

DAUPHIN NEIGHBOURHOOD RENEWAL CORPORATION

# Dauphin Community Resource Directory

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2019

6/13/2019

This is the first draft of our Community Resource Directory. It should be understood that additions to this resource will be ongoing.

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## Programming and Services

### Mountain View School Division

#### Address

Box 715, SE 18-25-19W Hwy 5 & 10 West  
Dauphin, MB R7N 3B3

#### Phone

204-638-3001

#### Website

<http://www.mvsd.ca/>

#### Clients

Lt. Col. Baker VC School: Kindergarten to Grade 5  
Henderson Elementary School: Kindergarten to Grade 5  
Ecole Macneill School: Kindergarten to Grade 5 French Immersion  
Smith Jackson Ukrainian Bilingual School: Kindergarten to Grade 5  
Whitmore School: Kindergarten to Grade 5  
Mackenzie Middle School: Grade 6 to Grade 8  
Dauphin Regional Comprehensive Secondary School: Grade 9 to Grade 12

#### Programs

**Reading Recovery:** An intervention program designed for Grade 1 students, who struggle with reading and writing, to provide one-on-one instruction by a specially trained teacher.

**Community Transitions:** A collaborative school-family-community program where the school team works together with the families of students with exceptional learning needs and community partners to develop programming that is responsive to the lifelong learning, social and emotional needs of the students.

**Alternative Education:** Alternative Programs are alternative learning environments focused on addressing the academic, social, and behavioral needs of students who are at-risk of dropping out of school due to a variety of issues. Alternative Programs offer programs for each student based on their strengths and needs which will help in developing a stronger sense of self identity, self-esteem and motivation to be productive citizens.

**Preschool Programming:** The preschool program focuses on play, language, fine and gross motor skills, literacy, numeracy and music. The programming provided is developmentally appropriate to enhance readiness for Kindergarten. Children between the ages of three and four years of age are invited to attend with a supervising adult (parent, grandparent or babysitter).

#### Services

**Youth Support Workers:** Work closely with school teams to engage students and families with the school community. They work directly with students to promote the importance of education in addition to building relationships with parents.

**School Social Worker:** The role of the School Social Worker is to help students and families make the best use of available opportunities and resources and to fully develop each student's

individual potential. In addition, the School Social Worker assists students in problem solving and conflict resolution in a safe and healthy manner.

**Indigenous Education Facilitator:** The Indigenous Education Facilitator works with schools to support the academic achievement of Indigenous learners and to increase the sense of belonging and well-being of Indigenous students and families through supporting schools and communities.

**Learning to Age 18 Facilitator:** Works with students who are disengaged from school to either reengage the student in the school community or to facilitate opportunities for the student to attain employability skills. The Learning to Age 18 Facilitator will work with the student and family to address barriers to learning, develop job-search skills and to develop essential skills and work habits.

## **Dauphin Multi-Purpose Senior Centre**

### **Address**

55 -1<sup>st</sup> Avenue SE, Dauphin, MB R7N 2A2

### **Phone**

204-638-6485

### **Website**

[www.dauphinseniors.com](http://www.dauphinseniors.com)

### **Clients**

Older adults (55+) and individuals with disabilities

### **Hours**

Monday – Thursday 9am to 5pm closed for lunch 12 to 1pm

Friday 9am -5pm we are open thru lunch

### **Programs**

Congregate meal program Tuesday, Wednesday and Friday

Exercises

Scrabble

Quilting

Sip 'n Stitch

Floor Curling

Cards

Community Chorus

Dances

Dinner & Movie

Computers

Lending Library

Lending Puzzles

### **Services**

LifeLine

Fee for Service list

Filling out Forms

Step Safe

Advocacy

Resource information

Free Income Tax preparation (eligibility criteria)

Arthritis Support

Mood Disorder Support

Grief Support

Family Support for friends & family of individuals with mental illness

## **Dauphin Friendship Centre**

### **Address**

210 - 1<sup>ST</sup> AVENUE N.E. R7N 1A7

### **Phone Number**

204-638-5707

## **Community Services and Programs**

### **Parenting Program**

Nobody's Perfect/Triple P, Daddy n Me and Ready or Not are parenting programs that the Friendship Centre is offering at present. These programs focus on improving parent's skills by providing information in many areas including child behavior, discipline, safety, feelings, Fetal Alcohol Disorder, drug/alcohol prevention, communication, and consequences.

### **Community Liaison**

Our worker provides free services to clients who require assistance with problematic situations, but don't have any other agencies who can assist them. We advocate with government and non-government agencies to ensure the clients rights and concerns are being addressed and upheld, advocate for and refer clients to agencies such as Income Security, Service Canada, RCMP, Child and Family Services, Landlord and Tenancy Branch, Mental Health, Medical Services, Band Offices, etc. We also assist clients in completing forms for government and non-government agencies, and work with clients in crisis management and developing problem solving skills.

### **Baby'S R Us - Healthy Baby**

Offers support and informal learning opportunities once a month for expecting parents or parents with children less than one year of age. The program covers topics in areas such as prenatal and infant nutrition, parenting, health, breastfeeding, budgeting, healthy meal planning and cooking, newborn care, fetal alcohol awareness, child development, family planning, smoking cessation, and other areas as requested by the participants. This program is funded through Healthy Child Manitoba.

### **Coats for Kids Program**

We accept donations of gently used or new coats for area children. These coats are available to the public in our front lobby area starting in late October, with the program wrapping up in early December. The remaining coats that are not used are distributed to youth in outlying communities. Each year we see many youth who benefit from having a new jacket to wear. We also receive coats meant for adults, and forward these on to one of our community partners for them to distribute.

### **Christmas Programs**

We offer a free Family Christmas party with crafts, games, and a nutritious snack to our membership. Children also get the chance to visit with Santa and Mrs. Claus, and receive a small bag of goodies from them. December also is the time when we have an annual Christmas Dinner and Dry Dance. This event is open to all adults and features a complete Christmas supper served by DFC staff and volunteers. After supper, the crowd can dance the night away to live old time music including everyone's favorite waltzes, polkas, and square dance songs.

### **Christmas Hamper and Angel Tree Programs**

In partnership with our local food bank and the Catholic Women's League, the Dauphin Friendship Centre helps coordinate the collection of food and gifts for distribution in the Christmas hampers. We set up an Angel Tree in our local mall that allows community members to donate a gift for a child that are then put into the hampers. We pack and distribute hampers of food to families that might otherwise not have a Christmas meal during the holidays.

### **Dauphin's RIDE (Reduce Impaired Driving Everywhere) Program**

Using volunteers and community donations, this program seeks to eliminate the need for anyone to think they need to drink and drive during the holiday season. People can phone the Friendship Centre if they have had too much to drink, and volunteers will go and drive the clients and their vehicles home. The program operates every Friday and Saturday for the month of December, and takes people home during this time. It has reduced the incidents of impaired driving and the risk of accidents in our community and surrounding area. This program is operated entirely by volunteers who often are working until past 3:00 in the morning driving people home during some of the coldest nights of the year.

### **Fine Option Program**

In partnership with Community and Youth Corrections, clients are allowed to work off fines and Community Service orders at the Dauphin Friendship Centre. Clients in this program gain valuable work experience doing tasks around the Friendship Centre and at other organizations in our community.

### **Community Access Program**

For those who do not have access to the internet at home, the Dauphin Friendship Centre offers free computer access during our regular business hours Monday – Friday 8:30 am – 4:30 pm. We offer many other smaller programs and services to the public that are appreciated by our clients. These include use of our telephones for local calls, free wifi, faxing for employment and health reasons, photocopying, and free coffee.

### **Emergency Assistance Program**

We offer an Emergency Assistance program for those who have missed the food bank days or are in need of other assistance. We will provide food assistance and if funds allow provide assistance with travel (especially medical) for those who can't find funds from elsewhere. This is paid for with our fundraising dollars, and clients are often referred to other agencies for their complete needs.

### **Dauphin Friendship Centre Housing**

Our present units can house single people, couples, and smaller families of up to four people. To date we have acquired 35 housing units.

### **Evening Program**

Every Monday we provide programming free to adults in our back hall area. The type of activity varies, but includes, craft classes, cooking classes, scrap booking, jewelry making, soap/candle making and painting classes. Classes focus on teaching new skills that will improve participant's lives and teach them new skills they can use in the home and workforce.

### **Cultural Education**

DFC staff offer many culturally related workshops to area organizations to promote Aboriginal inclusion in the workforce, and highlight the values of Indigenous culture. We take groups to pick medicines, participate in cultural events, host cultural activities, and have a variety of staff and volunteers who believe in promoting their culture and traditional values.



### **Read with Me Program**

The Read With Me Program is designed for families that have children up to the age of 5 years of age living within the City or Rural Municipality of Dauphin. Each child registered will receive a bag with age appropriate books, a children's music CD, as well as other toys meant to increase their love of reading and writing. There are three age categories for the bags; zero to two years of age, two to four years of age, and four to five years of age. Once a child moves into the next age category they can come into the Friendship Centre and get their next bag of free books. Also included is information on other children related organizations and services in our community.

### **Prairie Mountain Health Aboriginal Recruitment Program**

Offering services in our Friendship Centre, our local regional health authority encourages Aboriginal workers to work in the health field in our local communities. This program offers support and services for clients to obtain employment, services to employees to enhance their existing skills, or information for those attending/returning to school to learn new skills. They also promote health field career opportunities to local youth attending high school.

### **Youth Programming**

We provided a safe place for youth to come and participate in programs as well as a place for positive social interaction. Youth are involved in activities and programs such as, social evenings, movie nights, ping pong and pool tournaments, cooking classes and other indoor and outdoor activities. Education and recreational activities are promoted, with the program providing all costs associated with these activities for free. The youth centre is open to youth ages 10 to 24 and provides them with a safe, friendly atmosphere and a chance to participate in activities they might not otherwise have access to. We encourage youth to take an active role in community events.

### **Parent Child Program**

The Parent Child Program works with children 6 to 12 and encourages programming to address nutrition, literacy and positive growth for pre-teens. Our program encourages parents to spend time with their children learning things such as cooking, crafts, computer, social, and communication skills in a non-threatening environment. The program is offered as an after school activity thus also assisting parents whose children do not have a place to go until the parent is finished work for the day. We provide free snacks, structured activities, as well as free transportation for activities not occurring in our Youth and Family Centre. We also promote music and culture by offering youth free lessons including, square dancing, guitar lessons, and fiddling programs.

### **Free Youth Summer Camp Program**

The Friendship Centre offers a free summer camp program every year starting at the beginning of July. Our camp counselors offer free programming for youth age six to twelve. There are themed weeks and different activities that both entertain and educate youth. We take them on trips to explore our community and surrounding areas including Riding Mountain National Park. At all the camps they play sports, swim, make crafts, learn about different cultures, and do all the things youth like to do.

### **Partners for Careers**

The two career counselors assist clients with employment readiness and preparation that includes resume and cover letter development, employment referrals, and interview techniques. We encourage our clients to achieve realistic career goals, and to seek out training or educational opportunities to ensure they are strong competition in the workforce. We offer income tax preparation services for low income families or individuals.

### **Scholarships and Bursaries**

The Friendship Centre encourages our youth to pursue post secondary education, and do this with the presentation of our annual bursaries and scholarship. All students graduating from the 9 area high schools are eligible to apply for awards. The Laverne Morrisseau Scholarship is worth \$1,000, and we also give four \$500 bursaries to students who have been involved in their community and are in need of financial assistance in order to attend post secondary education. The Friendship Centre also supports two awards at our local college for their Extended Program and Early Childhood Education courses.

### **Laverne Morrisseau Adult Education Centre**

The Laverne Morrisseau Adult Education Centre provides basic adult upgrading and literacy skill development. Using the Stages program, student's progress at their own speed, and work towards future goals such as employment, going to post secondary education, or being able to assist their families with their newly learned skills. The Literacy Program provides adults with a safe comfortable environment to learn the educational skills that they need to make positive changes in their lives.

### **Little Steps Head Start Family Program**

This Aboriginal Head Start program is funded by the Public Health Agency of Canada and sponsored by the Dauphin Friendship Centre. Our project focuses on culture and language, health, nutrition, education, social supports and parental involvement. The program is offered to off reserve First Nation, Métis, Inuit, and Non-Aboriginal families. Our program is licensed through Family Services and Housing for 20 nursery spaces and is offered at no cost to the families with transportation and snack provided for free.

### **Dauphin At-Risk Teen (DART) Program**

#### **Address**

210 1<sup>st</sup> Avenue North East  
Dauphin, MB R7N 1A7

#### **Phone**

204 638 4882 (Confidential voicemail)

**Website** No website    **Email** [dartco@mymts.net](mailto:dartco@mymts.net)

#### **Clients**

Clients are high-risk youth residing in the City of Dauphin and the surrounding area. Individuals should be:

- Between the ages of 11 and 21 years old and arrangements for transition beyond age 21 will be taken into consideration on a case by case basis.
- Involved with the RCMP and Community & Youth Corrections or considered to be at high risk for becoming involved with either.
- Involved with any three agencies such as RCMP, AFM, Mental Health, School, Probations, or a CFS agency.

DART is a consent based program and a referral is required. Referrals can be made by any community agency and available through the program coordinator. We also accept self-referrals as well as referrals from parents and legal guardians.

#### **Hours**

Monday thru Friday, 8:30 am to 4:30 pm

## **Programs**

- Provide coordination of interagency case planning, advocacy and counselling,
- Assist with obtaining personal identification,
- Assist with some school or employment related costs,

## **Services**

DART is a multiagency program that targets youth with complex challenges and involvement with multiple social service agencies.

- DART implements a network of supports for each client and provide coordinated services from the social service agencies involved.
- DART uses a Youth Centred Approach in which supports and interventions are designed with the youth's unique strengths and challenges in mind.
- DART utilizes team-based planning and intervention stages that promote collaboration and communication between team members, clients, family and community supports.

## **InSight Program**

### **Address**

210 1<sup>st</sup> Avenue North East  
Dauphin, MB R7N 1A7

### **Phone**

204-572-0516

### **Clients**

For women

- who are 18 years or older
- are pregnant (or up to 12 months postpartum and used alcohol or drugs during pregnancy)
- are not well-connected to community resources

### **Hours**

Monday thru Friday, 8:30 am to 4:30pm

### **Programs**

The InSight Program is a unique, three-year service that provides intensive case management, support and advocacy for women.

- InSight is a FASD (Fetal Alcohol Spectrum Disorder) prevention program.
- InSight is a woman-centred approach with a harm-reduction philosophy using trauma-informed care, culturally safe practices and support for mothering.
- InSight provides advocacy for income and social assistance; child-custody or care issues; the criminal justice system; and the health care system.

### **Services**

InSight helps women access

- housing,
- transportation,
- prenatal care,
- parenting support,
- spiritual and cultural teaching,
- harm-reduction services,
- drug or alcohol treatment,
- family planning,
- services that address domestic abuse, trauma and violence

## **Employment and Income Assistance**

### **Address**

309 27 2<sup>nd</sup> Ave S.W.  
Dauphin

### **Phone**

622-2035

### **Program**

The Employment and Income Assistance program provides income support for citizens of Manitoba who are in need. This applies to single adults, single parents, families and people with disabilities. More information can be found on the Province Of Manitoba website, or call the Dauphin office at 204-622-2035.

## **Stephanie Jaddock Counselling**

### **Address**

Dauphin, MB

### **Phone**

204-638-7614

### **Email**

stephmk@live.ca

### **Clients**

All ages

### **Hours**

Scheduled

### **Services**

Service in multiple areas of mental health, counselling, anger management, depression, suicidal thoughts, aging, parenting, grief, self-image, relationship problems, stress, and addiction.

## **The Men's Shed**

### **Address**

220 Whitmore Avenue Dauphin, MB (Parkland Crossing)

### **Phone**

204-701-0304 / farleyb493@gmail.com

### **Clients**

Senior Men

### **Services**

Getting together to work on small projects (you would do in your shed) in a friendly and welcoming place to share stories and conversation.

## **Addictions Foundation of Manitoba**

### **Address**

404 1<sup>st</sup> Ave NE Dauphin, MB

### **Phone**

204-622-2021

**Fax**

204-638-6077

**Email**

[parkland@afm.mb.ca](mailto:parkland@afm.mb.ca)

**Website**

[www.afm.mb.ca](http://www.afm.mb.ca)

**Clients**

- Youth, Adults and Families who are impacted by drugs, alcohol or gambling

**Hours**

Monday - Friday 8:30 - 4:30 (*Closed for lunch from 12-12:45*)

Closed on Statutory Holidays

**Programs**

- **Addictions Knowledge Exchange Center and Resource Collection** – up-to date and reliable information on addiction and related issues available free of charge and open to the public, located in Winnipeg and accessible through our website
- **Professional Development (Courses)** – instruction about essential topics related to addiction for helping professionals, resource people, students and the general public. Most courses run over 2-3 days and require registration which includes a fee
- **Public Education** – invite AFM to your organization or school to provide information on various topics related to addiction and tailored to your specific needs
- **Auricular Acupuncture** – clients can receive acupuncture on 5 designated points of the outer ear by a trained clinician
- **Impaired Driver Program** – assessment and programming that aims to prevent future impaired driving offences. *\*There is a fee for this program\**

**Services**

***All services are voluntary and confidential***

- **Intake and Assessment** – initial meeting to explore what programming or services may be most beneficial to the individual. Goals can include working towards abstinence or harm reduction in relation to drugs, alcohol and/or gambling
- **Community Based Counselling** – for individuals who want to access support without attending a live-in program. Includes regular appointments for ongoing support from a Community Addictions Worker
- **Residential Programming** (short term, live-in, intensive treatment) – five adult facilities and one youth facility throughout the province. Abstinence based programming that includes individual and group counselling, discussion groups, lectures and videos
- **Family Programming** – support for families and friends of those who are dealing with issues related to drugs, alcohol or gambling

## **MB Schizophrenia Society**

Manitoba Schizophrenia Society is a non-profit community based mental health self-help organization. Formed in 1979, MSS seeks:

- To offer support and guidance to anyone living with schizophrenia and also co-occurring substance use/abuse.
- To restore self-confidence and overcome stigma, discrimination and misconceptions surrounding mental illness.
- To increase awareness and understanding about schizophrenia and to advocate for quality of care for the mentally ill.
- To promote research into the causes and treatment of schizophrenia and its ultimate cure.

### **Address**

Box 117 Pine River, MB R0L 1M0

### **Phone**

Leanne Marцениuk 204-263-2689 or 204-648-6833

### **Website**

leanne@mss.mb.ca

### **Clients**

Open to everyone

### **Hours**

Available upon request

### **Services**

Public education, simulated hearing voices workshops, one on one support

## **Support Group –Mood Disorders and Manitoba Schizophrenia Society**

### **Address**

Dauphin Senior Multipurpose Centre

### **Phone**

Eleanor Snitka 204-638-7278 or 647-5365  
Leanne Marцениuk 204-263-2689 or 204-648-6833

### **Website**

[www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca) and [www.ms.mb.ca](http://www.ms.mb.ca)

### **Clients**

Open to adults living with a mental health concern

### **Hours**

Third (3) Monday of each month 7 – 9 p.m.

### **Programs**

Open discussion regarding mental health and wellness

## **Services**

The Mood Disorders Association of Manitoba is a self-help organization dedicated to provide support, education and advocacy for those living with mood disorders and co-occurring disorders or other mental health issues. We provide education and awareness to the communities in our region with presentations on Mood disorders, Suicide Awareness, Mental Health in the Workplace, Mental health and seniors and youth, Mental health and addictions. In the Parkland, the following support groups are available: 3rd Monday of each month, Open group at Dauphin Senior Centre at 7pm, 1st Thursday of each month - Grief and Loss at Dauphin Senior Centre at 1:30 pm, 2nd and 4th Wednesday of each month- Ste. Rose open group held at Rose Inc. Bldg. at 4:30 pm, 2nd and 4th Monday of each month - Women's Wellness held at Dauphin Friendship Centre, Family and Youth Bldg. at 7pm. Community members in the Parkland are invited to purchase memberships to MDAM as well individuals are invited to become volunteers in order to provide more initiatives.

## **Women's Wellness Group – MB Schizophrenia Society and Mood Disorders**

**Address** Dauphin Friendship Centre - Youth and Family Building 234 – 1<sup>st</sup> Ave. NE

### **Phone**

Eleanor Snitka 204-638-7278 or 647-5365  
Leanne Marцениuk 204-263-2689 or 204-648-6833

### **Website**

[www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca) and [www.ms.mb.ca](http://www.ms.mb.ca)

### **Clients**

Women 12 years and over

### **Hours**

7:00 – 9:00 p.m.

### **Programs**

Different forms of art, such as knitting, painting, smash journaling, art journaling, cross stitch, movies, seasonal projects like Christmas wreaths, pumpkins.

## **Support Group –Mood Disorders and Manitoba Schizophrenia Society**

### **Address**

St. Rose Inc. on Main Street  
St. Rose, MB

### **Phone**

Eleanor Snitka 204-638-7278 or 647-5365  
Leanne Marцениuk 204-263-2689 or 204-648-6833

### **Website**

[www.mooddisordersmanitoba.ca](http://www.mooddisordersmanitoba.ca) and [www.ms.mb.ca](http://www.ms.mb.ca)

### **Clients**

Open to adults living with a mental health concern

### **Hours**

Second (2) and fourth (4) Wednesday of each month 4:30 p.m.

**Programs**

Open discussion regarding mental health and wellness.

**Family Support Group – MB Schizophrenia Society**

**Address**

Dauphin Senior Multipurpose Centre

**Phone**

Leanne Marцениuk 204-263-2689 or 204-648-6833

**Website**

leanne@mss.mb.ca

**Clients**

For family, caregivers and friends living with or supporting someone with a mental health problem

**Hours**

Second Tuesday of the Month 7 – 9 p.m. In May the meeting will be the second Wednesday of the month 7 – 9 p.m.

**Programs**

Different topics are discussed and open discussion in a group setting.

**Dauphin & District Food Bank Society Inc.**

**Address**

220 Whitmore Avenue, Dauphin, MB

**Phone**

204-638-7853

**Website**

Face Book

**Clients**

People in need of emergency food supplies

**Hours**

Intake every second Thursday 5 to 8 pm **(See Face Book for dates)**

**Services**

Three day emergency food supply

**Parkland Crisis Centre**

**Address**

Box 651, Dauphin, MB R7N 2V4

**Phone**

Crisis Line: (204) 638-9484 (available all the time – day or night, every day of the week)  
Provincial Crisis Line: 1-877-977-0007 (available all the time)



Business Line: (204) 622-4626

**Website**

<http://parklandcrisiscentre.ca>

**Clients**

Women (and their children) experiencing domestic or family violence

**Programs**

The Parkland Crisis Centre services are designed specifically for women (and their children) who are experiencing abuse by intimate partners or other family members.

We provide:

- 24-hour Crisis Line
- Emergency shelter in Dauphin for women (and their children) leaving family violence situations
- One to one and group counselling (referrals, walk-ins or by appointment)
- Follow-up services
- Advocacy and links to community supports
- Outreach and prevention services

What you can Expect:

- Protective housing, with a private confidential address
- Services at no charge to you
- Shared living with other women with similar experiences
- All meals and snacks provided
- Clean bed, linens and towels
- On-site laundry facilities
- Counselling 24/7 - supportive and confidential
- Support groups
- Safety Planning
- Protection Order Designates (PODS) to assist with Protection Orders
- Information and education around Domestic/Family Violence and other resources

**Dauphin and Region Immigrant Services**

**Address**

37 – 3rd Avenue NW, Dauphin, MB R7N 1H7

**Phone**

204-647-0693

**Website**

Find us on Facebook to learn more about our activities and classes.

**Services**

Dauphin and Region Immigrant Services provides free settlement, orientation and language services for newcomers to Canada. Whether you arrived recently or years ago, we are here to help. Funded by Immigration Citizenship and Refugees Canada (IRCC) and the Province of Manitoba, our office is part of a network of settlement programs located across the province.

We provide:

- Information and Orientation
- Settlement Planning
- Employment Support and Referrals
- English classes
- Community Connections

## Children & Youth

### Child Care Waiting List

manitoba.ca/onlinechildcareregistry

### Dauphin School Age Day Care Inc.

#### Address

Barker School  
1516 Bond St, Dauphin, MB R7N 0K4

#### Phone

204-638-8260

#### Hours

Before school (7:30—8:30 a.m.)

After school (3:30—6:30 p.m.)

Full days for kindergarten preschool children when not in school

In-service days

Christmas break

Spring Break

Summer (7:30 a.m.—6:30 p.m.)

**Extended hours may be available.**

**Earlier/later MAY be an option.**

#### Services

Dauphin School Age Day Care Inc. is a non-profit, incorporated, charitable organization within the Early Learning and Child Care Program in Manitoba. As a government licensed and funded centre, we offer a high quality inclusive program. Licensed for 38 children. Ages 5-12 years. Four year olds in kindergarten may attend.

### Mountain View School Division

#### Address

Box 715, SE 18-25-19W Hwy 5 & 10 West  
Dauphin, MB R7N 3B3

#### Phone

204-638-3001

#### Website

<http://www.mvsd.ca/>

#### Clients

Lt. Col. Baker VC School: Kindergarten to Grade 5

Henderson Elementary School: Kindergarten to Grade 5

Ecole Macneill School: Kindergarten to Grade 5 French Immersion

Smith Jackson Ukrainian Bilingual School: Kindergarten to Grade 5

Whitmore School: Kindergarten to Grade 5

Mackenzie Middle School: Grade 6 to Grade 8

Dauphin Regional Comprehensive Secondary School: Grade 9 to Grade 12

## **Programs**

**Reading Recovery:** An intervention program designed for Grade 1 students, who struggle with reading and writing, to provide one-on-one instruction by a specially trained teacher.

**Community Transitions:** A collaborative school-family-community program where the school team works together with the families of students with exceptional learning needs and community partners to develop programming that is responsive to the lifelong learning, social and emotional needs of the students.

**Alternative Education:** Alternative Programs are alternative learning environments focused on addressing the academic, social, and behavioral needs of students who are at-risk of dropping out of school due to a variety of issues. Alternative Programs offer programs for each student based on their strengths and needs which will help in developing a stronger sense of self identity, self-esteem and motivation to be productive citizens.

**Preschool Programming:** The preschool program focuses on play, language, fine and gross motor skills, literacy, numeracy and music. The programming provided is developmentally appropriate to enhance readiness for Kindergarten. Children between the ages of three and four years of age are invited to attend with a supervising adult (parent, grandparent or babysitter).

## **Services**

**Youth Support Workers:** Work closely with school teams to engage students and families with the school community. They work directly with students to promote the importance of education in addition to building relationships with parents.

**School Social Worker:** The role of the School Social Worker is to help students and families make the best use of available opportunities and resources and to fully develop each student's individual potential. In addition, the School Social Worker assists students in problem solving and conflict resolution in a safe and healthy manner.

**Indigenous Education Facilitator:** The Indigenous Education Facilitator works with schools to support the academic achievement of Indigenous learners and to increase the sense of belonging and well-being of Indigenous students and families through supporting schools and communities.

**Learning to Age 18 Facilitator:** Works with students who are disengaged from school to either reengage the student in the school community or to facilitate opportunities for the student to attain employability skills. The Learning to Age 18 Facilitator will work with the student and family to address barriers to learning, develop job-search skills and to develop essential skills and work habits.

## **Dauphin Friendship Centre**

### **Address**

210 - 1<sup>ST</sup> AVENUE N.E. R7N 1A7

### **Phone Number**

204-638-5707

## **Community Services and Programs**

### **Dauphin at Risk Teens (DART) Program**

Working together with families we offer support services for teens who are involved with multiple agencies (RCMP, child welfare, Addictions Foundation, Mental Health, etc.) within our community. The program brings together the organizations to ensure the teen and their family supports are receiving the necessary help to assist them to overcome their issues. It also offers teens a neutral person to discuss their issues with and someone who can advocate on their behalf.

### **Insight Mentoring**

Insight Mentoring is an evidence-based, 3-year intensive support program for women in the community and surrounding areas. We provide; case management, advocacy, and support to women who are pregnant or post-par-tum up to a year, who are 18 years and older, who are using substances, and who are not well connected to services in the community. This harm-reduction program helps women; access housing, transportation, prenatal, post-natal and parenting support, drug/alcohol treatment, family planning, cultural teachings, services that address domestic abuse, trauma and violence, and other resources. We provide advocacy for income assistance, the health care system, and the justice system and child care/custody. We use a client (woman) centered approach, with a focus on empowering women so that they can set goals that they wish to achieve. Insight Mentoring is a Healthy Child Manitoba program.

### **Parenting Program**

Nobody's Perfect/Triple P, Daddy n Me and Ready or Not are parenting programs that the Friendship Centre is offering at present. These programs focus on improving parent's skills by providing information in many areas including child behavior, discipline, safety, feelings, Fetal Alcohol Disorder, drug/alcohol prevention, communication, and consequences.

### **Community Liaison**

Our worker provides free services to clients who require assistance with problematic situations, but don't have any other agencies who can assist them. We advocate with government and non-government agencies to ensure the clients rights and concerns are being addressed and upheld, advocate for and refer clients to agencies such as Income Security, Service Canada, RCMP, Child and Family Services, Landlord and Tenancy Branch, Mental Health, Medical Services, Band Offices, etc. We also assist clients in completing forms for government and non-government agencies, and work with clients in crisis management and developing problem solving skills.

### **Baby'S R Us - Healthy Baby**

Offers support and informal learning opportunities once a month for expecting parents or parents with children less than one year of age. The program covers topics in areas such as prenatal and infant nutrition, parenting, health, breastfeeding, budgeting, healthy meal planning and cooking, newborn care, fetal alcohol awareness, child development, family planning, smoking cessation, and other areas as requested by the participants. This program is funded through Healthy Child Manitoba.

### **Coats for Kids Program**

We accept donations of gently used or new coats for area children. These coats are available to the public in our front lobby area starting in late October, with the program wrapping up in early December. The remaining coats that are not used are distributed to youth in outlying communities. Each year we see many youth who benefit from having a new jacket to wear. We

also receive coats meant for adults, and forward these on to one of our community partners for them to distribute.

### **Christmas Programs**

We offer a free Family Christmas party with crafts, games, and a nutritious snack to our membership. Children also get the chance to visit with Santa and Mrs. Claus, and receive a small bag of goodies from them. December also is the time when we have an annual Christmas Dinner and Dry Dance. This event is open to all adults and features a complete Christmas supper served by DFC staff and volunteers. After supper, the crowd can dance the night away to live old time music including everyone's favorite waltzes, polkas, and square dance songs.

### **Christmas Hamper and Angel Tree Programs**

In partnership with our local food bank and the Catholic Women's League, the Dauphin Friendship Centre helps coordinate the collection of food and gifts for distribution in the Christmas hampers. We set up an Angel Tree in our local mall that allows community members to donate a gift for a child that are then put into the hampers. We pack and distribute hampers of food to families that might otherwise not have a Christmas meal during the holidays.

### **Read with Me Program**

The Read With Me Program is designed for families that have children up to the age of 5 years of age living within the City or Rural Municipality of Dauphin. Each child registered will receive a bag with age appropriate books, a children's music CD, as well as other toys meant to increase their love of reading and writing. There are three age categories for the bags; zero to two years of age, two to four years of age, and four to five years of age. Once a child moves into the next age category they can come into the Friendship Centre and get their next bag of free books. Also included is information on other children related organizations and services in our community.

### **Youth Programming**

We provided a safe place for youth to come and participate in programs as well as a place for positive social interaction. Youth are involved in activities and programs such as, social evenings, movie nights, ping pong and pool tournaments, cooking classes and other indoor and outdoor activities. Education and recreational activities are promoted, with the program providing all costs associated with these activities for free. The youth centre is open to youth ages 10 to 24 and provides them with a safe, friendly atmosphere and a chance to participate in activities they might not otherwise have access to. We encourage youth to take an active role in community events.

### **Parent Child Program**

The Parent Child Program works with children 6 to 12 and encourages programming to address nutrition, literacy and positive growth for pre-teens. Our program encourages parents to spend time with their children learning things such as cooking, crafts, computer, social, and communication skills in a non-threatening environment. The program is offered as an after school activity thus also assisting parents whose children do not have a place to go until the parent is finished work for the day. We provide free snacks, structured activities, as well as free transportation for activities not occurring in our Youth and Family Centre. We also promote music and culture by offering youth free lessons including, square dancing, guitar lessons, and fiddling programs.

### **Free Youth Summer Camp Program**

The Friendship Centre offers a free summer camp program every year starting at the beginning of July. Our camp counselors offer free programming for youth age six to twelve. There are

themed weeks and different activities that both entertain and educate youth. We take them on trips to explore our community and surrounding areas including Riding Mountain National Park. At all the camps they play sports, swim, make crafts, learn about different cultures, and do all the things youth like to do.

### **Scholarships and Bursaries**

The Friendship Centre encourages our youth to pursue post secondary education, and do this with the presentation of our annual bursaries and scholarship. All students graduating from the 9 area high schools are eligible to apply for awards. The Laverne Morrisseau Scholarship is worth \$1,000, and we also give four \$500 bursaries to students who have been involved in their community and are in need of financial assistance in order to attend post secondary education. The Friendship Centre also supports two awards at our local college for their Extended Program and Early Childhood Education courses.

### **Little Steps Head Start Family Program**

This Aboriginal Head Start program is funded by the Public Health Agency of Canada and sponsored by the Dauphin Friendship Centre. Our project focuses on culture and language, health, nutrition, education, social supports and parental involvement. The program is offered to off reserve First Nation, Métis, Inuit, and Non-Aboriginal families. Our program is licensed through Family Services and Housing for 20 nursery spaces and is offered at no cost to the families with transportation and snack provided for free.

### **Dauphin At-Risk Teen (DART) Program**

#### **Address**

210 1<sup>st</sup> Avenue North East  
Dauphin, MB R7N 1A7

#### **Phone**

204 638 4882 (Confidential voicemail)

**Website** No website    **Email** [dartco@mymts.net](mailto:dartco@mymts.net)

#### **Clients**

Clients are high-risk youth residing in the City of Dauphin and the surrounding area. Individuals should be:

- Between the ages of 11 and 21 years old and arrangements for transition beyond age 21 will be taken into consideration on a case by case basis.
- Involved with the RCMP and Community & Youth Corrections or considered to be at high risk for becoming involved with either.
- Involved with any three agencies such as RCMP, AFM, Mental Health, School, Probations, or a CFS agency.

DART is a consent based program and a referral is required. Referrals can be made by any community agency and available through the program coordinator. We also accept self-referrals as well as referrals from parents and legal guardians.

#### **Hours**

Monday thru Friday, 8:30 am to 4:30 pm

#### **Programs**

- Provide coordination of interagency case planning, advocacy and counselling,
- Assist with obtaining personal identification,
- Assist with some school or employment related costs,

### **Services**

DART is a multiagency program that targets youth with complex challenges and involvement with multiple social service agencies.

- DART implements a network of supports for each client and provide coordinated services from the social service agencies involved.
- DART uses a Youth Centred Approach in which supports and interventions are designed with the youth's unique strengths and challenges in mind.
- DART utilizes team-based planning and intervention stages that promote collaboration and communication between team members, clients, family and community supports.

### **InSight Program**

#### **Address**

210 1<sup>st</sup> Avenue North East  
Dauphin, MB R7N 1A7

#### **Phone**

204-572-0516

#### **Clients**

For women

- who are 18 years or older
- are pregnant (or up to 12 months postpartum and used alcohol or drugs during pregnancy)
- are not well-connected to community resources

#### **Hours**

Monday thru Friday, 8:30 am to 4:30pm

#### **Programs**

The InSight Program is a unique, three-year service that provides intensive case management, support and advocacy for women.

- InSight is a FASD (Fetal Alcohol Spectrum Disorder) prevention program.
- InSight is a woman-centred approach with a harm-reduction philosophy using trauma-informed care, culturally safe practices and support for mothering.
- InSight provides advocacy for income and social assistance; child-custody or care issues; the criminal justice system; and the health care system.

#### **Services**

InSight helps women access

- housing,
- transportation,
- prenatal care,
- parenting support,
- spiritual and cultural teaching,
- harm-reduction services,
- drug or alcohol treatment,
- family planning,
- services that address domestic abuse, trauma and violence



## Housing

### Manitoba Housing

#### Address

120 – 27 Second Avenue SW, Dauphin, MB

#### Phone

204-622-2092

#### Website

[www.gov.mb.ca/housing](http://www.gov.mb.ca/housing)

#### Clients

People in need of affordable housing

#### Hours

8:30-4:30 M-F – closed 12-1

#### Programs

Subsidized Housing

#### Services

Tenant Services Coordinators who work with applicants and tenants to find and maintain their housing, help with community committees in complexes to increase social interactions (bingos, entertainment, pot luck meals, community gardens, etc) and connect tenants with additional services as needed (home care, addictions support, mental health services, etc).

### Parkland Crossing

Dauphin Church of Christ 2004, Inc, operating as “Parkland Crossing”

#### Address

220 Whitmore Avenue West  
Box 70, Dauphin, MB R7N 2T9

#### Phone

P 204-638-3333      F 204-638-0872

#### Website

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

#### Clients

Low income residents of dauphin and area

#### Hours

Office - Monday to Friday 900 til 400  
Rentals Monday to Saturday, 800 AM til 900 PM, Sunday 100 PM TIL 900 PM

#### Programs

Kidzone, gymnasium, greenhouse,

### **Services**

Affordable housing, foodbank, clothing giveaway, soup kitchen, counselling

Partnerships with: Unity – Women’s Maker Collective, the Man Shed, Dauphin Gymnastic Club, Second Level Boxing Club, Mom’s Morning Out, Alcoholics Anonymous

### **Dauphin Housing First**

Northwest Metis Council Inc.

### **Address**

40 1<sup>st</sup> Ave. N.W.

Dauphin, MB

R7N 1G7

### **Phone**

Phone: 204-638-9485

Fax: 204-638-3878

Toll free: 1-866-884-3457

### **Website**

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

**Clients** Open to all age groups

**Hours** 8:30-4:30 Monday-Friday

### **Programs**

Housing First is an approach to ending homelessness that centers on providing people experiencing chronically and episodically homeless conditions with housing as quickly as possible – and then providing needed services. This approach has the benefit of being consistent with what most people experiencing homelessness want and seek help to achieve.

Housing First programs share critical elements:

- A focus on helping individuals and families access and sustain permanent rental housing as quickly as possible without time limits.
- A variety of services delivered to promote housing stability and individual well-being on an as-needed basis.
- When accepting a client into our program we also are entering that client into a partnership with the community service providers and landlords ensuring that the process will lead to long term housing for that client, at the same time putting measures in place to ensure minimal risk to the landlord and their property.

We provide additional services such as:

- Parenting programs
- Life skills
- Budgeting
- Legal issues
- Employment skills training, job search
- Regular home visits with the client.

**Contact** Sheryl Simpson- Housing First Readiness Coordinator  
Terry Parenteau- Housing First Peer Support Worker

## **ECHO Housing**

### **Address**

109-123 1st Ave SW  
Dauphin, MB  
R7N 1S1

### **Phone**

204 638-4097

### **Website**

[www.parkland.cmha.ca](http://www.parkland.cmha.ca)

### **Clients**

Emergency Housing, low income housing, Transitional housing

### **Programs**

Supported housing, peer support

### **Services**

Supported housing, low income housing, transitional housing, emergency housing

## **Canadian Mental Health Association Swan Valley Branch**

### **Address**

109-123 1st Ave SW  
Dauphin, MB  
R7N 1S1

### **Phone**

Dauphin Office 204 701-0153

### **Services**

Portable Housing Benefit-rent supplement program  
Self-help, peer support, transitional, low income, and emergency housing

## **Anicinabe Housing Corp.**

### **Address**

217 Main St. S  
Dauphin, MB  
R7N 1K5

### **Phone**

204 638-8927

### **Clients**

Indigenous Housing

### **Services**

Housing, Self-Help

## **Dauphin Friendship Centre Housing**

### **Address**

210 - 1<sup>ST</sup> Avenue N.E. R7N 1A7

### **Phone Number**

204-638-5707

### **Services**

Our present units can house single people, couples, and smaller families of up to four people. To date we have acquired 35 housing units.

## Training and Employment

### Dauphin Friendship Centre Prairie Mountain Health Aboriginal Recruitment Program

#### Address

210 - 1<sup>ST</sup> Avenue N.E. R7N 1A7

#### Phone Number

204-638-5707

#### Services

Offering services in our Friendship Centre, our local regional health authority encourages Aboriginal workers to work in the health field in our local communities. This program offers support and services for clients to obtain employment, services to employees to enhance their existing skills, or information for those attending/returning to school to learn new skills. They also promote health field career opportunities to local youth attending high school.

### Workplace Education Manitoba (WEM)

Dauphin WEST Centre

Swan River WEST Centre

#### Address

Dauphin WEST Centre - 138-1<sup>st</sup> Ave. SW. Unit B. Dauphin

Swan River WEST Centre – located in Elbert Chartrand Friendship Centre

#### Phone

Charlene Gulak – Parkland Regional Coord. 204-648-6755 [prrc@wem.mb.ca](mailto:prrc@wem.mb.ca)

Stephanie Jaddock, Training Coord. – Dauphin WEST Centre 204-572-0063

[west.dauphin@wem.mb.ca](mailto:west.dauphin@wem.mb.ca)

Lorri-Anne Munro, Training Coord. – Swan River WEST Centre 204-734-3346

[west.swanriver@wem.mb.ca](mailto:west.swanriver@wem.mb.ca)

#### Website

[www.wem.mb.ca](http://www.wem.mb.ca)

#### Clients

Adults age 18+

#### Hours

- Dauphin WEST Centre Drop in Hours – Mon. (9 am – 1 pm); Tues. & Thurs. (6-9 pm) or by appointment as needed
- Swan River WEST Centre Drop in Hours – Tues. (4:30 – 7:30 pm); Thurs. (10 am – 12 pm) or by appointment as needed

#### Programs

- Essential Skills upskilling, customized to individual needs

- Career Launcher – 5 day pre-employment Essential Skills assessment & career exploration
- Communication in the Workplace – 5 day program to support communication enhancements and understanding of workplace diversity
- Essential Skills Indicator – 2.5 day program to support workplace readiness towards training
- 3 hour assessments – variety of career specific assessments to support readiness into employment
- Various workshop based workplace targeted training opportunities

### **Services**

- Dauphin & Swan River WEST Centre Drop In Services – free Essential Skills upskilling for individuals
- Various pre-employment and assessment based programs run via Dauphin and Swan River WEST Centre on a regular basis throughout the year; programs may also be coordinated for community-based delivery
- Customized workplace programs occur based on need and location throughout the region

## **Parkland Job Opportunity Centre (PJOC)**

### **Address**

215 Main Street South

### **Phone**

(204) 622-5627

### **Website**

[www.pjoc.mb.ca](http://www.pjoc.mb.ca)

### **Clients**

We provide services to people living in the Parkland region 18 years of age and older.

### **Hours**

Monday-Friday

8:30 am-12 pm and 1-4:30 pm

### **Services**

At Parkland Job Opportunity Centre we help job seekers living in the Parkland choose a career, write a resume, look for work and more.

### **Resume Development**

It is important to have a resume that reflects your skills and abilities. Through meeting one-on-one with an Employment Advisor, we can assist you to create a customized resume. This is a great opportunity to create a resume that reflects what you have to offer to an employer. We also provide information on what employers are looking for in a resume in our area.

### **Job Search**

In today's job market, there are more opportunities than just what you see in the newspaper. Come in and we can help you with your job search. Learn how to create a job search list,

navigate the Internet for job postings and how to approach employers who aren't advertising. Job search activities will assist you to expand your job search.

### **Interview Preparation**

Given the competitive job market of today, "winging it in an interview" is not good enough. Preparation is the key to a successful interview. Employment Advisors can provide you with valuable insight and tools to assist you in preparing for an interview. We offer tips on researching the position, identifying job related strengths, handling potential trouble questions and role-playing interviews. This service will help you have a successful interview and increase your chances of getting the job you want.

### **Career Exploration**

The career exploration process helps people to explore their career interests. If you are unsure where you are heading in the future or what type of job you want to pursue, this is the service for you. In working with an Employment Advisor, you can explore careers through various activities that will help you to identify your skills, interests and abilities to find a job that matches you.

## **Assiniboine Community College, Parkland Campus**

### **Address**

520 Whitmore Avenue East, Dauphin, MB. Canada, MB R7N 2V5

### **Phone**

204-622-222

### **Website**

<https://assiniboine.net/location/12/parkland-campus/location-details>

### **Clients**

Community College Students (adults)  
High School Dual-Credit Students (high school)

### **Hours**

8:30 to 4:30 regular hours  
6:00 to 10:00 evening hours

### **Programs**

Community College (Health & Human Services, Business & Technology, Agriculture & Environment, Trades & Access)  
Transition to work  
Mature Student High School  
Business Administration  
Carpentry and Woodworking  
Comprehensive Health Care Aide  
Early Childhood Education  
Mature Student High School  
Practical Nursing  
Continuing Studies  
Contract Trainings  
Customized Training

## **Services**

### **Outreach**

Parkland Campus is the only ALL certified ALC in the community (radius of 340 Kilometers) that provides high school credits. Emphasis is placed into presenting the ALC as a place where adults could complete their courses in an environment that is flexible and academically stimulating.

### **Life and Career Planning**

As part of the intake process, the applicant meets with the Student Success Advisor for an initial consultation to discuss the direction that the learner would like to take

### **Financing**

The nature of families and economic conditions means that our learners continually struggle with funding issues. During the past year, we have continued to strengthen our partnerships with sponsoring agents.

### **Assessment of Learning Outcomes**

The program uses all the assess strategies, Assessment For Learning, Assignment As Learning, and Assessment Of Learning. All our courses are outlined using learning outcome language. Teaching and evaluation is centered on achieving these learning outcomes.

### **Teaching**

Learning Process - Our instructors are knowledgeable and professional. They use a variety of teaching and evaluation methods, ensuring appeal to a wide variety of learning styles.

### **Student Support Systems**

Learners can access the student advisor to assist them in a number of academic and personal issues. When a student needs further assistance to deal with personal issues, appropriate referrals are made to other agencies..

### **Technology**

In each classroom, ACC has invested in an instructor workstation and a Smartboard. Instructors use this technology to bring a number of resources into the classroom.

### **Strategic Partnerships**

ACC Parkland Advisory Committee establishes and maintains collaborative partnerships between the college and the local community to identify the community needs and alert Parkland Campus to any community trends and upcoming opportunities..

### **Recognition of Prior Learning**

The campus has the advising and assessing capacity to award credits (partial or full) to learners who can demonstrate they have achieved the outcomes of a high school course or courses through prior learning in other educational settings, work and/or life experiences.

### **Aboriginal Focus**

This year the college paid for a Visiting Elder Program for Parkland Campus. The campus has been able to hire an elder to visit us for one hour once a week (student support) to start, and be available for class presentations

## **Unity: Women's Maker Collective**

### **Address**

220 Whitmore Avenue West  
Dauphin, MB R7N 2T9



**Phone**

204-622-3171

**Website**

Follow us on Facebook @unitydauphin and Instagram @unity\_dauphin

**Clients**

Women in the Dauphin area that are looking to enhance their employability and business skills, or who may be facing social isolation. Community partners or individuals can make a referral to the program.

**Hours**

Fall and Winter session Tuesdays from 12:00 to 3:00 p.m.

Storefront and Maker Space open Tuesday and Thursday mornings from 9:00 a.m. to 1:00 p.m.

**Programs**

Regular session includes training with local service partners, learning and making handmade items, customer service and sales.

Developmental employment opportunities.

Regular workshops and gatherings to build and maintain social networks, including alumni and interested women.

Regular office hours and maker space located at Parkland Crossing. Women are welcome to utilize equipment including a Silhouette printer and sewing machines. Rental fees are negotiated individually. The public is welcome to stop in during office hours to purchase our handmade items that are always on display.

## Health

### Dauphin Community Health-Public Health

#### **Address**

625 3<sup>rd</sup> St SW, Dauphin, MB, R7N 1R7

#### **Phone**

Reception 204-638-2118 or Public Health Admin 204-638-2104

#### **Website**

[www.prairiemountainhealth.ca/public-health](http://www.prairiemountainhealth.ca/public-health)

#### **Clients**

All Ages

#### **Hours**

8:15am-4:30 pm, Monday-Friday including over the lunch hour

#### **Programs**

Please refer to attached pamphlet for a listing of programs and Services

### Prairie Mountain Health Chronic Disease Education Program (CDEP)

#### **Address**

Dauphin Community Health Services  
625 3<sup>rd</sup> St SW  
Dauphin, MB R7N 1R7

#### **Educators**

Virginia Cail, RD  
Erin Stoesz, RD  
Rhonda Slack, RN  
Chelsea Rolla, Admin  
Marc Clement, Manager

#### **Phone**

1-877-509-7852 Intake line (toll-free for access to anyone within PMH)

#### **Website**

<https://www.pmh-mb.ca/chronic-disease-education-program>

#### **Clients**

The CDEP can help you learn skills and resources to manage your condition such as diabetes, heart disease, kidney disease and others. We can help you set and reach your goals. The nurse and dietitian teams travel on a regular basis to various communities including First Nations throughout PMH.

#### **Hours**

Monday to Friday: 8:15am – 4:30pm

#### **Group Education – Call toll-free line to register**

Group classes are hands-on and can help clients learn how to manage their condition. Classes discuss topics such as diabetes, healthy eating, physical activity and Heart Health

### **Services**

Registered dietitian and registered nurse teams travel to various communities and First Nation communities throughout PMH to provide education and support for healthy lifestyle and skills to manage chronic health conditions.

### **Other Services**

#### **Craving Change**

A FREE educational program that can help you develop a healthier relationship with food, help if you struggle with your eating habits, eat for comfort or in response to emotions, or simply want to better understand your own eating behaviours.

#### **Get Better Together**

This FREE program, led by people living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern. The program offers support and helps you build confidence to manage your health better. Online version also available.

#### **Dial-A-Dietitian (8 a.m.-6 p.m.)**

1-877-830-2892

#### **Health Links (Info Santé)**

1-888-315-9257

#### **Smokers Help Line**

1-877-513-5333

#### **Mobile Clinic**

1-877-378-3077

#### **Mental Health Crisis Response - Adult and Youth Crisis Line, (24/7)**

1-866-332-3030

### **Ste Rose Primary Health Care Centre**

#### **Address**

Box 149, 603- 1<sup>st</sup> Ave, Ste Rose-du-Lac, MB R0L 1S0

#### **Phone**

204-447-4080

#### **Website**

[www.prairiemountainhealth.ca/ste-rose-primary-health-care-centre](http://www.prairiemountainhealth.ca/ste-rose-primary-health-care-centre)

#### **Clients**

Clients of all ages, across spectrum of care

#### **Hours**

Monday-Friday 8:15-4:30 pm

### **Programs**

Primary Care, Public Health, Family planning, Families First, Mental Health, Chronic Disease Education, Mental Health, Home Care, Community Development, Harm Reduction (Smoking Cessation, Harm Reduction Supplies, Narcan Kits, condoms etc)

### **Services**

Primary Health Care (Nurse Practitioner Services), Mental Health, Public Health, Dietician, Chronic Disease Educator, Home Care

## **DRCSS Teen Clinic**

### **Address**

Room 233

Dauphin Regional Comprehensive Secondary School (DRCSS)  
330 Mountain Road, Dauphin, MB R7N 2V6

### **Phone**

204-447-4080

### **Website**

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

### **Clients**

Drop in for all DRCSS students

### **Hours**

3<sup>rd</sup> Thursday of each month (Sept-June)  
9am-3:30pm

### **Programs**

Teen Clinic- drop in for students only

### **Services**

To provide free and confidential Health/Medical services for youth. Students can access a Nurse Practitioner for any Health issue that students need to talk about or have checked out.

Services available at Teen Clinic:

- Assessment of illness, need for diagnostic tests or referrals to other Health Practitioners
- Counselling, Mental Health or addiction help
- Info about all Birth Control options available
- Free Condoms, Free/low cost birth control
- Emergency contraception
- STI/HIV testing
- Pregnancy testing
- Counselling on all 3 legal pregnancy options – Adoption, Parenting, Abortion

## **Dauphin Community Health Services Office**

### **Address**

625-Third Street SW  
Dauphin, MB R7N 1R7

**Phone**

204-638-2118

**Clients**

Babies, Youths, Adults, Seniors

**Hours**

Monday to Friday  
8:30 a.m. – 4:30 p.m.

**Programs**

Mental Health  
Public Health  
Home Care  
Primary Care Outreach Program  
CDEP – Chronic Disease Education Program

**Services**

Mental health counselling  
Suboxone Program  
Diabetic Education  
Immunizations  
Families First Program  
Home Care Program  
Palliative Care Program  
Cancer Care Navigation Services  
Healthy Baby  
Speech/Language

**Super Thrifty Pharmacy****Address**

224 Main Street N  
Dauphin, MB R7N 1C4

**Phone**

204-638-3702

**Website**

[www.superthrifty.com](http://www.superthrifty.com)

**Clients**

All ages

**Hours**

Monday to Friday 9:00 to 5:30 (full pharmacy service)  
Saturday, Sunday and Holidays 9:00 to 10:00 a.m.

**Programs**

Opioid Reduction Therapy – convenient downtown program. Sheri Gardner is certified in opioid dependence treatment by the Manitoba College of Pharmacists.

### **Services**

For over two years she has worked with AFM and the Primary Care Outreach Clinics in Dauphin and Swan River to help care for those struggling with opioid dependence.

### **Dauphin Clinic Pharmacy**

#### **Address**

622 – 3rd Street SW, Dauphin, MB, R7N 1R5

Located across from the Dauphin Hospital and attached to the Dauphin Medical Clinic & Walk-In Clinic.

#### **Phone**

204-638-4602

Toll Free: 1-888-638-5930

#### **Website**

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

#### **Clients**

No restrictions

#### **Hours**

Open 7 Days A Week

Monday to Friday: 8:30am - 6:30pm

Saturday: 9:00am – 2:00pm

Sundays & Holidays: 12:00pm – 2:00pm

After Hours Emergency Line to 10:00pm daily: 204-638-2778

#### **Programs**

Opioid Replacement Program (Suboxone & Methadone)

Customer Loyalty Program

Compliance Programs – bubble, blister and PacMed Strip Packaging

Home Visit Program

Sharps Container Program

Naloxone Kit Training

Smoking Cessation Program

#### **Services**

Free delivery 7 days a week

Drive Thru Service

Sharps Return Program

Injection - Vaccination & Immunization Services

Free Parking, Accessible Parking

Custom Compounding

Med Synchronization Program

Home Health & Mobility Aids – Canes, Walkers, Rollators

Mobility Aid Rentals – Walkers, Rollators, Crutches

Brace Fittings (Certified Orthotic Fitters on Staff)

Nebulizer & Supply Services

Mastectomy Fittings

Incontinence Supplies

Blood Pressure Checks – In Store Automated Machine

Diabetic Supplies Available  
Rana Sleep Studies  
Certified Respiratory (Asthma & COPD) Educators  
24 Hour Blood Pressure Monitoring Program

## **Opioid Replacement Therapy - Dauphin Clinic Pharmacy**

### **Address**

622 – 3rd Street SW, Dauphin, MB, R7N 1R5

Located across from the Dauphin Hospital and attached to the Dauphin Medical Clinic. Located 1 block from Community Health Services and Primary Care Outreach Clinic.

### **Phone**

204-638-4602

Toll Free: 1-888-638-5930

### **Website**

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

### **Clients**

No restrictions

### **Hours**

Open 7 Days A Week

Monday to Friday: 8:30am - 6:30pm

Saturday: 9:00am – 2:00pm

Sundays & Holidays: 12:00pm – 2:00pm

After Hours Emergency Line to 10:00pm daily: 204-638-2778

### **Programs**

Opioid Replacement Program (Suboxone & Methadone)

Daily Fill Program

### **Services**

Methadone Replacement Program

Suboxone Replacement Program

On Call Pharmacist to 10pm daily: 204-638-2778

Certified Pharmacists with extended Opioid Dependence Training – College of Pharmacists of Manitoba (Opioid Replacement Therapy 101 Introduction to Clinical Practice)

Select Staff have Mental Health First Aid Training

Sharps Return Program

Injection Services

Vaccination & Immunization Services

Free Parking, Accessible Parking

Fully Private Counselling & Consultation Rooms

## Community Serving Organizations

### Dauphin Public Library

Branch of Parkland Regional Library

#### Address

504 Main St N  
Dauphin MB R7N 1C9

#### Phone

204-638-6410

#### Website

[www.parklandlib.mb.ca](http://www.parklandlib.mb.ca)

Also see "Dauphin Public Library" on Facebook

#### Clients

Residents of any member municipality of the regional library are eligible for a FREE library card. Non-residents may purchase a one-year or 3-month card.

#### Hours

Monday to Thursday	10:30 AM to 8:00 PM
Friday	10:30 AM to 5:30 PM
Saturday	12:00 PM to 5:00 PM

#### Services / Programs

- offers a full range of public library services (books, magazines, newspapers, films on DVD and BluRay discs, reference service, and interlibrary loans)
- provides public access to computers for internet and word processing
- provides printing and photocopy service
- provides free WiFi
- on-line services include e-book and e-audio books, research databases, and a streaming video service
- offers FREE regular programming for children (e.g. infant rhyme time, story time, in-service days, summer programs)
- offers FREE programs for adults (e.g. Third Thursday Music nights, 20:20 Presents, National Film Board club, author events)

### Community Futures Parkland

#### Address

421 Main Street, Grandview, MB R0L 0Y0

#### Phone

204-546-5100

#### Website

<https://cfmanitoba.ca/parkland/>

#### Clients



Youth, Women, Indigenous, Entrepreneurs with Disabilities, Under-represented groups, anyone looking for business assistance

### **Hours**

Monday to Friday 8:30am – 4:30pm

### **Programs**

Junior Achievement – Elementary & high school  
Young Women’s Conference (Dauphin & Russell)  
Money Management Training (Youth or Adult)  
Settlement Services (Dauphin based)  
Summer Youth Biz Camp (funding dependant)  
MB Community Economic Development Training  
Entrepreneurship Grants – (Nov – Jan)  
Community Project Grants– (Nov – Jan)  
Volunteer Awards– (Nov – Jan)

### **Services**

Business Development

- Business loans up to \$150,000
- Business planning assistance
- Templates, resources and guides
- Market research
- Access to network of professionals and training
- Programs for youth entrepreneurs
- Programs for entrepreneurs with disabilities
- Business coaching

Community Development

- Project assistance
- Strategic planning
- Proposal writing assistance
- Grant research
- Project funding programs
- MB Community Economic Development Training

## **Dauphin & District Community Foundation**

### **Address**

Box 6, 100 Main Street South  
Dauphin, MB R7N 2T9

### **Phone**

204-638-4598

### **Website**

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

### **Clients**

Anyone interested in improving or enhancing the quality of life in our community, remembering or honouring a person or an event

### **Hours**

Vary

### **Programs**

Our annual Grant Making Program funds projects which:

- Recognize and build on our community's assets
- Foster co-operative approaches to community issues that build upon shared visions and mutual responsibility

We have over a dozen scholarships awarded every year

### **Services**

The Dauphin & District Community Foundation accepts donations throughout the year. These can be made in memory of a loved one, in honour of a person or an event, in support of a specific cause, or simply in support of the Foundation. All gifts are pooled and invested. Grants are made from the allocated interest from these investments while the principal remains untouched.

## **City of Dauphin**

### **Address**

100 Main Street South, Dauphin, MB R7N 1K3

### **Phone**

Main Line: 204-622-3200

Website

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

### **Hours**

Monday to Friday

9:00 a.m. – 4:30 p.m.

### **Services**

We provide residents of Dauphin utilities (water and sewer) and property taxation (for property owners).

## **Dauphin Neighbourhood Renewal Corporation**

### **Address**

100 Main Street South, Dauphin, MB R7N 1K3

### **Phone**

204-622-3171

### **Hours**

Monday to Friday 9:00 to 4:00

### **Programs**

Small Grant Fund

Unity: Women's Maker Collective

West End Community Garden  
Youth Programming (summer)  
Healthy Together Now – Kids Cooking Club  
Cyber Seniors (partnership with Mackenzie Middle School, Telus and the Dauphin Seniors Centre)

**Services**

We work collaboratively with partners to build a healthy and strong community. We are flexible and creative; our organization is well positioned to help other community serving organizations work towards their local goals. We can often assist in project planning and implementation.