

COMMUNITY RESOURCES

Aboriginal Health & Wellness Centre: 204-925-3700

Addictions Foundation of Manitoba: 204-944-6200

Alcoholics Anonymous: . . . 204-942-0126

Cocaine Anonymous: 204-250-2626

Employment and Income Assistance: 204-948-4000

John Howard Society of Brandon: 1-204-727-1696

Klinic Crisis Line: 204-786-8686

Legal Aid Manitoba: 204-985-8500

Manitoba Ombudsman: . . . 204-982-9130

Manitoba Addictions Helpline: 1-855-662-6605

Mobile Crisis Service: 204-940-1781

Narcotics Anonymous: 204-981-1730

Salvation Army: 204-946-9400

Sexual Assault Crisis Line (24/7): 204-786-8631

Siloam Mission: 204-956-4344

2022.11

ADDITIONAL RESOURCES

Halfway Housing

We provide housing and support for men finishing their sentences in our 24-bed Community Residential Facility (a partnership with Correctional Service of Canada). The Anishinaabe name for the halfway house is **Waakaa'igan niiwin mashkiki miikanawan**, or "Four Healing Roads Lodge," which refers to the physical, mental, emotional and spiritual dimensions of healing.

Interested in workbooks?

We publish literacy workbooks that include subjects such as: Relapse Prevention, Understanding Anger, Healthy Lifestyles, Getting a Job, as well as many others!

Questions?

For more information, to book an intake appointment, or get a program calendar, contact our office:

**583 ELLICE AVENUE
WINNIPEG, MANITOBA
R3B 1Z7**

**Phone: 204-775-1514
Fax: 204-775-1670
office@johnhoward.mb.ca**

The John Howard Society of Manitoba is located on the original lands of the Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation.

John Howard
THE JOHN HOWARD SOCIETY OF MANITOBA

John Howard
THE JOHN HOWARD SOCIETY OF MANITOBA

**JOHN HOWARD
SOCIETY
OF MANITOBA**

Dazhi-Mino'ayaawin
A place of good health



**We support men (18 and older) in
conflict with the law—before, during,
and after incarceration.**

Change from the inside

REINTEGRATION SERVICES

Our caseworkers offer one-to-one assessment and referrals related to employment, housing, courses, programs, and support for those struggling with addictions.

The following programs take place in the evenings and are free of charge:

Nobody's Perfect Parenting Program

A prevention-oriented program that promotes positive, caring relationships between parents and their children. It consists of a total of four, 3-hour group sessions; they take place twice a week for two weeks.

End to Aggression

Designed to help participants avoid further violent, assaultive, and aggressive behaviour. This program consists of 10, 3-hour group sessions, twice a week for five weeks.

Introduction to Healthy Relationships

Learn about healthy and unhealthy relationships and receive tools to promote positive behavioural change. Contains two, 3-hour group sessions, held twice a week for one week.

Coming to Terms

Evaluate the use of alcohol and other drugs and the consequences they may pose on our lives and those around us. Ten, 2-hour group sessions, held twice a week for five weeks.

Please note: When Covid-19 restrictions apply, we offer our programs virtually.

Healing & Harm Reduction Substance Use Program

This is a safe place for men to talk about their substance use and create plans specific to fit their needs.

This is an open-group program, held on Monday evenings and explores a series of 16 different topics. It uses a harm-reduction model and incorporates Indigenous culture.

We offer one-to-one support from a caseworker and access to an Indigenous Spiritual Advisor.



LITERACY PROGRAM



We offer literacy programs both inside and outside of correctional centres.

In our office at 583 Ellice Avenue, we offer assessment of reading level and assignment of a one-to-one tutor. We also work with men at three different Manitoba correctional centres (as restrictions allow).

OTHER SERVICES

Men's Clothes Closet (call for pickup)



Our Clothes Closet is open to men in the community on a call-ahead basis. Call or email our Reintegration

Dept. on Monday, pick up on Thursday.

Men being released from custody can request clothing items through their institutional caseworker.

Birth Certificates

Because men in custody often do not have their birth certificates, we assist with applications, mailing and collecting the certificates on their behalf.

Get the Story Out

This is a program for incarcerated fathers. We record their voice as they read a story for their children and then deliver the recording and book to the child's family or caregiver.

Inside Scoop newsletter

We collect and publish stories, poetry and art from individuals in custody in a regular newsletter called, *The Inside Scoop*.

