



Through the Bars

*A Guide for Visiting at
Correctional Facilities
in Manitoba*

John Howard Society of Manitoba

John Howard Society of Manitoba

This resource guide was produced by the John Howard Society of Manitoba. We are a provincial charitable organization delivering services in communities throughout the province. Our mission is to work towards effective, just, and humane responses to crime and its causes.

Please visit our website, www.johnhoward.mb.ca, to learn more about us and access a variety of publications on criminal justice research and policy topics.

Online editions of this booklet will be updated annually, so please check our website. If you find errors or wish to suggest changes, please email us at: office@johnhoward.mb.ca.

Thank you.

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*Brandon residents
may wish to visit*

John Howard Society of Brandon

153 - 8th Street

Brandon, Manitoba R7A 3W9

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Online: brandonjohnhoward.ca

*Supporting women involved
in the criminal justice system:*

Elizabeth Fry Society of Manitoba

544 Selkirk Avenue

Winnipeg, Manitoba R2W 2M9

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Toll Free: 1-800-582-5655

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Online: efsmanitoba.org

Acknowledgements

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Note: The information in this handbook is current as of April 2016. Visiting hours and regulations may change, and lockdowns may impact visiting capabilities. *Always call ahead to ensure the information you have is correct.* See the contact numbers as listed in entries for each institution.

Frequently Asked Questions

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Frequently Asked Questions

1. Why should I visit someone who is in custody?

A visit reduces the loneliness those in custody feel. Contact with family means they won't feel like a stranger when they return. Those who have visits are more likely to be successful when they leave custody.

2. What are the first steps?

Visitors must be approved before they can visit. Every visitor must complete the "Visitor request process" to get approval for the visit. This takes about two weeks. Call the institution for the appropriate form (see the contact number elsewhere in this guide).

Some forms are available online. For example, for Stony Mountain, visit www.csc-scc.gc.ca/forms/index-eng.shtml and scroll down and click on the Visiting Application form.

3. How do visits work?

Visitors must follow the rules and conditions, as explained in the following pages. It is always important to call ahead to the correctional facility before your visit. See phone numbers for Manitoba institutions elsewhere in this guide.

4. What items should I bring?

Every facility has different rules about what you must bring, and what you cannot bring. As a rule, you must bring government-issued photo identification (ID) to *every* visit. It is usually a good idea to bring 2-3 pieces of ID. If you need to store items in a locker, bring a quarter or the required coins.

5. What items should I *not* bring?

Most facilities don't allow keys, cell phones, SIM cards, cameras or other electronics. You will be required to lock up these items in a locker or leave them in your car. Make sure to bring a quarter for the locker.

Do *not* bring these items:

- illegal drugs
- cigarettes or any tobacco products
- alcohol
- medications
- any objects the staff might think are weapons
- money over allowed limit

6. What items are 'contraband'?

These are restricted items that are illegal to bring into a correctional facility. It is very important not to have any contraband items with you when you visit (see a list in the paragraph above). You will probably be caught and could face criminal charges. If a prisoner is caught with a contraband item, they can face charges and a longer sentence. Please protect yourself and your friend or family member who is in custody — never bring contraband into a correctional facility.

7. Can I wear perfume or cologne during a visit?

No. All facilities are scent-free. This means you should not wear strong perfume, cologne, or body spray.

8. What kind of security is there?

Every time you visit, there will be some sort of security check. The way these checks are carried out is different in every prison. It's

Frequently Asked Questions

important to be prepared. You can be turned away if a staff member has any concerns about you.

You might be turned away if:

- you don't meet the requirements. For example, if you don't bring proper photo ID;
- you try to bring contraband items inside;
- staff suspects you have recently used drugs or alcohol.

It is wise to:

- dress appropriately: don't wear clothes that are overly revealing or gang-related;
- have no traces of drugs on your body or clothes;
- change into fresh clothes before you visit, especially if you have been around people using drugs;
- use alcohol or sanitizer on your ID, glasses, and hands if needed.

Drug dogs

For security purposes, federal institutions use trained dogs that can detect the presence of illegal drugs. If a drug dog or handler are present when you visit, you will be asked to stand in a certain location. The drug dog will circle you, but not touch you.

The dogs are especially careful with children. Sometimes the dogs get excited and may move quickly. This can make some children feel nervous. A parent can hold small children while the search occurs.

If someone has a fear of dogs, the search must still occur. The best strategy is for the person with the fear of dogs to close their eyes until the search is over. Remember, the dog will not touch you.

Ionscan

An ionscan is a device that is currently being used in federal institutions (Stony Mountain). It is designed to detect very small amounts of drugs that are not visible to the naked eye. The ionscan is used to test a random piece of clothing before entering the institution.

You will be asked to hand over a random piece of clothing, like a glove, hat, or glasses. The piece of clothing will be placed onto the scanner. If no significant amount of illegal substance is detected, the scanner will read "pass."

Keep in mind the ionscan detects small traces of drugs. *Always* wash with soap and water before a visit.

9. What items can I give to the person I am visiting?

Normally, you cannot bring in any items to give to the person you are visiting, however, some facilities allow you to bring money for their canteen or mail. Check with the institution first to make sure it is okay. The mail will be opened by staff before being given to the person in custody.

10. How does canteen work?

Canteen allows those in custody to store money and purchase items like extra snacks or toiletries.

Every facility has different rules about canteen accounts. There is usually a limit to how much can be in someone's canteen at one time. Some facilities only accept cash, but others may accept cheques, bank drafts or money orders.

For these reasons, if you want to put money into someone's canteen account ***it is im-***

Frequently Asked Questions

important to call ahead to find out what is allowed.

You will have to bring exact change. Remember not to give more money than you can afford.

11. How much will a visit cost?

Depending on how you travel and where you live, it can cost a lot to visit someone in custody. Check bus fares and hotel costs online or by phone.

Plan ahead and remember to include the following costs:

- travel and parking,
- meals, snacks, and drinks for the trip
- hotel if needed.

12. If I can't visit someone in custody, how can I stay in touch?

There are lots of reasons why someone may not be able to visit a friend or family member in custody. Fortunately, there are other ways to stay in touch:

Mail. Try sending letters and pictures to your friend or family member. Letters from the people we care about can help us through tough times. Many people find that writing down their thoughts and feelings can be really helpful. Be aware that all mail will be opened by staff.

Some facilities allow you to send in gifts, which will be inspected. Most facilities only allow you to send paper and photos. Call the facility to ask about their rules.

Never send any contraband items.

Phone. Speaking on the phone is another great way to stay in touch. People in custody

can call you, but only at certain times.

Those in custody will have a calling card or account for phoning. Unfortunately, calls from correctional facilities are more expensive than calls made in the community.

If there is a family emergency, your friend or family member may be able to ask the custody social worker, chaplain or parole officer to arrange for a longer call.

13. I worry about how someone inside is being treated. What can I do?

If you are concerned, you can take action or make a complaint in one or more of the following ways:

If your family member or friend is in the federal system: call the Office of the Correctional Investigator: 1-877-885-8848 or go to www.oci-bec.gc.ca.

If in the provincial system, call the Manitoba Justice Head Office: 204-945-7804.

Call the lawyer of the prisoner.

Call the John Howard Society in Winnipeg at (204) 775-1670, or in Brandon at (204) 727-1696.

For concerns about a female inmate, call the Elizabeth Fry Society, (204) 589-7335, or toll free, 1-800-582-5665.

Call your local Member of Parliament (federal) or Member of the Legislative Assembly (provincial). Look them up in the phone book or online.

14. What can I do to take care of myself after a visit?

It can be upsetting, sad, or stressful to visit a

Frequently Asked Questions

friend or family member in custody. People do different things to take care of themselves. Here are some ideas:

Friend or family. Talk to a friend or family member that you trust. Try asking them to give you some of their time.

Community services. Check out the supportive services that exist in your community. You can call 311 in Winnipeg for free or check the phone book. Look for women's centres, community health centres, or community centres. These places often have social workers or community mental health workers on staff. You can make an appointment to talk to these workers about how you are feeling. Talking to a worker doesn't mean there's anything wrong with you. It only means that you are going through a tough time and you could use some advice.

Place of worship or club. Try talking to people at your place of worship or a group or club you belong to. You might find support in surprising places. Some people find it hard or embarrassing to talk about their family member or friend being in jail or prison. Sometimes, people feel that they face a lot of stigma. But many people find there is support available in their community, if you just ask.

15. What Indigenous cultural services are available inside?

Correctional facilities have special responsibilities to prisoners who self-identify as Indigenous. In almost every institution, there is a Native Inmate Liaison Officer (NILO). Many facilities have Elders as well.

There may be Indigenous programming available. Many correctional facilities arrange sweats and allow sage to be used for smudg-

ing. However, don't attempt to send or bring medicines to a prisoner.

First Nation communities, Band offices, and Friendship Centres provide an important source of support and information.

If you or your friend or family member inside identify as Indigenous, call the John Howard Society or Elizabeth Fry Society for support that is culturally-specific (see phone numbers on page 2 above).

16. I have a disability or special need. How will this affect my visit?

Many situations can make visiting a friend or family member in custody a challenge. Call the facility ahead of your visit. The following are some tips:

English language. No interpreters are available. If language is a concern, try bringing a helper who speaks English. Also try writing the prisoner's name and date of birth on a piece of paper to give to the staff at the reception desk.

Hearing. If you are hard of hearing, be aware most closed visit areas use telephones that do not let you adjust the volume. Call ahead to ask the prison how your visit can be accommodated.

Mobility. If you have mobility issues or other physical disabilities, call ahead to ask the prison how your visit can be accommodated.

Eyesight. If you have visual impairments, call ahead to ask the prison how your visit can be accommodated.

In general, it is often useful to bring a "helper" or friend along if accessibility is an issue.

Institutions

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IMPORTANT NOTE:

Each correctional facility has its own rules, procedures and process. Please be sure to read the information for every correctional centre you intend to visit.

Stony Mountain Institution

Address: Highway #7, PO Box 4500
Winnipeg, Manitoba, R3C 3W8

Phone Numbers: 204-344-5121 (Medium/Maximum)
204-344-3482 (Minimum)

Visiting Hours:

Vary depending on which unit and level of security your friend or family member is in. Call the numbers above for more information.

Visitor application process

Application form. An application form will be sent to you by your friend or family member inside, or you can access it online at <http://www.csc-scc.gc.ca/forms/092/0653e.pdf>. Make sure you answer all the questions or the application will be delayed. Mail it to the address above or drop it off at the front desk.

Photos required. The application requires two original passport-style photos.

Approval time. Your application will normally take about two to three weeks to be approved.

Criminal record check. The facility will do a criminal record check when reviewing your application. Your application will be denied if you have current convictions, probations, or Non-contact orders. Each application is reviewed case by case, and having a past criminal record does not necessarily mean you will be denied visitation.

Visitor's package. Once you've been approved, your friend or family member will send you a visitor's information package, which you must read and bring with you to your first visit.

Visiting details

Getting there. Stony Mountain Institution is located approximately 10 kms. north of Winnipeg on the east side (or right hand side travelling north) of Highway 7 (Route 90 inside the city).

Call ahead. Visits must be scheduled ahead of time. Visits are booked 48 hours in advance for the Medium and Maximum Units. You can call Monday to Thursday from 12:30pm to 3:30pm, and Friday to Sunday from 8:00am to 3:30pm. Visits are booked 24 hours in advance at the Minimum Unit. You can call Monday to Friday from 7:30am to 11:30am. Call one to two days before the time you'd like

to visit. Be sure to tell the officer if you're calling to book your first visit.

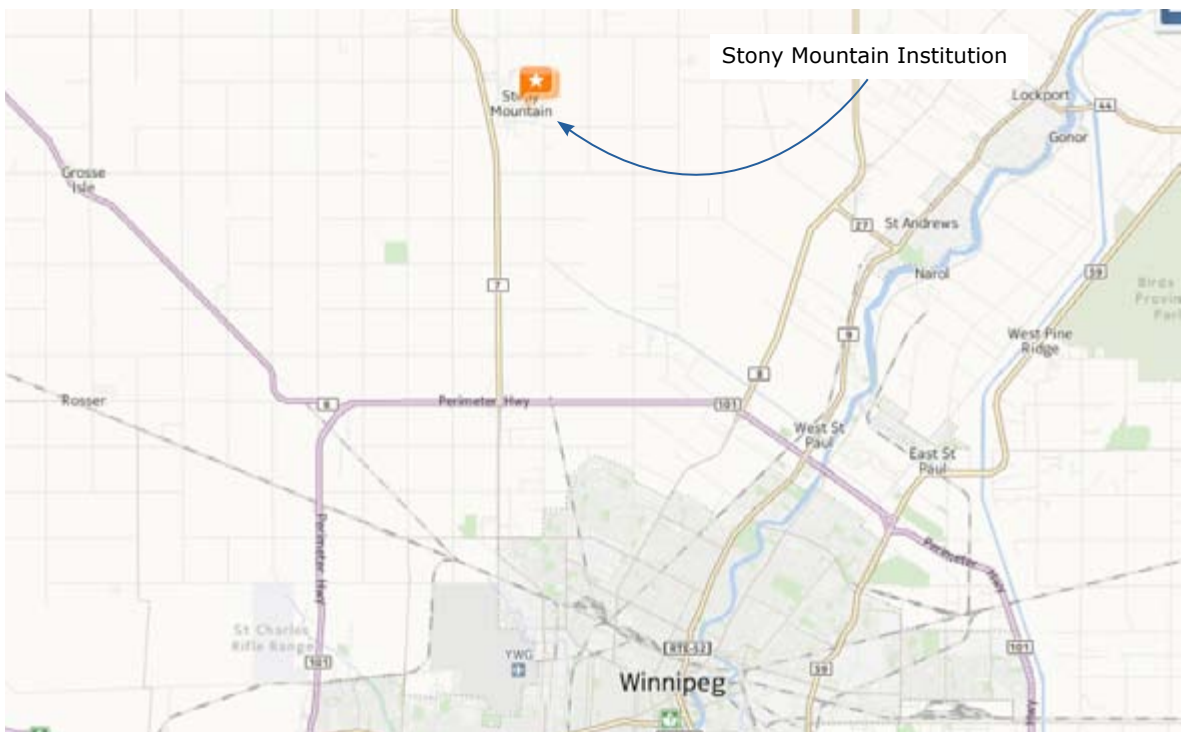
Unit-specific details. The length of your visits, how often you can visit, and the level of contact you can have with your friend or family member depends on the level of security and the unit they are in. You will receive these details once you've been approved as a visitor.

Arrival. Free visitor parking is available on the south side of the facility. Limited accessible parking for persons with disabilities is available in front of the main building. For medium and maximum security, go in the front doors of the main building. For

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Stony Mountain Institution, north of Winnipeg, Manitoba



Map for Stony Mountain Institution, north of Winnipeg, Manitoba

minimum, go to the white building with a green door located behind (east of) the visitor parking lot. It can be a long walk from the parking lot to the visiting area, so remember to dress warm. If you are being dropped off, your driver must leave the property and come back to pick you up at the end of your visit.

Prohibited items. Leave everything except 2 pieces of government issued ID in your car or put it in a locker. Do not bring tobacco products, drugs, alcohol, cell phone, food, or drinks into the facility. There is no smok-

ing on the grounds—even in the parking lot. There are diapers/wipes/feminine products available at the visiting office. You are not permitted to bring these items into the Institution.

Giving gifts. You are not permitted to give or receive anything from your friend or family member. You are permitted to drop money off to your friend or family but you must do this before the visit takes place. A Visitors and Correspondence (V&C) officer will be present to receipt the money.

Other information

Application expiry. Your visiting application will expire after two years, at which point you will have to reapply.

Vending machines. There are vending machines in the visitors' area. Anything purchased must be consumed during the visit and cannot leave the visiting area. You are allowed to bring \$25 for snacks.

Outdoor visits. In the summer, your visit might take place outside. Remember to apply bug spray and sunscreen before you enter the visiting area, as you can't come and go during your visit.

Young visitors. If you are bringing children, you must bring their Manitoba health card with you. You can bring a baby bag with necessary items, but it will be searched before your visit. Children must be accompanied by their parent or guardian (whoever has them

approved on their visiting application). If someone else would like to bring the child, the parent or guardian must fill out a permission form.

Private Family visits. These are visits that occur in separate structures inside the perimeter of the Institution where the inmate may meet authorized visitors in private to enhance daily living skills, maintain positive community and familial relationships and responsibilities (parenting skills) and/or lessen the negative impact of incarceration on family relationships.

For more information about private family visits and how to arrange one, speak to the Visitors and Correspondence (V&C) staff or call the visiting centre.

Brandon Correctional Centre

Address:

375 Veterans Way
Brandon, Manitoba R7C 0B1

Phone: 204-725-3532 extension 1000

Visiting Hours:

Vary depending on which unit your friend or family member is in.
Call the number above for more information.

Visitor application process

Application form. An application form will be sent to you by your friend or family member inside, or you can get one at the reception desk. Make sure you fill out the application exactly as requested or your application will get denied.

ID required. The application requires one piece of photo ID (a drivers' license, treaty card, student card, Maple Leaf card, MLC card, or passport is acceptable) and confirmation of your current address (a Manitoba health card or a utility bill with your current

address). If you're mailing in the application, include a photocopy of your ID, not the original.

Approval time. Your application can take up to six weeks to be approved. You will be contacted by the facility to let you know the results of your application.

Criminal record check. The facility will do a criminal record check when reviewing your application. Your application will be denied if you have current convictions, probations, or non-contact orders. Past convictions must



Brandon Correctional Centre, Brandon, Manitoba

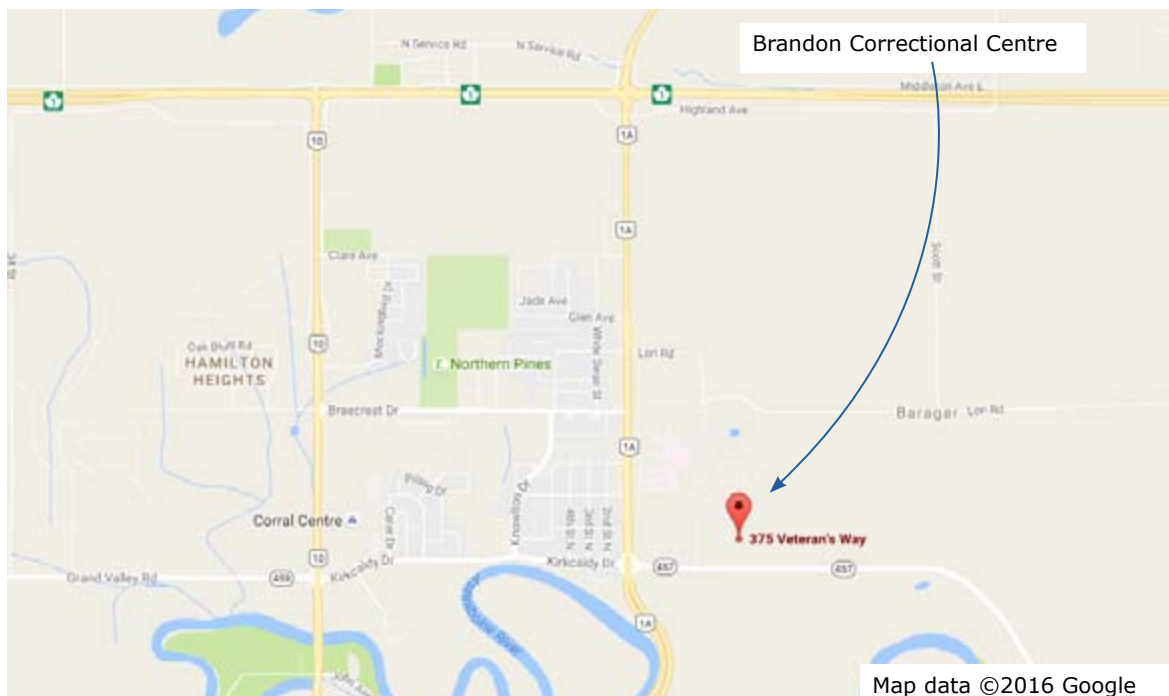
Initial visit. A one-time initial visit may be

Call ahead. You must call ahead and leave a message to request a visit. An officer will call you back to tell you your visiting time. Always call again the day of your visit to ensure there is no lockdown.

Number of Visitors. No more than four people (and no more than two adults) can visit at a time.

Prohibited items. Do not bring tobacco products, drugs, alcohol, food, or drinks into the facility.

Giving money. You can leave money for your



friend or family member at the reception desk, and it will be deposited into their account the next working day. Do not give cash or cheques directly to your friend or family member.

Other gifts. You can leave approved clothing, up to three soft cover books, and up to five recent newspapers for your friend or family member at reception. Magazines and other items are not allowed. Make sure everything is

clearly marked with both their name and your name.

Mail and photos. You can bring mail and pictures in to show your friend or family member, but they have to be approved first. If you want to leave these items with your friend or family member, you must put them in a clearly marked envelope and put them in the mail box at reception.

Other information

Vending machines. There are vending machines in the visitors' area. Anything purchased must be consumed during the visit and cannot leave the visiting area.

Juvenile unit. Only immediate family members are allowed to visit youth in the juvenile unit.

Intermittent sentences. People serving intermittent sentences cannot have visitors.

Special arrangements. Special visits may be

arranged for family counselling, compassionate reasons, long-distance travel, or other reasons, at the discretion of the officer in charge of visiting.

Young visitors. Children (under 18 years old) may be approved to visit immediate family members. Children who are not immediate family must be accompanied by a parent or legal guardian (proof of guardianship may be required).

Dauphin Correctional Centre

Address:

114 River Ave West,
Dauphin, Manitoba R7N 0J7

Phone Number: 204-622-2338**Visiting Hours:**

Monday-Friday: 7:00 pm – 9:00 pm

Saturday & Sunday: 9:00 am – 11:00 am, 1:00 pm – 4:00 pm, 7:00 – 9:00 pm

Application process

Application form. An application form will be sent to you by your friend or family member inside, or you can get one at the reception desk. Make sure you fill out the application exactly as requested or your application will get denied.

ID required. The application requires one piece of photo ID that shows your current address. You can either mail in the application or drop it off at the reception desk. If you're mailing in the application, include a photo-copy of your ID, not the original.

Approval time. Your application will normally take about two weeks to be approved.

Criminal record check. The facility will do a criminal record check when reviewing your application. Your application will be denied if you have current convictions, probations, or non-contact orders. Past convictions must be cleared for one year (including probation) before applying for the visitation process.

Who can visit? You must have had a relationship with your friend or family member inside for at least six months to be considered for visitation. If they are under 18, they can only receive visits from immediate family members.

Visiting details

Call ahead. Once you've been approved, call ahead to schedule your visit. Call to book at least 24 hours, but no more than seven days, before your visit. All visits are booked with the reception officer Monday to Friday, between 8:30 am and 4:30 pm (not including holidays).

Duration. Visits are limited to half an hour, twice a week.

Number of visitors. Up to two adults and four children may be allowed under the discretion of the Shift Operations Manager. Your friend or family member inside is only allowed to have five approved visitors on their list (not

including children), and they can only receive two visits per week unless they have special permission. Up to two adults and four children may be allowed under the discretion of the Shift Operations Manager

Arrival. Leave everything except for your ID in your car. If you don't have a vehicle, you must put your things in a clear container provided by staff near the front entrance. Photo ID is required during every visit.

Prohibited items. Do not bring tobacco products, drugs, alcohol, food, or drinks into the facility.

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Dauphin Correctional Centre, Brandon, Manitoba

Level of contact. You can give your friend or family member a hug or kiss when you arrive and leave, you can hold their hand during the visit, and they can hold a child throughout the

visit, but “excessive” contact is not allowed.

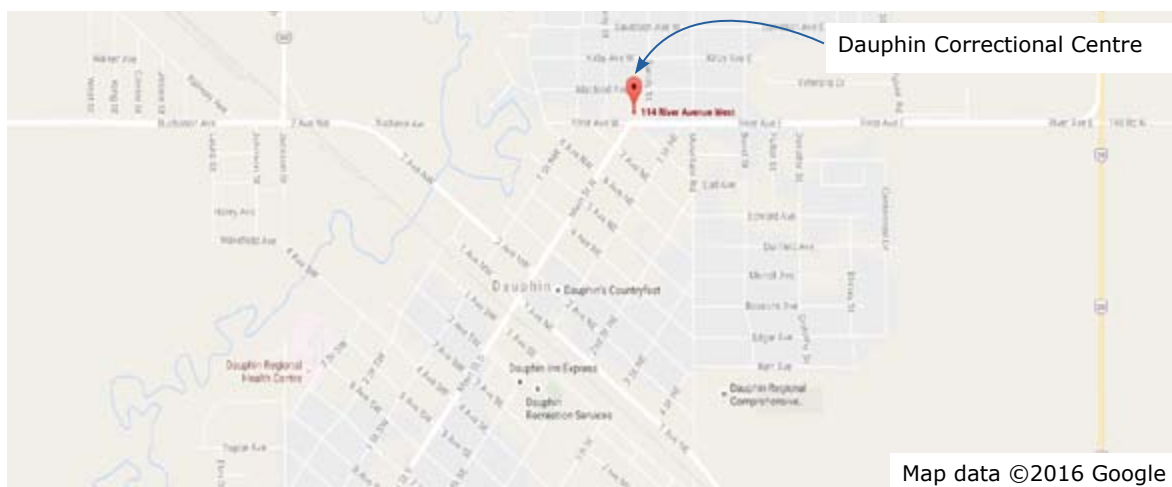
Giving gifts. Don’t give anything directly to your friend or family member. If you have something to deliver, see the officer at reception.

Other information

Young visitors. Visitors under the age of 18 must be pre-approved and have a guardian with them in order to visit. They must have ID (such as a birth certificate) that shows their relationship to the person inside. If you have a baby, you can bring one bottle and one diaper into the visiting area. Everything else, includ-

ing baby seats or carriers, must be left in the reception area.

Canteen items. Your friend or family member can bring previously purchased canteen items into the visit, but they have to be consumed during the visit and can’t be brought back out.



Map of Dauphin showing location of Dauphin Correctional Centre

Headingley Correctional Centre

Address:

6030 Portage Ave
Headingley, Manitoba R4H 1E8

Phone Number: 204-831-4610**Visiting Hours:** 3:00 pm to 8:45 pm. Each unit is assigned one day a week for visits.

Application process

Application form. An application form will be sent to you by your friend or family member inside, or you can get one at the reception desk. Make sure you fill out the application exactly as requested or your application will get denied.

ID required. The application requires one piece of photo ID that shows your current address, as well as a wallet- sized passport-style photo attached to the application. Applications must be submitted by mail. When you're mailing in the application, include a photo-copy of your ID, not the original.

Approval time. Your application will normally take about two weeks to be approved. You can call Monday to Friday between 1:00 and 3:00 pm to find out if your application has been approved.

Application review. The facility reviews and screens each application. Your application will be denied if you have current convictions, probations, or non-contact orders. Past convictions must be cleared for one year (including probation) before applying for the visitation process.

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Headingley Correctional Centre, Headingley, Manitoba

Visiting details

Call ahead. Visits must be booked one week in advance. Don't leave a message as it won't be returned. Always call again the day of your visit to make sure there is no lockdown.

Parking. Parking costs one loonie and two quarters, and there is no change available. Leave the ticket on your dashboard. If you're being dropped off, the person who dropped you off must leave the property and come back to pick you up at the end of your visit.

Arrival. Upon arrival, all visitors must report to the officer at the gatehouse. They will be asked to wait until they are cleared through to park. Visitors are advised to arrive 15 minutes early.

Leave all your possessions in your car. You will have to lock up anything you bring in to the facility. Remember to bring a quarter for the locker. After parking, visitors go directly

to Gate 26 and enter the blue door with the "Visiting" sign overhead.

Duration. Visits are one hour long, once per week.

Number of visitors. Four people can visit at a time, and no more than three adults at a time.

Prohibited items. Do not bring tobacco products, drugs, alcohol, food, or drinks into the facility. There is no smoking on the grounds, even in the parking lot.

Level of contact. You will be separated from the person you are visiting by a pane of glass. Each visiting booth has two phones on the visitor's side.

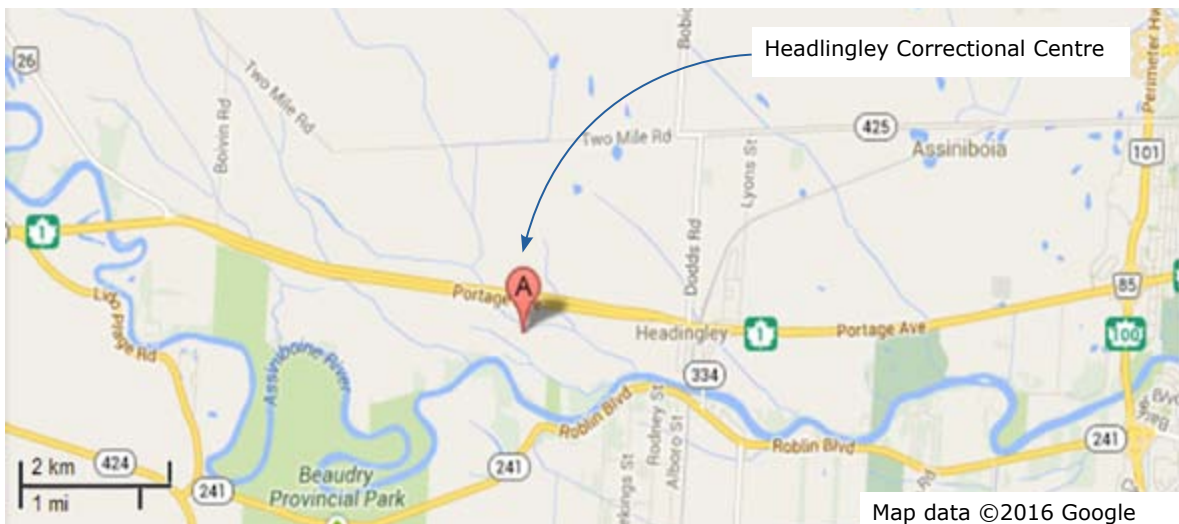
Giving gifts. You can bring money for the person you are visiting. A receipt will be issued for it. No mail or other items are accepted during visits.

Other information

Young visitors. No one under 18 can visit, except for the children of the person inside. If you are bringing children for a visit, you are allowed to bring a baby bag with necessities such as diapers, a bottle, and baby food. The

bag will be checked before your visit.

Amenities. Washrooms are available for visitors, but there are no vending machines in the visitor's area.



Map showing location of Headingley Correctional Centre

Milner Ridge Correctional Centre

Address:

Milner Ridge Road, PO Box 460
Beausejour MB, RoE oCo

Phone Number: 204-268-7362**Visiting Hours**

Every day at 9:45 am, 1:30 pm, and 3:00 pm, plus Wednesdays at 5:00 pm, and Tuesday, Thursday, and Saturday at 5:00 pm and 7:00 pm.

Application process

Application form. Have your friend or family member send you an application in the mail or find it online at: gov.mb.ca/justice/manitoba_corrections/pubs/mrcc_visiting_application.pdf Make sure you fill out the application exactly as requested or your application will get denied.

ID required. The application requires one piece of photo ID and a wallet-sized passport-style photo. You can either mail in the application (to Attn: Visiting Department at the address above) or drop it off at the reception desk. If you're mailing in the application, in-

clude a photocopy of your ID, not the original.

Approval time. Your application will normally take about two weeks to be approved.

Criminal record check. The facility will do a criminal record check when reviewing your application. Your application will be denied if you have current convictions, probations, or non-contact orders. Past convictions must be cleared for one year (including probation) before applying for the visitation process.

Who can visit? Only immediate family members and friends can visit unless otherwise approved by the superintendent.

Visiting details

Getting there. This correctional centre is about a 90-minute drive from downtown Winnipeg. Go north on Highway 59, past Birds Hill Park and turn right (east) on Highway 44. Go past Beausejour for approximately 12 km. and turn left (north) onto Highway 214, which is Milner Ridge Road. Proceed approx. 10 km. and the centre will be on the right hand side, marked with a large sign.

Call ahead. Visits must be booked 24 hours in advance. Call between 8:30 a.m. and 7:30 p.m., Monday to Sunday to book your visit, and call again the day of your visit to ensure there are no lockdowns. Please leave a detailed message and the Visiting Coordinator will get back to you.

Duration. Visits are one hour long. One visit is allowed every seven days from last booking.

Number of visitors. A maximum of two adults and two children are allowed to visit at a time.

Parking. Parking costs one loonie and two quarters. No change is available. Leave the ticket on your dashboard. If you are being dropped off, the person must leave the property and return at the end of your visit.

Arrival. Once you have parked or been dropped off, walk to the Gatehouse/Sally port building through the gate to sign in. You will be buzzed in and will need to check in with the Gatehouse staff and give them your ID

Continued next page

and licence plate number. You will then be escorted from the Gatehouse to the visitor's building. You will be required to lock up any other belongings. Lockers do not require any change.

Prohibited items. There is no smoking anywhere in the facility (even in the parking lot). No medication, cell phones, electronic devices, or cameras are allowed inside.

Diaper bags. These are permitted, however they are subject to search.

Food or drink. These are not generally permitted. An exception is made for babies and preschool children (age 5 and under). Foods such as: milk, juice boxes, crackers, fruit, vegetables, and other snack items are permitted. The food/drink must be a reasonable amount and for the consumption of the child only. The parent/guardian is responsible for cleaning up any mess which is created and ensuring wrappers etc. are placed in the garbage.



Milner Ridge Correctional Centre, Beausejour, Manitoba

Level of contact. You will be separated from the person you are visiting by a pane of glass. Each visiting booth has one phone on the visitor's side.

Giving gifts. Only gifts of money or money orders are allowed. Letters are *not* allowed.

Other information

Young visitors. Children must be with a guardian. The guardian must bring a health card along to each visit with the child's name on it and the guardian's name on it. For a grandparent or other person to bring in a child for a visit, they require an application

completed beforehand by the child's guardian showing them as the designated person responsible for that child during the visit.

Amenities. There are no vending machines in the visitor's building. The washroom is unisex.



Map showing location of Milner Ridge Correctional Centre, east of Winnipeg, Manitoba

The Pas Correctional Centre

Address:

300 3rd St East, PO box 659
The Pas, Manitoba, R9A 1K7

Phone Number: 204-627-8450**Visiting Hours:**

Tuesday and Thursday 7:00 pm to 9:00 pm, Saturday and Sunday 1:00 pm to 3:00pm

Application process

Application form. An application form will be sent to you by your friend or family member inside, or you can get one at the reception desk. Make sure you fill out the application exactly as requested or your application will get denied.

ID required. The application requires two pieces of ID that show a photo and your current address. You can either mail in the application or drop it off at the reception desk. If you're mailing in the application, include a

photocopy of your IDs, not the originals.

Approval time. Your application will normally take about two weeks to be approved.

Criminal record check. The facility will do a criminal record check when reviewing your application. Your application will be denied if you have current convictions, probations, or Non-contact orders. Past convictions must be cleared for one year (including probation) before applying for the visitation process.

Visiting details

Call ahead. Visits do not have to be booked ahead of time unless your friend or family member is in segregation. If this is the case, your visit will take place outside of regular visiting hours. Remember to call ahead on the

day of your visit to ensure there isn't a lock down.

Duration. Visits are usually limited to 20-30 minutes, though longer visits may be allowed on slow days.

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The Pas Correctional Centre, The Pas, Manitoba

Number of Visitors. A maximum of four visitors is allowed at one time. If you friend or family member is in a secure unit, your visit will take place in a separate visiting room, which cannot hold more than two to three people.

Parking. During weekdays, the parking lot is for staff only. You will get a ticket if you do not have a pass. During evenings and weekends the lot is not patrolled, so you can park in it for free. Free street parking is also available.

Prohibited items. No medication, tobacco products, food or drinks, cell phones, electronic devices, or cameras are allowed in the facility. Leave everything in your car or use

a locker, which is provided. No quarter is required for the locker.

Level of contact. All visits are considered limited contact, which means you will not be separated from your friend or family member by glass.

Giving gifts. You may not give anything directly to your friend or family member inside; no magazines, books, newspapers, pictures or crosswords.

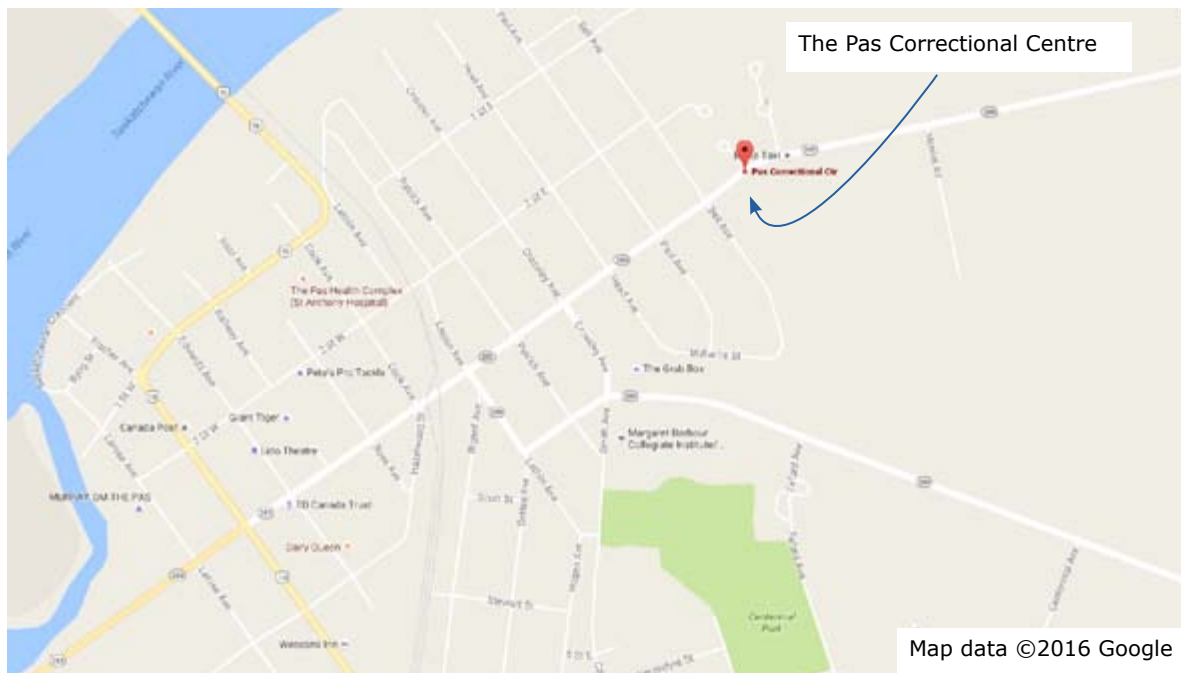
Gifts by mail. Limited numbers of personal pictures will be accepted by mail only. Clothing can be mailed in with pre-approval only. Clothing sent without prior approval will be returned to sender.

Other information

Beverages. Drinks may be purchased during visiting hours only.

Young visitors. Children are allowed to visit once they have been approved. You can bring

one diapers, wipes, a bottle, and a blanket into the visiting area after they have been searched. Toys are not allowed in the visiting area, but colouring books and crayons are provided.



Map of The Pas, showing Pas Correctional Centre

Winnipeg Remand Centre

Address:

141 Kennedy Street
Winnipeg, Manitoba R3C 4N5

Phone Number: 204-945-3928**Visiting Hours:**

Monday to Friday: 8:00 am—11:00 am; 1:00 pm—4:00 pm; 6:00 pm—7:30 pm

Saturday, Sunday and holidays: 8:00 am—10:00 am; 12:00 pm—1:30 pm; 6:00 pm—7:30 pm

Note: Visiting times are subject to change.

Application process

Application form. There is no application form, but visitors must be approved by the visiting coordinator upon arrival.

Visiting details

Call ahead. You must call to schedule an appointment between 8:30 am and 3:30 pm the day before you'd like to visit. Saturday, Sunday, and Monday visits must be booked on Friday. Call again the day of your visit to ensure there is not a lockdown.

ID required. Bring at least one piece of government issued photo ID or two pieces of non-photo ID (Manitoba health card, birth certificate, or social insurance card).

Duration. Visits are 30 minutes long, and your friend or family member is allowed a maximum of two visits in total each week.

Number of visitors. A maximum of two adults and two children, or one adult and three children, is allowed to visit at a time.

Transportation. There is no parking lot, but metered parking is available on the street. The Remand Centre is also near several bus routes

in downtown Winnipeg. See winnipegtransit.com/Navigo for directions.

Arrival. Ring the buzzer at the front door and provide your name. Once you are buzzed in you must lock up all your belongings before your visit. Remember to bring a loonie for the locker.

Level of contact. All visits are non-contact unless special permission is granted. You will be separated from your friend or family member by glass and speak through telephones.

Giving money. You can leave money for your friend or family member at the front desk. All other gifts are prohibited.

Amenities. Public washrooms are available, but there are no vending machines.

Winnipeg Remand Centre



Winnipeg Remand Centre (tall central building), downtown Winnipeg



Map showing Winnipeg Remand Centre, downtown, Winnipeg, Manitoba

Women's Correctional Centre

Address:

31 Routledge Ave
Headingley, Manitoba R4H 0A9

Phone Number: 204-948-8813

Visiting Hours: Monday to Sunday 9:45 am to 8:45 pm.

Application process

Application form. An application form will be sent to you by your friend or family member inside. Make sure you fill out the application exactly as requested or your application will get denied. You must mail in the application to the address listed on the back of the form.

Approval time. Your application will normally take about two weeks to be approved. Call the visiting coordinator at the number above to find out if your application has been approved.

Criminal record check. The facility will do a

criminal record check when reviewing your application. Your application will be denied if you have outstanding charges, are on probation, have a current non-contact order, or are not forthcoming on your visiting application. Past convictions must be cleared for one year (including probation) before applying for the visitation process.

Who can visit? No one under the age of 18 is allowed to visit, except for the child or sibling of the person inside. They must be accompanied by a parent or guardian.

Visiting details

Call ahead. Visits must be booked between one day and one week in advance. Call Monday to Thursday, 8:00 am to noon to schedule an appointment. Do not leave a message as it will not be returned. Always call again the day

of your visit to make sure there is no lockdown.

Number of visitors. No more than two adults, or one adult plus children, can visit at a time.

Continued next page



Women's Correctional Centre, Headingley, Manitoba

You can visit each friend or family member inside no more than once per week.

Travel directions. The Women's Correctional Centre is located on the north side of Highway No. 1, approximately 4 kms. west of Winnipeg. There is no sign indicating where to turn off of Highway No. 1. Turn right (north) at the fourth traffic signal after the perimeter highway going west, just past Canoak Flooring. Once you turn, there are signs to direct you to the building.

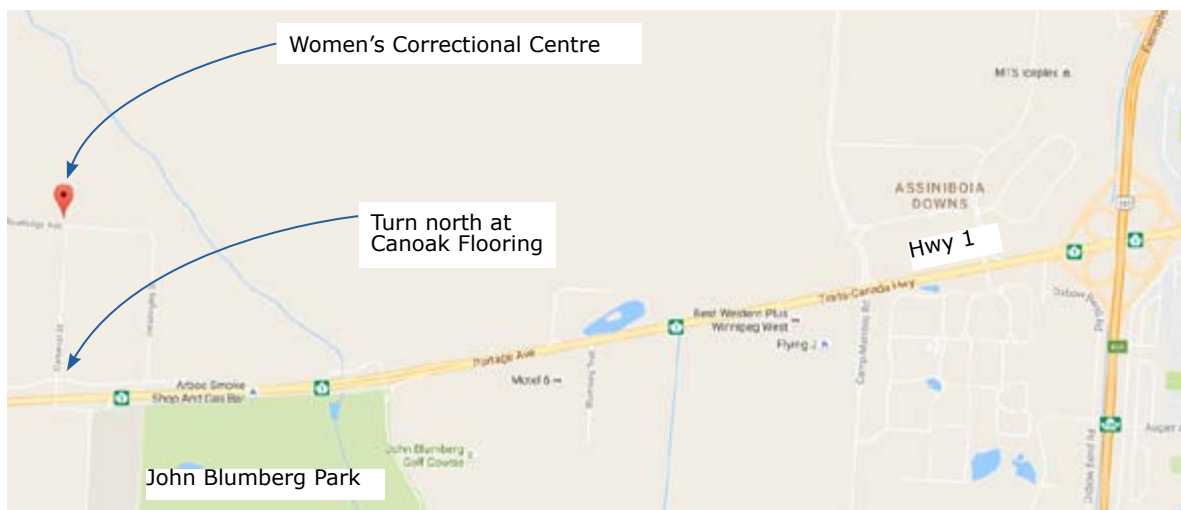
Parking. Parking costs one loonie and two quarters. No change is available. Leave the ticket on your dashboard. If you are being dropped off, the person must leave the property and return at the end of your visit. Children

cannot be left unattended in the parking lot.

Arrival. Check in at the front desk between 10 and 20 minutes before your visit. You will be required to lock up all your belongings. Be sure to bring a quarter for the locker. You will be required to sign a "consent to search" form when you arrive for your first visit.

Level of contact. Visits will be either contact or non-contact, depending on which unit your friend or family member is in. You may be separated by a pane of glass.

Giving gifts. You can leave money for your friend or family member at the front desk. Any other gifts must be pre-arranged ahead of time.



Map showing Women's Correctional Centre in Headingley, Manitoba



Visitation area, contact permitted



Visitation area for non-contact visits

Agassiz Youth Centre

Address:

PO Box 1342,
Portage la Prairie, Manitoba R1N 3A9

Phone Number: 204-239-3016

Visiting Hours: Times vary depending on which unit your family member is in.

Visitor application process

Application form. An application form will be sent to you by your friend or family member inside, or you can get one at the reception desk. Make sure you fill out the application exactly as requested or your application will get denied.

ID required. The application requires one piece of valid ID that shows a photo and your current address. You can either mail in the application or drop it off at the reception desk. If you're mailing in the application, include a photocopy of your IDs, not the originals.

Approval time. Your application will normally take about two weeks to be approved.

Criminal record check. The facility will do a criminal record check when reviewing your application. Your application will be denied if you have current convictions, probations, or Non-contact orders. Past convictions must be cleared for one year (including probation) before applying for the visitation process.

Who can visit? Only parents, guardians, grandparents, children, and siblings of the person inside are allowed to visit. Exceptions can occasionally be made.

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Agassiz Youth Centre, Portage la Prairie, Manitoba

Visiting details

Call ahead. You must call two to seven days in advance to book a visit with your family member. Call again the day of your visit to ensure there is no suspension of visits.

Duration and number of visitors. Visits are one hour long, once per week, with up to three visitors at a time. Some exceptions may apply.

Arrival. Limited lot parking is available. It costs one loonie and two quarters. When you arrive, leave everything except your ID in your

car. There are no lockers available for visitors.

Level of contact. You will usually not be separated from your family member by a pane of glass, and some contact is allowed, but some exceptions apply.

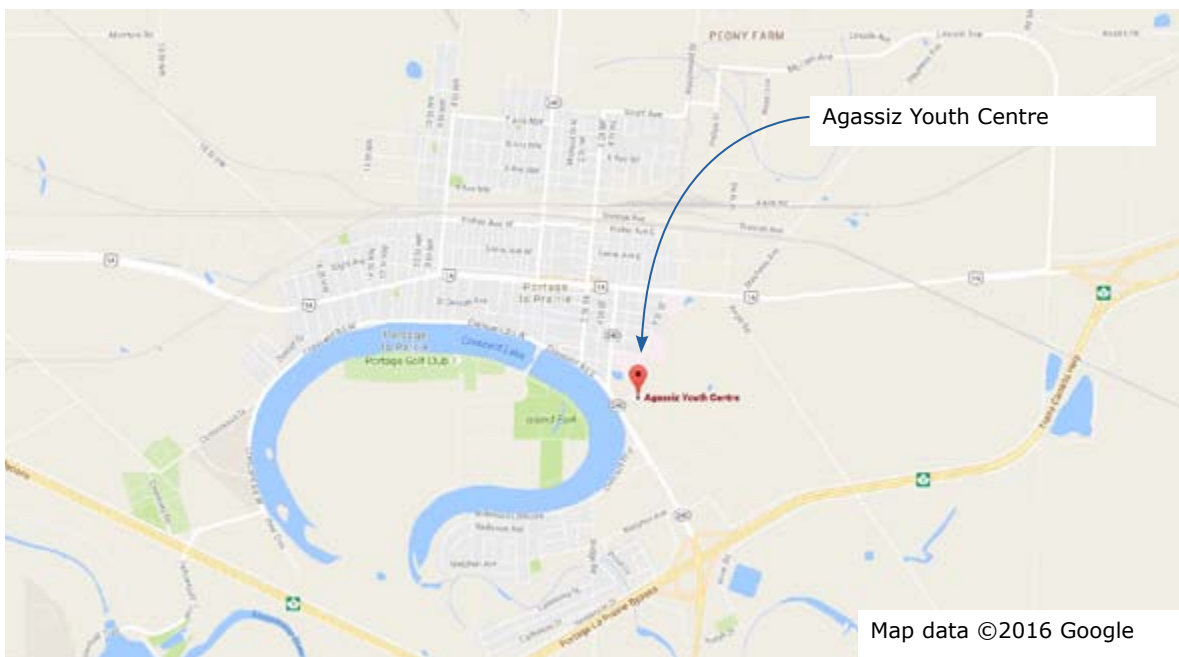
Giving gifts. You can bring a pair of runners and socks to give to your family member, but they must first be approved by staff. Most other items, including books and magazines, are prohibited.

Other information

Amenities. There are washrooms, but no vending machines are available.

Young visitors. Children can visit, but they must be approved and accompanied by a parent or guardian.

Special circumstances. Staff will sometimes allow exceptions to the rules, but always to remember to call ahead with any questions you might have.



Map showing Agassiz Youth Center on the east side of Portage la Prairie, Manitoba

Manitoba Youth Centre

Address:

170 Doncaster Street
Winnipeg, Manitoba R3N 1X9

Phone Number: 204-475-2010**Visiting Hours:**

Monday to Thursday: 6:00 pm to 8:00 pm

Friday: No scheduled visits

Saturday and Sunday: 12:00—2:00 pm; 2:00—4:00 pm; 6:00—8:00 pm

Visiting application process

Initial visit. “First visits” may take place any time before the first scheduled visit except within an hour prior to a court session and not while court is in session. “First visits” are limited to parents, or legal guardian, and any siblings under the age of 12 (accompanied by a parent or guardian). Call ahead to see when court is in session.

Application form. You will receive a visitor application when you go for your first visit, and you must fill it out and leave it with the admissions staff after your first visit. Make

sure you fill out the application exactly as requested or your application will get denied.

Approval time. Your application will normally take about two weeks to be approved.

Who can visit? Only parents, guardians, grandparents, and siblings under the age of 12 (accompanied by a parent or guardian) are allowed to visit. All visitors are first screened by the young person’s Assigned Case Manager before they are allowed to come and visit. Adult visitors must present photo ID at the time they come to visit.

Visiting details

Call ahead. Call the day of your visit to ensure there is no lockdown of the Unit or Manitoba Youth Centre.

Duration and number of visitors. Visits are 45 minutes long, once per week, with up to three visitors at a time. Some exceptions may apply.

Parking. Limited ticketed parking is available in the lot against the fence facing the Asper Centre. Remember to bring loonies and quarters if you want to park in the lot. Street parking is sometimes available, but remem-

ber to dress appropriately in case you need to walk far from where you park your car.

Arrival. When you arrive, either leave all your things in your car or put them in one of the lockers near the front entrance. Remember to bring a quarter for the locker. You are not allowed to bring tobacco products, drugs, alcohol, food, or drinks into the facility.

Level of contact. You will not be separated from your family member by glass, and some contact is allowed. All visits are supervised.

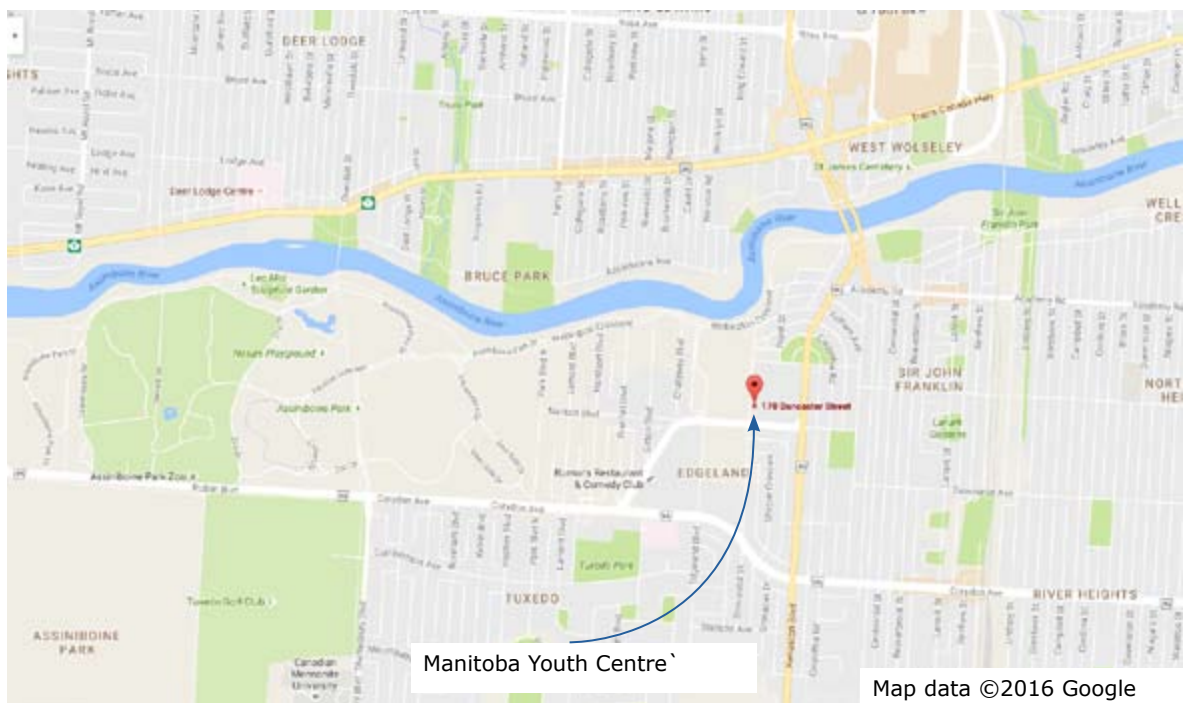
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Articles that can be given to a young person when visiting. You can bring a pair of runners to give to your family member, but they must first be approved by staff prior to coming to Manitoba Youth Centre. (You may have to exchange the runners with a pair the young person has in their possession.) You may also give the young person money. However, young persons are only allowed to have \$40.00 in their account. All other items, including books and magazines, are prohibited. Mail and photos must be mailed to Manitoba Youth Centre.

Amenities. Vending machines and washrooms are available in the visiting area.



Outside the Manitoba Youth Centre in Winnipeg, Manitoba



Map showing the Manitoba Youth Centre, off Route 90 in Winnipeg, Manitoba



Sitting Bull
by Mike Schwartz
From the Summer
2016 edition of
The Inside Scoop

Mike Schwartz
2016



by Stephan Dietrich



by Leroy Piche



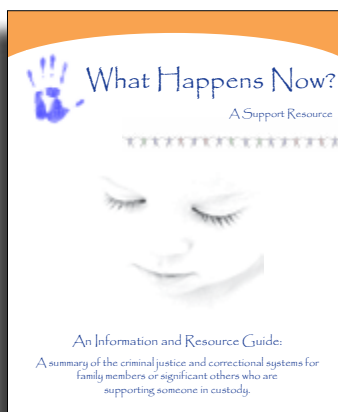
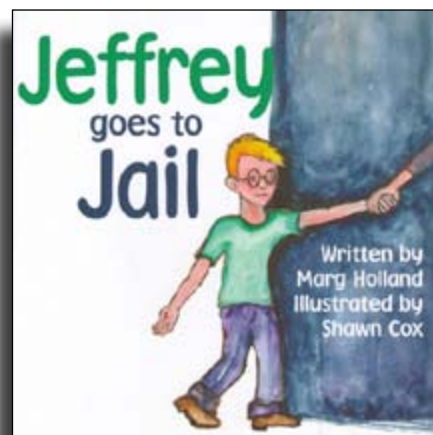
by Edward Thomas

Additional Visitor Resources

The **Canadian Families and Corrections Network** (CFCN) is a charity that provides a bilingual, toll free information and referral service for family members affected by criminal behaviour, incarceration, and family reintegration (English: 1-888-371-2326; French 1-877-875-1285). Many of its print resources are available as a free download at www.cfcn-rcafd.org.

This is an example of a resource available from the Canadian Families and Corrections Network. Canadian families affected by incarceration can request a free print copy by sending an email to national@cfcn-rcafd.org.

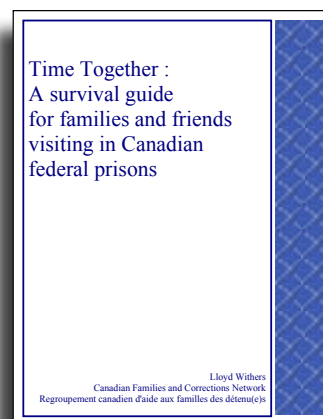
Jeffrey goes to visit his incarcerated father. This storybook describes Jeffrey's experience with the metal detector, the ion scan, the drug dog, and finally being able to hug his father.



What Happens Now? is an information and resource guide provided by the John Howard Society of Calgary: calgaryjohnhoward.org/AdultServices/CFFIRP.pdf



The **Manitoba Government** website with correctional facility information is: http://www.gov.mb.ca/justice/manitoba_corrections/adult.html.



Time Together: A survival guide for families and friends visiting in Canadian federal prisons is an information and resource guide provided by the Caring for Families Project: <http://www.cfcn-rcafd.org/text/time.pdf>



A great help for kids can be found at the website for **Sesame Street**, at sesamestreet.org/incarceration.

Information for Parents

What to tell your kids

“Should I tell my child their parent is incarcerated?”

“Should I bring my child to a visit?”

“How should I prepare my child?”

These are really tough questions. The answers will be different for everyone.

The most important question to ask yourself is: “What is best for my child?” Some people tell kids their parent is incarcerated, and some do not.

It is usually better to tell kids the truth carefully. If you do tell kids, they may have lots of questions or fears.

Try to take the time to answer their questions and comfort them.

If you are bringing a child to visit a parent in custody

Consider visiting on your own so you know what’s best for your child and how to prepare them.

Be aware that different facilities have different rules about children visiting. Children must always be with an adult over 18.

Other ways to stay in contact

If kids are not visiting, you may find other ways they can stay in contact. For example:

- They can have telephone calls and send drawings or photos in the mail.
- The parent can ask to arrange longer phone calls on your child’s birthdays or on holidays.

Prepare your child for a visit

If you decide to bring your child to a visit, it is really important to prepare them.

Here are some tips:



An excerpt from the Sesame Street “printable” book, In My Family by Rebecca Honig-Briggs and illustrated by MaryBeth Nelson. See sesamestreet.org/toolkits/incarceration

Prepare for a long visit. The wait can be long. Tell them about the wait. Bring books, toys, and snacks to keep them busy. Children can find the security process scary. Prepare them for the security.

Before the visit, describe the scene. Explain to them clearly what it looks like and how it will feel. It can be a shock to see their parent in a prison outfit and behind glass. Talk to them about what they will see and reassure them.

Talk after the visit. After the visit, ask your child how they are feeling. Talk to them about the visit and any worries they might have.

Strive to reassure children. Often kids can be worried about things that seem silly to us,



A girl looks at a picture she has of her and her incarcerated dad as part of Sesame Street's Little Children, Big Challenges: Incarceration initiative. See sesamestreet.org/toolkits/incarceration

and not tell us that they are worried. Make sure to tell your child that whatever they feel is okay. Your child may cry, or stay quiet, or even laugh because they are nervous or confused.

Offer reassurance

The most important thing you can do is to comfort your child. Tell your child their parent is safe and it is not their job to make things better.

Try to be careful not to give them responsibility for making you or the person in custody feel better.

This might mean asking your kids at every visit whether they feel like going that day.

Children note your responses

Children will watch your reactions carefully, so it is really important to show them they can trust you to cope. This doesn't mean you can't cry or be upset in front of your kids. But if you are upset, talk to them about how you are feeling and how they are feeling.

Be mindful of child's distress

Watch for signs of distress in your child. These signs will depend on their age. Signs may include

- sleeping a lot less or more than before,
- becoming very "clingy" and dependent,
- misbehaving, or being very worried, fearful or obsessed about the source of stress.

Help for children's well-being

If you are worried about your child's well-being or about how to handle this difficult situation, consider calling your local children's mental health centre. Look for local services in the phone book or in Winnipeg call 311. Also, try talking to your child's teacher and other friends and family members.

Sesame Street resource

Find videos, books, kits, and multimedia tools at sesamestreet.org/incarceration.

Winnipeg Community Resources

Aboriginal Health & Wellness Centre of Winnipeg

Address: 214 & 215-181 Higgins Ave, Winnipeg, Manitoba, R3B 3G1

Website: ahwc.ca **Phone:** (204) 925-3700 **Fax:** (204) 925-

1206 **Email:** [info\[at\]abcentre.org](mailto:info[at]abcentre.org)

Provides contemporary and traditional health and wellness resources to improve lives in the urban Aboriginal community. Healing is holistic, culture-based and for all Aboriginal people. United Way supports the Mino-Pimatiziwin (Men's Healthy Living) Program which provides a range of services for First Nation, Metis and Inuit men living in Winnipeg.

Andrews Street Family Centre (ASFC)

Address: 220 Andrews St., Winnipeg, Manitoba R2W 4T1

Phone: (204) 589-1721 **Fax:** (204) 589-7354 **Email:** [office\[at\]asfc.ca](mailto:office[at]asfc.ca)

Provides a place in the community where families work to meet their own needs. United Way supports three programs at ASFC. The Pritchard Place Drop-in Centre offers a safe place for children and youth in the inner city. The Parents Helping Parents program provides outreach and practical support to families and their children. The volunteer program is an opportunity for community residents to strengthen their work skills.

Aurora Family Therapy Centre

Address: University of Winnipeg, 515 Portage Ave., Winnipeg, Manitoba R3B 2E9

Website: www.aurorafamilytherapy.com **Phone:** (204) 786-9251 **Fax:** (204) 772-2547 **Email:** [aurora\[at\]uwinnipeg.ca](mailto:aurora[at]uwinnipeg.ca)

Provides counselling and therapy to families, couples and individuals to enhance personal, interpersonal and spiritual well-being. Services are open to everyone and are sensitive to gender and culture.

Bar None Prison Rideshare Project

Phone: 204-599-8869

Website: facebook.com/ridestoprison

Email: [barnone.wpg\[at\]gmail.com](mailto:barnone.wpg[at]gmail.com)

Free rides to visit friends and loved ones in prison. Get clearance from the prison, schedule a visit, then call us for a ride. Bar None is an abolitionist prisoner solidarity group based out of Treaty 1 territory in Winnipeg, MB.

Canadian Mental Health Association (CMHA)

Address: 930 Portage Ave., Wpg, MB, R3G 0P8

Social Media: [Facebook](#)

Website: cmha.ca **Phone:** (204) 982-6100 **Fax:** (204) 982-6128 **Email:** office[at]cmhawpg.mb.ca

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Works to ensure people affected by mental health problems have the same rights, choices and access to service as all people. Support is available for anyone experiencing problems with services they are currently using or trying to access. CMHA also offers information and referrals, skills development and public education to individuals, families, and the community.

Centre Renaissance Centre

Address: 844 Autumnwood Dr., Wpg., MB R2J 1C1

Phone: (204) 256-6750 **Fax:** (204) 256-5504 **Email:** renaiss[at]mts.net

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Offers family and marriage counselling to individuals and couples in both French and English. Workshops, support groups, and anger management classes are also available to teens and adults.

Community Financial Counselling Services (CFCS)

Address: 516-294 Portage Ave., Wpg., MB R3C 0B9

Social Media: [Facebook](#), [Twitter](#)

Website: www.debthelpmanitoba.com **Phone:** (204) 989-1900

Fax: (204) 989-1908 **Toll Free:** (888) 573-2383 **Email:** cfcs[at]mts.net

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Offers assessment, credit counselling, budgeting, debt consolidation and debt repayment for individuals and families experiencing financial difficulties. CFCS also provides information and referrals for people receiving or applying for income assistance. A voluntary tax preparation program helps individuals living in low-income situations complete tax returns at 35 sites throughout Winnipeg.

Elwick Village and Resource Centre

Address: 1417 Fife St., Wpg., MB R2P 0A2

Phone: (204) 632-5992 **Email:** evrcexecdir[at]shaw.ca

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Operates a community kitchen, clothing exchange and community cupboard. Elwick also offers programs for children and their parents, and assists families and community members with practical supports and access to necessary services.

Elizabeth Fry Society of Manitoba (EFSM)

Address: 544 Selkirk Ave., Wpg., MB R2W 2M9

Social Media: [Facebook](#)

Website: efsmanitoba.org **Phone:** (204) 589-7335 **Fax:** (204) 589-7338

Toll Free: (800) 582-5655 **Email:** execdir[at]efsmanitoba.org

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Offers support and advocacy services to women in conflict with the law. Services include information on the court process, emotional support, pre-release planning, short-term counselling and crisis intervention, and the Stoplifting program. EFS also provides supervision to women on parole, a clothing bank, art program, educational services, as well as policy development and research.

Family Dynamics

Address: c/o Portage Place, 401-393 Portage Ave., Wpg., MB R3B 3H6

Website: familydynamics.ca **Phone:** (204) 947-1401 **Fax:** (204) 947-2128 **Email:** info[at]familydynamics.ca

Community Family Resource Centre

Address: 1190 Plessis Rd.

Phone: (204) 777-1215 **Fax:** (204) 777-1214 **Email:** plessisfamilyresourcecentr[at]mts.net

Keenleyside Tenants Community Centre

Address: Unit 22 – 394 Keenleyside

Phone: (204) 667-4086 **Fax:** (204) 667-4099 **Email:** keenleyside[at]familydynamics.ca

St. Anne's Family Resource Centre

Address: Unit #39-565 St. Anne's Rd.

Phone: (204) 255-8387 **Fax:** (204) 257-6360 **Email:** stannesr[at]mts.net

Tuxedo Family Resource Centre

Address: Unit 1, 222 Doncaster St.

Phone: (204) 488-2133 **Fax:** (204) 488-2202 **Email:**
tuxedoresourcecentre[at]mts.net

Westgrove Family Resource Centre

Address: Unit D-76 Westgrove Way

Phone: (204) 832-3770 **Fax:** (204) 832-6423 **Email:** westgrov[at]mts.net

Woodydell Family Resource Centre

Address: Units 67 68, 625 St. Anne's Rd.

Phone: (204) 254-8581 **Fax:** (204) 255-2831 **Email:** woodydel[at]mts.net

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Offers counselling and programming for individuals, couples and families to improve communication and parenting skills and help people live without violence. Six Family Resource Centres throughout Winnipeg offer counselling, a community kitchen, community cupboard, home visits, and opportunities to network and socialize through family fun nights, crafter co-ops, breakfast clubs and community celebrations.

Fort Garry Women's Resource Centre (FGWRC)

Address: 1150 A Waverley St., Wpg., MB R3T 0P4

Outreach Centre:

Address: 104-3100 Pembina Hwy., Wpg., MB R3T 4G4

Website: fgwrc.ca **Phone:** (204) 477-1123 **Fax:** (204) 475-9127 **Email:**
info[at]fgwrc.ca

.....
A non-profit organization committed to creating a community where women and children are safe, healthy, valued and empowered. FGWRC provides free supports and services for women and children including supportive counselling, information and referrals, workshops and outreach programs all available through self-referral.

Kā Ni Kānichihk

Address: 455 McDermot Ave., Wpg., MB R3A 0B5

Website: kanikanichihk.ca **Phone:** (204) 953-5820 **Fax:** (204) 953-5824

Email: admin[at]kanikanichihk.ca

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Seeks to awaken the spirit of Aboriginal people through culturally-based education, training, employment, leadership, community development, and healing and wellness programs. Services are rooted in the restoration and reclamation of cultures.

The Laurel Centre

Address: 104 Roslyn Rd., Wpg., MB R3L 0G6

Website: thelaurelcentre.com **Phone:** (204) 783-5460 **Fax:** (204) 774-2912 **Email:** [info\[at\]thelaurelcentre.com](mailto:info[at]thelaurelcentre.com)

Men's Resource Centre

Address: 200-321 McDermot Ave. **Phone:** (204) 299-0875 **Email:** [info\[at\]thelaurelcentre.com](mailto:info[at]thelaurelcentre.com)

Website: mens-resource-centre.ca

.....
Provides individual and group counselling to women who have experienced childhood or adolescent sexual abuse. Programs include individual and group therapy, couples counselling, parenting groups, and short-term crisis intervention. The Laurel Centre also provides supportive services for men who have experienced stressors in their lives. Programs include drop-in, individual and group counselling through their Men's Resource Centre.

Ma Mawi Wi Chi Itata Centre

Administration

Address: 445 King St., Wpg., MB R2W 2C5

Social Media: [Facebook](#)

Website: mamawi.com **Phone:** (204) 925-0300 **Fax:** (204) 946-5042

Email: [info\[at\]mamawi.com](mailto:info[at]mamawi.com)

Community Sites

318 Anderson Ave.

Phone: (204) 925-0349

443 Spence Ave.

Phone: (204) 925-0348

Isobel's Place

(formerly Adolescent Parent Residential Learning Centre)

Phone: (204) 925-0320

Circle of Care Short Term Residential Care

Phone: (204) 925-4472

Honouring the Spirit of Our Little Sisters – Safe House for Adolescent Females

Phone: (204) 925-1778

Win Gardner Place

363 McGregor St.

Phone: (204) 925-0340

Windy Hill Training and Learning Centre

Hillside Beach, MB

Phone: (204) 925-0379

Young Warriors Lodge

Phone: (204) 925-0333

Wi Che Win Program

Phone: (204) 940-4259

Housing Plus Program

Phone: (204) 582-7371

.....
Provides culturally relevant prevention and support programs and services for Aboriginal families. With United Way's support, Ma Mawi provides youth programming and creates opportunities for community members to train, volunteer and develop leadership skills. A partner in the Winnipeg Asset-Builders Partnership, Ma Mawi also offers money management training and matched savings programs that help individuals and families in low-income situations build their assets for long-term stability and financial independence.

Main Street Project (MSP)

Address: 75 Martha St., Wpg., MB R3B 1A4

Social Media: [Facebook](#)

Website: mainstreetproject.ca **Phone:** (204) 982-8245

Fax: (204) 943-9474

Second Location: 2nd Floor, 661 Main St.

.....
Provides people who are homeless and living with poverty, addiction, mental or physical illness with emergency shelter and short-term transitional housing. United Way supports MSP's transitional support services team, which helps individuals make choices that lead to healthier lives.

Marlene Street Resource Centre

Address: 6-27 Marlene St., Wpg., MB R2M 1S3

Phone: (204) 253-8994 **Fax:** (204) 283-7284

Email: msresource[at]shaw.ca

.....
Supports individual ability, stronger families and a safer community through programming aimed at youth and adults within a diverse family housing complex in St. Vital. The Centre's resources include a clothing depot, lending library, as well as computer, fax, photocopier and telephone access. Adult programs include a tenant council, community kitchen and workshops. The Marlene Street Kids Program offers a homework club, cooking group, teen group, arts and crafts and computer camps.

Mount Carmel Clinic

Address: 886 Main St., Wpg., MB R2W 5L4

Social Media: [Facebook](#)

Website: mountcarmel.ca **Phone:** (204) 582-2311 **Fax:** (204) 582-1341

Email: jpretula[at]mountcarmel.ca

.....
Provides community health services aimed at building safer, stronger inner city neighbourhoods. With support from United Way, Mount Carmel offers a dental program for people in low-income situations as well as community outreach and early childhood/parenting resources.

Native Women's Transition Centre

Address: 105 Aikins St., Wpg., MB R2W 4E4

Social Media: [Facebook](#)

Phone: (204) 989-8240 **Fax:** (204) 586-1101

Kihiw Iskewock Lodge (Eagle Women's Lodge)

Address: 667 Ellice Ave., Wpg., MB R3G 0A8

Email: nwtc[at]mymts.net

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Offers a safe home for Aboriginal women and children who have experienced violence and need help making healthy lifestyle changes. Services are based on Aboriginal culture and traditions. United Way supports programs that address family violence, build supportive networks and develop healthy coping skills. United Way also supports Completing the Circle – a mentorship program that helps women transition back into the community.

Ndinawemaaganag Endaawaad

Youth Resource Centre: 472 Selkirk Ave., Wpg., MB R2W 2M7

Social Media: [Facebook](#)

Website: [ndinawe.ca](#) **Phone:** (204) 586-2588 **Fax:** (204) 589-4086

Email: [tchristensen\[at\]ndinawe.ca](mailto:tchristensen[at]ndinawe.ca)

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Provides programs of shelter, culture, recreation, education and support. The safe home provides 24-hour shelter and basic necessities for Winnipeg children/youth that are living on the streets and are at risk for abuse and exploitation. The Youth Resource Centre programs encourages youth positively in areas of education, personal relationships, life skills, parenting and culture. The drop in is a place where city youth are welcome in the evening. Services provided are; tutoring, parenting, a cooking club, computer lab, sports and art programs United Way supports a volunteer program in the Youth Resource Centre, which seeks to give both adults and local youth employment-related experience and a way of giving to the community.

North End Community Renewal Corporation – Path Resource Centre (NECRC)

Address: 509 Selkirk Ave., Wpg., MB R2W 2M6

Social Media: [Facebook](#)

Website: [necrc.org](#) **Phone:** (204) 927-2333 **Fax:** (204) 582-2801

PATH Employment Centre: 627 Selkirk Ave.

Phone: (204) 927-2300 **Fax:** (204) 582-7397

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Provides training and employment services to North End residents with multiple barriers to employment. Developed in response to the needs of North End employers, participants receive career counselling and assistance with job searches.

North End Women's Centre

Address: 394 Selkirk Ave., Wpg., MB R2W 2M2

Website: newcentre.org **Phone:** (204) 589-7347 **Fax:** (204) 586-9476

The Upshoppe – 382 Selkirk Ave.

Phone: (204) 582-3494 **Fax:** (204) 589-0784 **Email:** [info\[at\]newcinc.org](mailto:info[at]newcinc.org)

.....
Helps women gain independence and control over their lives. With support from United Way, the Centre offers individual and group counselling, volunteer opportunities, a job preparation program and skills development, crisis counselling and referrals. There is also a drop-in area for women and their children as well as a second-hand clothing shop.

North Point Douglas Women's Centre

Address: 221 Austin St. North, Wpg., MB R2W 3H8

Website: northpointdouglaswomenscentre.org **Phone:** (204) 947-0321

Fax: (204) 957-8978 **Email:** [npointd\[at\]mts.net](mailto:npointd[at]mts.net)

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Creates opportunities for women in North Point Douglas to actively participate in and contribute to their neighbourhood and the broader community. In addition to being a place for neighbours to connect, the Centre offers information on housing and employment, advocacy services, parenting groups, assistance preparing a resume, access to computers and the internet, as well as laundry facilities.

Opportunities for Employment

Address: 3rd-4th floors 294 Portage Ave., Wpg., MB R3C 0B9

Website: ofe.ca **Phone:** (204) 925-3490 **Email:** [shawnm\[at\]ofe.ca](mailto:shawnm[at]ofe.ca)

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Helps individuals with barriers to employment prepare for the workforce through pre-employment guidance, skills training, and job search assistance. With support from United Way, OFE also operates breakfast and clothing programs, and assists ex-offender, newcomer and Aboriginal youth ages 18 to 29 with skills development and employment.

SEED Winnipeg (Supporting Employment & Economic Development)

Address: 80 Salter St., Wpg., MB R2W 4J6

Social Media: [Facebook](#) [YouTube](#)

Website: seedwinnipeg.ca **Phone:** (204) 927-9935 **Fax:** (204) 927-9930

Email: [info\[at\]seedwinnipeg.ca](mailto:info[at]seedwinnipeg.ca)

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Offers supports and resources for individuals and families in low income situations as they work toward financial independence. Programs are designed to help participants secure a job, start a small business, save money and manage their finances for long term stability. Services include business training and planning assistance, access to loans, financial counselling, money management and matched savings program.

South Winnipeg Family Information Centre

Address: 800 Point Rd., Wpg., MB R3T 3L8

Social Media: [Facebook](#) [Twitter](#)

Website: swfic.org **Phone:** (204) 284-9311 **Fax:** (204) 284-9315 **Email:** [exec.director\[at\]swfic.org](mailto:exec.director[at]swfic.org)

.....
Provides parenting and anger management programs, babysitting courses, support groups and workshops on family-related issues. As well, the Centre's Clothing Closet program provides women who have experienced abuse or are in job training with good quality clothing.

Urban Circle Training Centre

Address: 519 Selkirk Ave., Wpg., MB R2W 2M6

Website: urbancircletraining.com **Phone:** (204) 589-4433 **Fax:** (204) 582-6439 **Email:** [hstumpf\[at\]urbancircle-inc.com](mailto:hstumpf[at]urbancircle-inc.com)

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A partner in the Winnipeg AssetBuilders Partnership, Urban Circle Training Centre offers money management training and matched savings programs that help individuals and families in low-income situations build their assets for long-term stability and financial independence.

West Central Women's Resource Centre

Address: 640 Ellice Ave., Wpg., MB R3B 1A7

Social Media: [Facebook](#)

Website: wcwrc.ca **Phone:** (204) 774-8975 **Fax:** (204) 783-3183 **Email:** [wcwrc\[at\]mts.net](mailto:wcwrc[at]mts.net)

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Offers women support, training, and opportunities to work together to address community issues related to safety, poverty and child-care. Resources include craft and volunteer programs, a child play area, clothing exchange, educational and health information sessions, and a community cupboard.

Winnipeg Central Park Women's Resource Centre

Address: 400 Edmonton St.

Website: www.wcpwrc.org **Phone:** (204) 944-8685 **Email:** [melrose\[at\]wcpwrc.org](mailto:melrose[at]wcpwrc.org)

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Central Park Women's Resource supports the local women and their families in the Central Park Neighbourhood by developing and providing services that reflect the unique needs of this community.

Wolseley Family Place

Address: Lower Level 691 Wolseley Ave., Wpg., MB R3G 1C3

Social Media: [Facebook](#)

Website: wolseleyfamilyplace.com **Phone:** (204) 788-8052 **Fax:** (204) 772-6035 **Email:** [wpf.admin\[at\]mts.net](mailto:wpf.admin[at]mts.net)

.....
A resource centre that focuses on building supportive relationships within and between families in West Broadway and surrounding neighbourhoods. Services are holistic and include education related to effective parenting and childcare, child development, health, safety and nutrition.

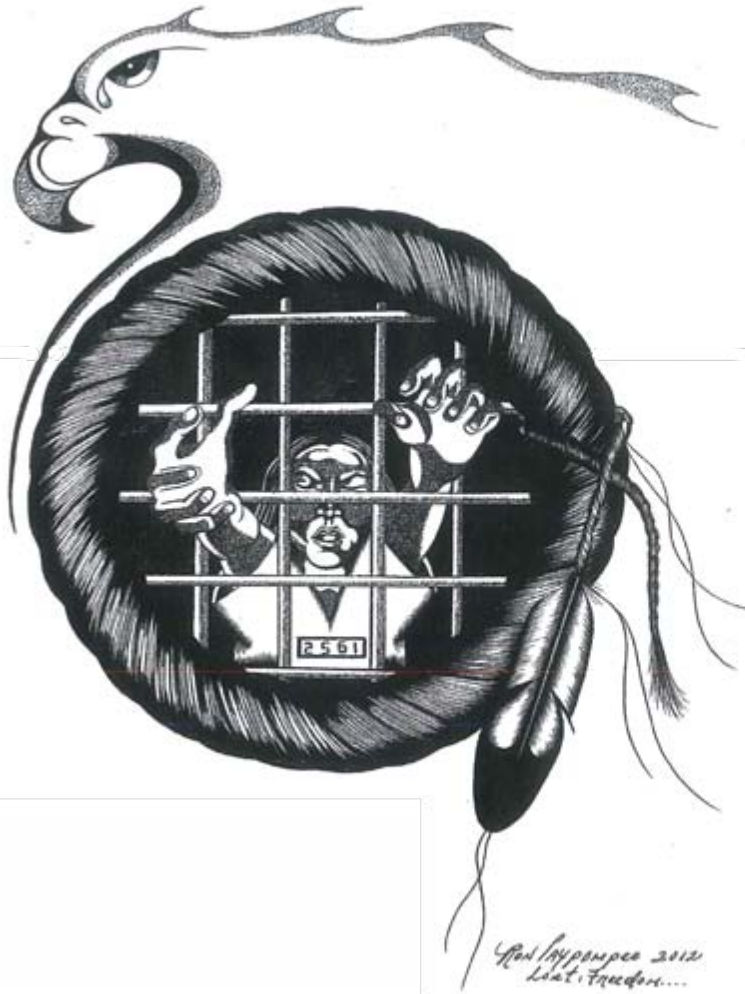
Women's Health Clinic Inc.

Address: 3rd Flr – 419 Graham Ave., Wpg., MB R3C 0M3

Social Media: [Facebook](#)

Website: womenshealthclinic.org **Phone:** (204) 947-1517 **Fax:** (204) 943-3844 **Email:** [renate\[at\]womenshealthclinic.org](mailto:renate[at]womenshealthclinic.org)

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Provides health services to women, with a focus on education and prevention. Medical and nutritional services are available along with individual and group counselling. Support groups focus on reproductive health, preoccupation with weight, smoking cessation and stress. A resource centre also provides women with access to a wide range of health information.



PEACE OF MIND

Soul screaming
 Eagle screeching
 Heavy breathing
 I am reaching
 Further
 Further
 Find me Father
 Great Spirit feel my pain
 Let it fall from my heart
 Like the rain
 Wash me clean
 Catch my dream
 Life in here
 Is obscene
 Hope deferred
 Makes the heart sick
 As I reach out to you
 I have but one wish
 To reach inside
 To seek and find
 A heart of gold
 And peace of mind.

Ron Paypompee



THE JOHN HOWARD SOCIETY
OF MANITOBA, INC.

The mission of the John Howard Society of Manitoba is to address the causes and consequences of crime. Our efforts include advocating for clients, helping shape policy, and providing bail, restorative justice, reintegration, and literacy programs.