

## Finding the right support

Many families may need a variety of supportive services to work through the grieving process. Check your coverage. Your employer may have an Employee Assistance Plan (EAP) that provides free confidential counseling. Professional counseling may also be covered by private medical insurance plans.

### Find a counselor

- Ask your doctor for a referral to a qualified counselor.
- Ask your spiritual leader for suggestions.
- See the Yellow Pages listing under Counselors.

### Professional organizations

- Psychological Association of Manitoba, 204-487-0784
- Manitoba Institute of Registered Social Workers, 204-888-9477
- College of Registered Psychiatric Nurses of Manitoba, 204-888-4841
- [www.mygrief.ca](http://www.mygrief.ca)

### Professional counseling

HSC Winnipeg Spiritual Health Services - Grief Support Group

- 204-787-3884

Aboriginal Health and Wellness Centre of Winnipeg

- 204-925-3700

Age & Opportunity (age 55+)

- 2nd floor, 280 Smith St
- 204-942-7486

Aulneau Renewal Centre

- 228 Hamel Ave
- 204-987-7090

Aurora Family Therapy Centre

- University of Winnipeg Interfaith Pastoral Institute
- 204-786-9251

Beginning Experience

- 204-275-3090

Canadian Virtual Hospice

- Email: [info@canadianvirtualhospice.ca](mailto:info@canadianvirtualhospice.ca)
- [www.canadianvirtualhospice.ca](http://www.canadianvirtualhospice.ca)
- CVH provides information and support on palliative and end-of-life care, loss and grief.

Compassionate Friends

- 685 William Ave
- 204-787-4896

Eden Health Care Services

- 351 Main St
- 204-325-5355

#### Elizabeth Hill Counseling Centre

- 301-321 McDermot Ave
- 204-956-6560

#### Fort Garry Women's Resource Centre

- 1150-A Waverley St
- 204-477-1123

#### Grief Recovery Method

- Julie-Ann Waite
- [jawaite@shaw.ca](mailto:jawaite@shaw.ca) or 204-229-1117
- [www.griefrecoverymethod.com](http://www.griefrecoverymethod.com)

#### Hope Centre Health Care

- 240 Powers St
- 204-589-8354

#### Immigrant Women's Counseling

- 200-323 Portage Ave
- 204-940-2172

#### Jewish Child & Family Service

- C200-123 Doncaster St
- 204-477-7430

#### Klinik Community Health Centre

- 870 Portage Ave
- 204-784-4090
- 24-Hour Crisis Line 204-786-8686

#### Community Drop-in Counseling Service

- 204-784-4067
- Email: [dropin@klinik.mb.ca](mailto:dropin@klinik.mb.ca)

#### The Laurel Centre

- 104 Roslyn Rd
- 204-783-5460

#### Ma MaWi Wi Chi Itata Centre

- 445 King St
- 204-925-0300



#### Manitoba Adolescent Treatment Centre Centralized Intake

- 204-958-9660

#### Men's Resource Centre

- 301-321 McDermot Ave, Suite 200
- 204-415-6797
- Toll-free 1-855-MRC-MRCS  
(1-855-672-6727)

#### Mount Carmel Clinic

- 886 Main St
- 204-582-2311

#### North End Women's Centre

- 394 Selkirk Ave
- 204-589-7347

#### Nor'West Co-op Community Health

- 103-61 Tyndall Ave
- 204-940-2020

#### Palliative Manitoba

- 204-889-8525
- Toll-free 1-800-539-0295
- Email: [info@palliativemanitoba.ca](mailto:info@palliativemanitoba.ca)
- [www.palliativemanitoba.ca](http://www.palliativemanitoba.ca)

#### Pluri-Elles

- 570 Des Meurons St
- 204-233-1735

#### Psychological Service Centre, University of Manitoba

- 204-474-9222

#### River East Bereavement Walking Program

- 204-669-1710

#### The Family Centre

- 4th Floor, Portage Place
- 401-393 Portage Ave
- 204-947-1401