Staff can help with referrals to other resource centres.



Ka Ni Kanichihk Inc. Velma’s House – 566 Bannatyne Ave. Ph: 204-560-3007

Connect with Velma’s House Safe Space on Facebook for Updates. Website: <https://www.kanikanichihk.ca>

Women 18+ seeking immediate safety. Low-barrier space (sobriety not required).

Monday to Friday Open 24 hours.

- Saturday & Sunday 8:00am – 11:00pm.
- Guests may visit as often as they like. The duration of each visit is determined at intake, dependent on needs.

Services Provided:

- Traditional medicine, Elders, ceremony, cultural ways of healing.
- Hot meals, water, tea, coffee.
- Safe place to rest, warm up or cool down, companionship and company.
- Emergency clothing, hygiene and harm reduction supplies.
- Laundry, washrooms and shower facilities.
- Referrals to EIA, Housing Programs, Health Care, etc.

Free Voicemail and Messaging Service:

Connect 2 Community Voicemail, New Life Ministries – 514 Maryland St. 204-775-4929

Website: <https://www.newlifeministries.church/neighbourhood>

- Free voicemail and email message service – Connect2 will provide a phone number for you to give others.
- You can retrieve your messages through a public phone, or have them emailed to you.
- **To sign up:** visit your closest community agency (most resource centres) or through their website.

Core Area Bathroom access:

Around 715 Main St. “Loo Loo Wpg” 7:30am – 5:30pm

- Permanent accessible public washroom with water, harm reduction supplies, foot wash stations, cultural supports and more

Park Washroom Hours around Winnipeg - Open all year

Location	Hours
Bunn’s Creek Centennial Park – 365 McIvor Ave.	Monday – Friday 9:00am – 8:00pm Saturday & Sunday 10:00am – 8:00pm
Crescent Drive Park – 781 Crescent Dr.	8:00am – 9:00pm
Harbourview Recreation Complex Washroom building - 1867 Springfield Rd	6:00am – 10:00pm
Kildonan Park, Peguis Pavilion – 2015 Main St.	8:00am – 9:30pm
Kings Park, Washroom building – 198 Kings Dr.	8:00am – 9:00pm
St. Vital Park – Summer shelter and Washroom/admin building– 190 River Rd.	7:30am – 10:00pm

Information is correct as of February 2024

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Free Showers

Main Street Project 637 Main St. 204-982-8267	Shower and two sinks (plus washrooms) are available to Drop-In residents accessing the shelter 24/7. - Closed for maintenance between 3:00pm – 5:30pm.
Siloam Mission 300 Princess St. 204-956-4344	Showers available 8:00pm – 7:00am for those staying at the shelter. - Sign up hours: 9:00am – 9:30am.
West Central Women’s Resource Centre – Drop-In Centre 640 Ellice Ave. 204-774-8975	Monday, Wednesday, Friday: 9:00am – 4:30pm. Tuesdays & Thursday: 12:30 – 6:00pm. Saturdays: 9:00am – 12:00pm. - Showers available to women-identified people – first come first serve. - Shampoo kits and feminine hygiene products available. - During opening hours, until the last hour of the day – sign-up sheet.
Ka Ni Kanichihk - Velma’s House Safe Space 566 Bannatyne Ave. 204-560-3007	Open to women aged 18+ and members of the 2SLGBTQ+ community who identify as female. - Access to basic needs including shower facilities 24/7.
West Broadway Community Service 222 Furby St. 204-995-2944	- Showers available Tuesdays & Wednesdays between 1:00pm – 3:00pm. - 15-minute time limit. - Must sign up – shower supplies provided.
Just1City - Oak Table 107 Pulford St. 204-416-2240	- Showers available Monday - Thursday between 12:00pm – 3:00pm. - 15-minute time limit. - Must sign up – shower supplies provided.
Resource Assistance for Youth (ages 29 and under) 125 Sherbrook St. 204-783-5617	- Showers available on a first come first serve drop-in basis. - Only one shower available – toiletries provided. - Monday – Friday 1:00pm – 3:00pm. - 30-minute time limit.

Free Laundry

Andrews Street Family Centre 220 Andrews St. 204-589-1721	- Provides community laundry facilities – families can do 1 load per day - Monday – Friday: 9:00am – Last load at 3:00pm at no cost. - Laundry soap is provided - Clients must stay in the building so as not to lose their spot.
Just1City – Oak Table 107 Pulford St. 204-416-2240	- Laundry facilities available Monday - Thursday 1:00pm – 3:00pm. - Sign-up system. Staff takes care of the laundry & provides the detergent. - Each person’s laundry is put into individual mesh bags – multiple loads can be done at a time.
North Point Douglas Women’s Centre 221 Austin St. (204) 947-0321	- Offers laundry facilities to drop-in participants. - Drop-In Monday, Tuesday, Wednesday, Friday (9:00am – 4:00pm) - The Centre closes for lunch at 12:00pm – 1:00pm
Ma Mawi Wi Chi Itata Centre 363 McGregor St. 204-925-6816	- Monday to Friday 8:30am – 7:30pm - One load per week for singles, Two loads per week for families. - Saturday laundry for families between 12:00pm – 6:00pm - Laundry pods and bounce sheets provided.
Velma’s House Safe Space 566 Bannatyne Ave. 204-560-3007	Open to women aged 18+ and members of the 2SLGBTQ+ community who identify as female. - Access to laundry 24/7.
Resource Assistance for Youth (ages 29 and under) 125 Sherbrook St. 204-783-5617	- Laundry open during drop-in hours Monday – Friday 1:00pm – 3:00pm - Sign-up sheet: call or come in to request. - Only one person per day (one washer, one dryer) - Laundry supplies provided.