



MAR  
2022

# BIPOC & ASIAN COMMUNITY RESOURCES IN WINNIPEG

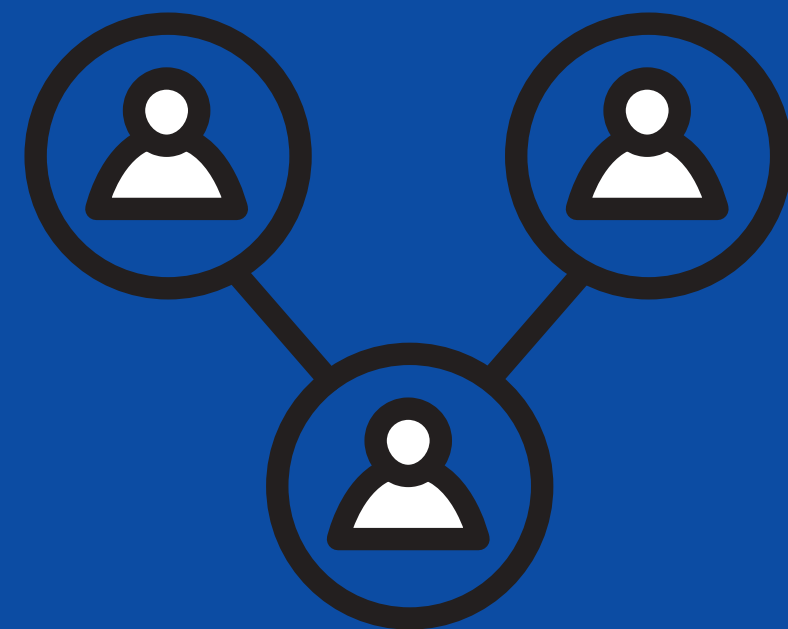
*Ethnocultural community organizations,  
Mental health organizations, mental  
health workers, and more!*



**Mood Disorders**  
ASSOCIATION OF MANITOBA

*Helping people  
help themselves*

# Ethnocultural Community Organizations



## A&O Support Services for Older Adults

- provides settlement services for newcomers 55 years of age and older
- provides settlement orientation for seniors program, a group orientation where participants learn about important settlement issues such as law, health, safety, housing, transportation, money, banking, community information
- refers participants after completing the orientation to The Winnipeg English Language Assessment and Referral Centre (WELARC) for a language assessment appointment; they may then register for English Language Programs for seniors or are welcome to join one of our English Conversation Circles
- provides information about community programs and services, to assist with forms and documents, to offer support to connect with older adults in the community

Contact: 204-956-6440; <http://www.aosupportservices.ca/>  
Address: 280 Smith St, Ste 200

## African Communities of Manitoba Inc.

- provides information and referral; free computer access; volunteer placement; snack program
- runs the ACOMI / Manitoba Housing Tenants Advisory Group and the Tenants' Advisory Food Bingo
- offers student placement; homework program, ESL Literacy Program; African Djembe Drumming
- provides meeting facilities for ACOMI affiliate organizations or community groups
- provides employment skills training, youth programming, seniors programming, financial literacy programming, income tax clinic, cultural programming
- accepts donations of food, clothing, equipment

Contact: 204-221-6696  
Address: 421 Kennedy St Ste 101



## Afro-Caribbean Association of Manitoba

- promotes social, educational, cultural activities benefiting our members and the wider community
- assists members who find themselves in difficulties
- assists similar organizations where possible
- offers summer drop-in centre for children
- offers cultural and special events including senior and junior dance groups, cultural workshops, Folklorama, Black historical calendar
- offers annual job fair
- offers educational seminars
- has library with books and magazines from Africa; video tapes of association's functions; video of ACAM's history at 20th anniversary celebration

Contact: 204-667-6919; <http://www.afrocaribbean.org/>  
Address: 259 Watt St

## Canadian Muslim Women's Institute Inc

- offers Arabic, Somali interpretation services
- offers document (official or unofficial) translation services from Arabic, Somali, Urdu into English
- family programs
- employment/vocational training
- financial empowerment
- food bank and emergency food hampers
- halal food pantry

Contact: 204-943-8539; <http://www.cmwi.ca/>  
Address: 61 Juno St, 2nd Floor

## Ethiopian Society of Winnipeg

- provides cultural, educational activities for members of the community
- sponsors Ethiopian Pavilion at Folklorama
- has a tutoring service for students or older adults in an after school program
- offers translation or interpretation service
- runs an English conversation class
- provides settlement services to help Newcomer Ethiopians integrate into Canadian society
- is a central coordinating body for volunteering within the Ethiopian community
- rents hall for events (200 capacity)

Contact: 204-415-4277; <http://www.ethiowpg.org/>  
Address: 215 Selkirk Ave

## Family Dynamics Inc.

- provides comprehensive case management, assessment, advocacy, facilitated referrals for refugee families with multiple barriers settling in Winnipeg

Contact: 204-947-1401; <http://www.familydynamics.ca/>  
Address: 393 Portage Ave, Unit 401 (4th Flr)

## Immigrant and Refugee Community Organization of Manitoba (IRCOM)

- provides range of programs including after school programs for youth, asset and capacity building programs, childcare program, community resource program, greening s program, newcomer literacy initiative, early childhood development hub, volunteer, and community services
- transitional housing

Contact: 204-943-8765; <http://www.ircom.ca/>  
Address: 95 Ellen St

### **Immigrant Centre Manitoba Inc.**

- provides information, orientation, community connections, language bank, referral services for newcomers

Contact: 204-947-1401; <http://www.familydynamics.ca/>  
Address: 393 Portage Ave, Unit 401 (4th Flr)

### **Japanese Cultural Association of Manitoba**

- provides activities, programs, services to inform and educate the community about Japanese / Japanese-Canadian arts, music, culture, heritage and history, in English and Japanese languages
- celebrates heritage days honored in Japan
- hosts food service events: Cuisine Night, Donburi Lunches, Udon Lunches; special events (Movie Nights, Keirokai, Shinnenkai)
- encourages the understanding and perpetuation of the cultural heritage of Japanese Canadians contributing to the Canadian mosaic, by sharing this heritage with all Canadians
- offers social, educational, cultural activities for members including celebration banquet for seniors; family / children's activities
- sponsors Japanese Pavilion at Folklorama

Contact: 204-774-5909; <http://www.jcamwpg.ca/>  
Address: 180 McPhillips St N

### **Jamaican Association of Manitoba Inc**

- provides opportunities for members to develop, practice and promote cultural awareness in the community
- assists members to understand the legal, moral, social rights and obligations of residing in Canada
- works cooperatively with other organizations and agencies that are dedicated to the principle of freedom and equality for all humanity; and to the relief of human suffering.
- hosts events in recognition of important days in Jamaican history; and for fun and conviviality
- delivers educational programs (workshops, seminars, informational sessions) to meet specific needs of members as they arise

Contact: 204-786-5496  
Address: 1098 Winnipeg Ave

### **Manitoba Interfaith Immigration Council Inc**

- Reception services
- In-Canada protection services
- Life skills trainers' program
- Settlement program
- Sponsorship program
- Volunteer host matching program

Contact: 204-977-1000; <http://www.miic.ca/>  
Address: 521 Bannatyne Ave

### **Newcomers Employment and Education Development Services Inc. (NEEDS)**

- provides individual or group psycho-social support to newcomer children, youth and young adults during their participation in N.E.E.D.S. programs, plus their general settlement experience
- offers services that include Youth Mentorship, Youth Employment, Introduction to Canadian Education, Youth After School programs

Contact: 204-940-1260; <http://www.needsinc.ca/>  
Address: 251 Notre Dame Ave, Unit A

### **Spence Neighborhood Association Inc.**

- newcomer youth outreach program
- works with the people of Spence to revitalize and renew their community in the areas of: Holistic Housing, Community Connecting, Community Economic Development, Environment and Open Spaces, Youth & Families

Contact: 204-783-5000;  
<http://www.spenceneighbourhood.org/>  
Address: 615 Ellice Ave

### **Tungasuit Inuit Resource Centre**

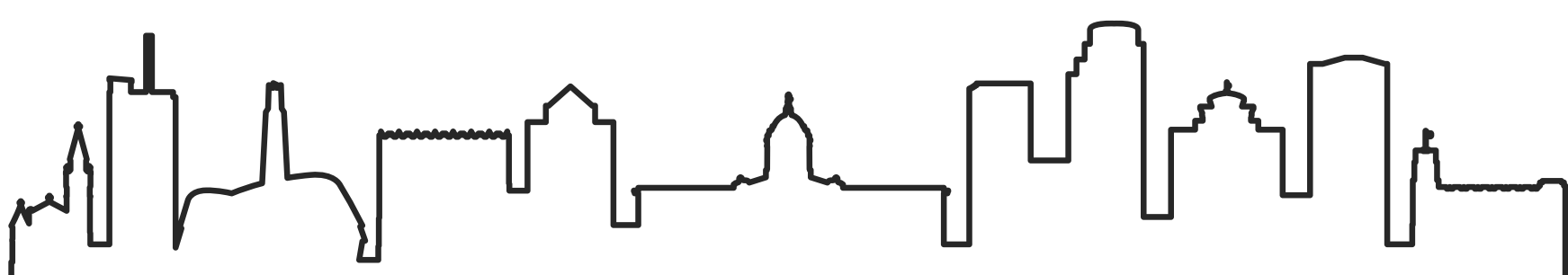
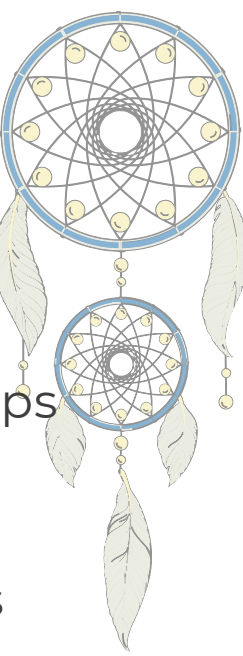
- provides cultural, heritage programs including community feasts and dances; classes for Inuktitut language, traditional sewing, soapstone carving; groups for men and youth; access to elders; storytelling
- drop-in resource centre
- help in applying for Manitoba and Inuit benefits cards
- help to find and access medical services
- assistance with Child & Family Services through advocacy
- provide a site for supervised CFS visits
- access to a phone line with Free Long Distance to call family up North
- assistance with employment and income
- gives cultural presentations to local schools and community group

Contact: 204-416-8910; <http://www.tungasugit.ca/>  
Address: 818 Sargent Ave

### **Winnipeg Chinese Cultural and Community**

- offers special interest classes including: Chinese folk dancing, Chinese cooking, Chinese calligraphy, Mandarin and Cantonese conversation classes
- offers sports programs including table tennis, volleyball, basketball, badminton, yoga, Wushu (Kung Fu)
- hosts exhibitions, events like Folklorama Chinese Pavilion, Chinatown Street Festival, Chinese New Year Celebration, Chinese Moon Festival, Golden Dragon Gala among others
- rents building out

Contact: 204-943-2627; 204-943-1197; <http://www.wcccc.ca/>  
180 King St, 2nd Floor



# Mental Health Organizations

Source: Canadian Mental Health Association

## Addictions Foundation of Manitoba

- Courses and workshops related to substance use and gambling
- Programs for youth (12-18), families, adults, and communities

Contact: 204-944-6367 or 1-866-638-2561; [www.afm.mb.ca](http://www.afm.mb.ca)

Address: 1031 Portage Avenue

No cost

## Anxiety Disorders Association of Manitoba (ADAM) – Youth Referral Services

- Anxiety and worry support programs
- Peer support
- Public presentations on anxiety

Contact: 204-925-0600; [www.adam.mb.ca](http://www.adam.mb.ca)

Address: 100 – 4 Fort Street

No cost

## Canadian Mental Health Association (CMHA) – Futures Forward

- Program for youth ages 15 – 29 currently or formerly involved with the child welfare system
- Provides navigation through mental health, housing, employment, education, and financial counselling
- Provides no-cost counselling to support youth with living, relationship or other issues important to them
- If under 18, please contact Centralized Intake of the Child and Adolescent

Contact: 204-982-6100; [www.futuresforward.ca](http://www.futuresforward.ca)

Address: 930 Portage Avenue

No cost

## Centralized Intake for Child and Adolescent Mental Health Program

- Provides consultation and support to children and adolescents between 3-18 years of age who are experiencing emotional or behavioural concerns and symptoms of mental illness
- Require legal guardian if under 16 years of age

Contact: 204-958-9660; <https://matc.ca/services/centralized-intake/>

Address: 165 St. Mary's Road

No cost

## Early Psychosis Prevention and Intervention Service (EPPIS)

- Support young people between 13 – 35 years of age who are displaying symptoms of psychosis for the first time.
- Individuals can collaborate on a treatment plan with Psychiatrists and Mental Health Clinicians, which may include medication, group/family education sessions, and various support groups as well as individual and family counselling

Contact: 204-940-8771; <https://wrha.mb.ca/mental-health/eppis/>

## Fort Garry Women's Resource Centre

- Children's counselling ages 4 – 12 who have witnessed and/or experienced any form of family violence (i.e., physical, verbal, emotional, sexual, etc.)
- Referrals must be made by the child's parent or legal guardian

Contact: 204-477-1123; <https://fgwrc.ca>

Address: 1150 – A Waverley Street

No cost

## Inspire Community Outreach Inc. – Exceptional Programs for Exceptional Youth

- Free Positive Mental Health Skill Building and Programming
- Provides support for children and youth who have diagnosed disabilities, behavioral challenges, ADHD, autism, and anxiety

Contact: 204-996-1547; [www.inspirecommunityoutreach.ca](http://www.inspirecommunityoutreach.ca)

Address: 175 Mayfair Ave

Sliding scale

## Klinik Crisis line

- Operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.

Contact: 204-786-8686 or 1-888-322-3019; <https://klinik.mb.ca/crisis-support/>

Address: 167 Sherbrook Street

No cost

## Klinik Community Health Centre, Teen Klinik

- Provides primary health care services to youth aged 12-22
- Provides general medical care, information about nutrition, sexual health, mental health concerns, and referrals to specialists
- Please call to make an appointment

Contact: (204) 784-4090; <https://klinik.mb.ca/health-care/drop-in-services/teen-klinik/>

Address: 167 Sherbrook Street

Mondays from 4 pm to 8 pm

No cost

## Kids Help Phone

- National Line available across Canada for youth, 24 hours, confidential and anonymous

Contact: 1-800-668-6868; <https://kidshelpphone.ca>

No cost

## Laurel Centre - Youth Counselling Program

- Provides individual and group counselling to young women aged 16 – 24 years who are dealing with the effects of childhood and/or adolescent sexual abuse

Contact: 204-783-5460; [www.thelaurelcentre.com](http://www.thelaurelcentre.com)

Address: 104 Roslyn Road

No cost

## Ma Mawi Wi Chi Itata Centre

- Provided through the Indigenous Youth Programs, youth can engage in various recreational activities, build employment skills, create healthy lifestyles, become educated in healthy sexual choices, engage in cultural programs and community work

Contact: 204-925-0300; [info@mamawi.com](mailto:info@mamawi.com);

<https://www.mamawi.com>

No cost



### Manitoba Adolescent Treatment Centre

- Provides a range of mental health services to children and adolescents who experience psychiatric and/or emotional disorders.
- A full continuum of programs and services, both community and hospital based, are available to children, adolescents, and their families.
- Services range from brief interventions to intensive long-term treatment

Contact: 204-958-9660; info@matc.ca; <https://matc.ca/services/>

Address: 120 Tecumseh Street

No cost

### Manitoba Schizophrenia Society – Hope and Opportunity through Peers, Empowerment and Support (H.O.P.E.S.)

- For youth between 15 – 30 years of age living with psychosis, schizophrenia, or schizo-affective disorder

Contact: 204-786-1616

Address: 4 Fort Street

1st Thursday of every month from 4 pm – 5 pm

No cost

### Mood Disorders Association of Manitoba

- Provides peer support groups for youth aged 12-17 dealing with various mental health disorders, such as bipolar disorder, anxiety, depression, obsessive compulsive disorder, eating disorders, etc.
- Runs week-long mental wellness-oriented summer camp that teaches music, art, dance, and provides field trips for youth aged 12-17

Contact: 204-786-0987 or 1-800-263-1460;

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

Address: 4 Fort Street

No cost

### Ndinawe Youth Resource Centre

- Provides 24/7 drop-in centre for youth
- Provides employment and housing resources, laundry facility, television, phone services, games, and computers
- Program mentors help assist youth in pursuing their interests and locating applications.
- Various recreational activities for youths are provided to allow them to socialize, while also building applicable skills

Contact: 204-589-5545 or 204-417-7233; <https://ndinawe.ca>

Address: 472 Selkirk Ave

No cost

### New Directions for Children, Youth, Adults, and Families

- Provides a diverse range of supports to children, adolescents, and adults with an intellectual disability and/or physical disability, and/or use American Sign Language to communicate
- Provides 24/7 staffed residential settings, independent living, supportive housing, cultural and education services, therapy, clinical and counselling services, and professional training

Contact: 204-786-7051; <https://newdirections.mb.ca>

Address: 717 Portage Ave

No cost

### RaY - Resource Assistance for Youth

- Provides drop-in safe space for individuals under the age of 30.
- Provides a hot meal, coffee, couches, basic needs, games, computers, Wi-Fi, books and art supplies, and knowledgeable staff to chat with.
- Provides housing programs, employment and training programs, social enterprises, and an Indigenous-led cultural program

Contact: 204-783-5617; info@rayinc.ca; <https://rayinc.ca>

Address: 125 Sherbrook St

No cost

### Spence Neighborhood Association West End

- 24-Hour Safe Space for youth ages 13 – 26
- Provides an overnight space for youth to rest, relax, access food, resources, and basic needs, in a supportive, kind, and warm environment.

Contact: 204-783-5000, ext. 113

Address: 430 Langside Street

11:00 pm to 7:00 am

No cost

### Youville Community Health Centre – Teen Clinic

- Provides health and mental health care to youth aged 14-20

Contact: 204-255-4840; <https://www.youville.ca/health-centre/teen-clinic>

Address: 6 - 845 Dakota Street

Tuesdays from 4 pm to 7 pm

No cost

### Youth Crisis Stabilization System

- The Youth Stabilization Unit is a 24-hour community-based crisis intervention service for youth and their families.
- Some of the issues the Unit responds to includes: parent/child conflict, difficulty with coping, thoughts of suicide, mental health concerns, behavioral problems, brief therapy, and homebased crisis intervention/youth education service

Contact: 204-949-4777 or 1-888-383-2776

No cost

### Youth Resource Centre / Shelter

- Offers 24-hour short-term emergency shelter/basic needs via walk-in resource service to youth between 12-17 years of age
- Assigns beds in the emergency shelter on a first come first serve basis every night
- Offers crisis intervention, counselling, food, hygiene needs, shower, clothes, and case management to youth accessing the emergency shelter
- Offers (on a walk-in basis) referral, advocacy, resources, information, short term basic needs services to youth between 12-21 years of age

Contact: 204-477-1804 or toll free: 1-888-477-1804;

<http://www.mys.ca/services/community-services>

Address: 159 Mayfair Ave

No cost



# BIPOC MENTAL HEALTH WORKERS

Source: Nine Circles Community Health Center

↔ = sliding scale

FREE = free/no cost

A

**Allison Park (she/her), MFT** ↔  
Park Therapy and Consulting  
Price: \$90/HR individual, \$95/couples, \$100/family, sliding scale available.  
Ph: 204-993-0170 (text or call)  
E-mail: allison.parktherapy@gmail.com  
Website: <http://parktherapyandconsulting.ca>

**Arthur Weldon (he/him), O.T** ↔  
Proactive Rehabilitation Centre  
Price: \$90-\$120/HR, sliding scale available and insurance accepted.  
E-mail: ArthurJWeldon@gmail.com  
Website: <http://proactivetherapymb.com>

**Afolabi Oyegbile (he/him), MSW, RSW** ↔  
APlus Therapy Services, specializing in CBT.  
Price: \$60/HR Individual (sliding scale available)  
Ph: 204-296-7534  
E-mail: afolabioyegbile@yahoo.co.uk  
Website: <https://www.psychologytoday.com/ca/therapists/a-plus-therapy-services--winnipeg-mb/846507>

**Aya El-Alawi (she/her), O.T Reg. (MB)** ↔  
Aulneau Renewal Centre  
Price: Subsidized and sliding scale available  
Ph: 204-987-7090  
E-mail: Ayaelalawi@aulneau.com  
Website: [www.Aulneau.com](http://www.Aulneau.com)

**Barry Fontaine (he/him), RSW, MSW**  
Indigenous Counselling & Education Services  
Price: Indigenous counselling is sliding scale, NHIB program accepted through Indigenous Services Canada  
Ph: 204-999-1625  
E-mail: info@IndigenousCounselling.ca  
Website: [www.IndigenousCounselling.ca](http://www.IndigenousCounselling.ca)

**Belal Zi (he/him) PLP, MA**  
Dr. Micheal Ellery & Associates, Psychotherapy Services  
Price: \$170/Session, most insurance accepted  
Ph: 431-531-5284  
E-mail: DrElleryOffice@gmail.com  
Website: [www.drellery.com](http://www.drellery.com)

**Ben Capili (they/them), MSW, RSW**  
Liminal Space Therapy  
Price: \$150/HR, Blue Cross accepted.  
Ph: 204-799-3806  
E-mail: Ben@Liminalspacetherapy.com  
Website: [www.LiminalSpaceTherapy.com](http://www.LiminalSpaceTherapy.com)

**Bolaji Akinyele-Akanbi (she/her), hons. MSW., PhD candidate, clinical therapy**  
Peace Wholeness Centre  
Price: Contact for information, insurance accepted.  
Ph: 431-305-7478  
E-mail: Peacewcl@gmail.com  
Website: [Http://peacewholenesscentre.com](http://peacewholenesscentre.com)

C

**Caro Ibrahim (He/Him) MPS SCP, CRPO, CCPA** 🏳️‍🌈 ↔  
Just Healing Psychotherapy (English and Arabic)  
Price: All fees are sliding scale, limited appointment slots for "pay what you can" for those who identify as BIPOC and 2SLGBTQ+ and those under the IFHP  
Ph: 1204-809-5785  
E-mail: caro.ibrahim@justhealing.ca  
Website: [www.justhealing.ca](http://www.justhealing.ca)

**Chantal Carriere-Khan (she/her), BSW, RSW** ↔  
Positive Perspectives, counselling in French and English  
Price: \$135/HR, most insurances accepted, sliding scale available.  
E-mail: positivechantal@gmail.com  
Website: <https://www.positiveperspectives204.com/chantal-khan>

**Carey Sinclair (she/her), knowledge keeper & reiki master** ↔  
Jonah Counselling & Wellbeing  
Price: Sliding scale provided.  
Ph: 204-998-0843  
E-mail: SinclairCarey@hotmail.com  
Website: [www.JonahConsulting.ca](http://www.JonahConsulting.ca)

D

**Daniel Chiu (he/him), MMFT** ↔  
Private practice, individual and couples therapy  
Price: \$90/HR; sliding scale available, contact insurance provider for coverage.  
Ph: 204-294-0639 (text or call)  
E-mail: DanWkchiu@gmail.com

**Doug Amouzouvi (he/him), BSC. B.N. RN.** ↔  
UDynamics Therapeutic Wellness Centre  
Price: \$130/HR, sliding scale available.  
Ph: 204-770-7792  
E-mail: Info@UDynamics.ca  
Website: [www.Udynamics.ca](http://www.Udynamics.ca)

**E** Eugenia Lehmann (she/her), RSW, BSW, MSW ↔  
Eugenia Lehmann Counselling Services  
Price: \$130/HR, service provider via Victims of Crime Program, FNIHB, MPI, and CFS services. Most insurances accepted, sliding scale available.  
Ph: 204-887-4572  
E-mail: info@eugenialehmann.ca  
Website: www.eugenialehmann.ca

**F** Florence Gray (She/Her) BSW, RSW  
Mount Carmel Clinic  
Price: Subsidized for community catchment area  
Ph: 1204-589-9473  
E-mail: fgray@mountcarmel.ca  
Website: www.mountcarmel.ca

**G** Gabriela Fonesca (she/her), BA, MA, APC ↔  
Private Practice  
Price: \$90/HR, sliding scale available.  
E-mail: g.fonesca.counselling@gmail.com  
Website: www.gabrielafonsecacounselling.com

**Giselle Bernardo (she/her), CSW ↔**  
Udynamics Therapeutic Wellness  
Price: \$136.50/Individual, \$157.50/Family, sliding scale available.  
Ph: 204-899-0393  
E-mail: giselle@udynamics.ca  
Website:  
<https://www.psychologytoday.com/ca/therapists/giselle-bernardo-winnipeg-mb/784485>

**Grace Odupitan (she/her), BSW, RSW ↔**  
Grace Wellness Centre & partner with Udynamics Therapeutic Wellness Center  
Price: \$90-\$110/HR, insurance accepted, sliding scale available  
Ph: 431-305-7580  
E-mail: Gracewellness@gracelikerain.ca  
Website:  
<https://www.psychologytoday.com/ca/therapists/grace-odupitan-udynamics-therapeutic-wellness-ctr-winnipeg-mb/825200>

**H** Heather O'Neale (she/her), MSW, RSW ↔  
Private Practice  
Price: \$100/HR or \$150/1.5 HR, Sliding scale available  
Ph: 204-510-6338  
E-mail: Heather.ONeale@gmail.com  
Website: Wwww.HeatherONeale.com

**J** Jacqueline Hayes (she/her), BSW, RSW  
Rise Above Your Norm: Group workshops for youth, mothers with BPD, and racialized youth.  
Price: \$200/10 week groups (payment plans available)  
Ph: 204-590-5652  
E-mail: R.A.Y.N@outlook.com


Jacynth Glasgow (she/Her), BA MFFT CCC  
Thrive Counselling  
Price: \$80.95/HR individual (subsidies available)  
Ph: 204-774-4184  
E-mail: Sandra@ThriveWinnipeg.com  
Website: www.ThriveWinnipeg.com/jacynth-glasgow.html

Jeannette Bodnar (She/Her), MMFT  
Page One Counselling  
Price: \$125/HR, insurance accepted  
Ph: 204-881-7574  
E-mail: jeannettebodnar@gmail.com  
Website: www.pageonecounselling.ca

Jeneen Dederick (she/her), MSW, BSW, RSW.  
Lunalight Therapy, Indigenous Women-Led Services  
Price: \$120/Session, coverage under NHIB.  
Ph: 204-698-6730  
E-mail: LunaLightTherapy@gmail.com  
Website: <https://www.facebook.com/people/Lunalight-Therapy/>

Josiah Mutua (He/him), MA  
Pearls Counselling and Therapy  
Price: First session free, \$55/HR for students and adolescence, adults \$75/HR  
Ph: 204-995-2735  
E-mail: info@pearls-counselling.com  
Website: www.pearls-counselling.com

**K** Kyla Bernardo (she/her), M.ED, C.C.C  
Purposeful Counselling  
Price: Fee for service provider, please visit website for pricing  
Ph: 431-531-7122  
E-mail: PurposefulCounselling@gmail.com  
Website: www.purposefulcounselling.ca

**Kitana Degen (she/her), BSC.**   
Peer Support Coordinator for Anxiety Disorders Association of Manitoba.  
Facilitates peer groups, individual peer support, and education  
Price: Free, contact for group rates  
Ph: 204-925-0606  
E-mail: peersupport@adam.MB.ca  
Website: www.ADAM.MB.ca

**Kiyeon Kim (she/her), MSW, RSW ↔**  
Private Practice, drop-in support. Support offered in Korean and English  
Price: Contact for more information, EIA and sliding scale available.  
Ph: 204-599-5286  
E-mail: ruschhausweg@gmail.com

**L** **Leslie Hackett (she/her), MMFT** ↔  
Private practice for individuals and couples  
Price: Sliding scale available, and if insurance is available:  
\$110+GST/session.  
Ph: 204-815-8095  
E-mail: lesliehackettmft@gmail.com  
Website: www.lesliehackettmft.com

**Liesel Ambalina (she/her), MSW, RSW**  
Gfit Wellness  
Price: \$90/HR  
Ph: 204-997-0960  
E-mail: liezelmsw@gmail.com  
Website: <https://www.gfitwellness.ca/team/liezel-ambalina>

**Lindsay Woods (She/her), PhD, C. Psych**  
New Directions  
Price: \$195/Session, coverage through FNIHB,  
contact for list of insurances accepted.  
Ph: 204-230-4983  
E-mail: Lindsay.Woods@newdirections.mb.ca  
Website:  
[https://newdirections.mb.ca/dt\\_team/lindsay-woods/](https://newdirections.mb.ca/dt_team/lindsay-woods/)

**M** **Mathew Thomas (He/him), RP**  
Riverbend Counselling & Wellness  
Price: \$90/HR individual, \$125 family  
Ph: 204-334-4801  
E-mail: matt@riverbendcounselling.ca  
Website: [www.riverbendcounselling.ca/mthomas.html](http://www.riverbendcounselling.ca/mthomas.html)

**Mimi (Shamin) Brown (she/her)**  
Udynamics or Shamin Brown Consulting  
Price: \$100/HR for life & health coaching,  
\$130/HR for adult/youth counseling. Insurance  
accepted for counseling services.  
Ph: Udynamics 204-899-0393  
E-mail: Shaminbrownconsulting@gmail.com  
Website: [www.ShaminBrownConsulting.org](http://www.ShaminBrownConsulting.org)

**N** **Nadiah Sidik (she/her), MMFT** ↔  
Youville Centre Dakota  
Price: Free (up to 12 sessions)  
Ph: 204-255-4840 Ext. 122  
E-mail: nsidik@youville.ca  
Website: [www.youville.ca](http://www.youville.ca)

**Nadia Mackinnon (she/her), O.T Reg. (MB)**  
Middle Path Therapy Winnipeg, teen and early adult  
therapy services.  
Price: \$110/session, adolescent DBT skills group  
\$125/session  
Ph: 204-815-5815 (Ext. 4)  
E-mail: Nadia@Middlepathwpg.com  
Website: [www.Middlepathwpg.com](http://www.Middlepathwpg.com)

**Nadine Mcleod (she/her), RSW, MSW**  
Good Life Therapy  
Price: \$80/HR Psychotherapy, see website for more  
information  
Ph: 204-227-8317  
E-mail: Nadine@Goodlifetherapy.net  
Website: <http://Goodlifetherapy.net>

**Natasha Ali (she/her), PhD, C.Psych** ↔   
University of Manitoba & Private Practice  
Price: Free at University of Manitoba for students,  
\$190/HR private practice (insurance accepted and  
sliding scale available)  
Ph: 204-296-9904  
E-mail: NatashaAli80@gmail.com  
Website: <https://umanitoba.ca/student-supports/counselling-resources-students>

**P** **Peter Makadi (he/him), CPCA, DMIN** ↔  
Truth for Life Counselling  
Price: \$80-\$100/session, sliding scale available  
Ph: 204-599-9532  
E-mail: Mary-Ann@Improveyourlifenow.ca  
Website: [www.ImproveYourLifeNow.ca](http://www.ImproveYourLifeNow.ca)

**R** **Ranjodh 'Roni' Dhaliwal (he/him), BSW, MSW, RSW**  
THR Therapy, Private Practice out of Safe Harbour  
Therapy  
Price: \$115-\$100/HR, insurance accepted.  
Ph: 204-817-8671  
E-mail: THRtherapy@yahoo.com  
Website: [safeharbourtherapy.com](http://safeharbourtherapy.com)

**Recene Valgardson (She/Her) BSW, RSW** ↔  
Positive Perspectives  
Price: \$135/HR, Registered with FNIHB, sliding scale  
available  
E-mail: recenevalgardson@gmail.com  
IG: @Recenevalgardson.wpg  
Website: [www.Positiveperspectives204.com](http://www.Positiveperspectives204.com)

**Reece Malone (he/him/sya), DHS, MPH, CSE-S. CST**  
Sexuality Consultants and Support Services  
Manitoba Inc.  
Price: \$130/HR individual, \$145 relationship, contact  
for insurance accepted  
Ph: 204-471-8771  
E-mail: info@reecemalone.com  
Website: [www.reecemalone.com](http://www.reecemalone.com)



**S**

**Sangeeta Kothari (she/her), counsellor, MSW, RSW** ↔  
 Brave Canvas Art Therapy  
 Price: \$80-\$100/HR, Sliding scale available, Blue Cross accepted.  
 Ph: 431-336-7743  
 E-mail: pink453@gmail.com

**Sophia Ali (she/her), BSW, RSW, MBA** ↔  
 Aulneau Renewal Centre (counselling offered in Urdu, Hindi, Punjabi, and English)  
 Price: Sliding scale, most insurance and EIA accepted  
 Ph: 204-987-8881  
 E-mail: Sophia.Ali@aulneau.com  
 Website: www.Aulneau.com

**Susan Wenzel (she/her), MA.**  
 Private Practice, Relationship and Certified Sex Therapist  
 Price: \$130/HR Individual, \$150/HR Relationship  
 Ph: 204-770-5381  
 E-mail: Susan@SusanWenzel.ca  
 Website: www.susanwenzel.ca

**Seijiro Tsuchi (He/him), CSW** ↔  
 Private Practice  
 Price: \$110/HR, most insurances accepted, sliding scale available.  
 Ph: 204-612-8614  
 E-mail: seijiro4@yahoo.com  
 Website: https://www.seijirotsuchi.ca

**W**

**Wai Mei Kwok (she/her), MMFT** ↔  
 Wai Mei Therapy  
 Price: \$100/HR, sliding scale available  
 Ph: 204-813-7046  
 E-mail: waimeitherapy@gmail.com

**Winifred Vugampore (she/her) MCDS, MSW, RSW**  
 Mount Carmel Clinic  
 Price: Subsidized for newcomers in the catchment area  
 Ph: 204-589-9429  
 E-mail: wvugampore@mountcarmel.ca  
 Website: www.mountcarmel.ca

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## Community Health Clinics

**ACCESS DOWNTOWN**  
 640 Main Street  
 204-940-2319

**ACCESS Norwest**  
 785 Keewatin Street  
 204-938-5900

**ACCESS RIVER EAST**  
 975 Henderson Highway  
 204-938-5000

**ACCESS TRANSCONA**  
 845 Regent Avenue West  
 204-938-5555

**ACCESS Winnipeg West**  
 280 Booth Drive  
 204-940-2040

**WRHA POINT DOUGLAS COMMUNITY HEALTH CENTRE**  
 601 Aikins Street  
 204-940-2025

**HEALTH ACTION CENTRE**  
 640 Main Street  
 204-940-1626

**HOPE CENTRE HEALTH CARE INC.**  
 240 Powers Street  
 204-589-8354

**KLINIC COMMUNITY HEALTH CENTRE**  
 870 Portage Avenue  
 204-784-4090

**MOUNT CARMEL CLINIC**  
 886 Main Street  
 204-582-2311

**PRIMARY CARE CLINIC – WRHA**  
 1001 Corydon Avenue  
 204-940-2000

**SAUL SAIR HEALTH CENTRE – SILOAM MISSION**  
 300 Princess Street  
 204-943-0658

**WOMEN'S HEALTH CLINIC**  
 3rd Floor, 419 Graham Avenue  
 204-947-1517

**YOUVILLE CENTRE**  
 6 – 845 Dakota Street  
 204-255-4840

**ABORIGINAL HEALTH AND WELLNESS CENTRE**  
 215 – 181 Higgins Avenue  
 204-925-3700

**CENTRE DE SANTÉ SAINT BONIFACE**  
 170 Goulet Street  
 204-940-1155