

Still Available to Serve You!!

SENIORS RESOURCE FINDERS

Information and Referral Hub

Living Well
at
55+

1. St. James Assiniboia Area – sarah@stjamescentre.com	204-987-8850 ext. 108
2. Assiniboine South Area – resources@swsrc.ca	204-478-6169
3. Fort Garry Area – pberube@aosupportservices.ca	204-792-1913
4. St. Vital Area – seniorsresources@dakotacc.com	204-254-1010 ext. 217
5. St. Boniface Area – seniorsresources@dakotacc.com	204-254-1010 ext. 217
6. Transcona Area – tcs@mymts.net	204-222-9879
7. River East Area – recs@mts.net	204-667-6812
8. Seven Oaks Area – sosl@mymts.net	204-612-3888
9. Keewatin/Inkster Area – kinrc@mts.net	204-774-3085
10. Point Douglas Area – pdsc@aosupportservices.ca	204-792-2920
11. East Downtown Area – dsrc@aosupportservices.ca	204-803-8329
11. West Downtown/Broadway Area – bway@mts.net	204-772-3533
12. River Heights Area – resources@swsrc.ca	204-478-6169
13. Conseil des francophones 55+ - conseil55@fafm.mb.ca	204-793-1054
14. Middlechurch Home of Winnipeg – bev@middlechurchhome.mb.ca Serves West St. Paul and East St. Paul	204-336-4126

COVID – 19 Changes: *Seniors Resource Finders (SRF) continue to help link and refer older adults 55+ to community supports, programs and services. Contact your local Seniors Resource Coordinator for assistance in locating what programs, services and supports are available to you throughout this time of Social Distancing:*

- Emergency Response Information Kits (E.R.I.K.)
- Daily Friendly Phone Calls
- Resource Finding and Referrals
- Grocery, Errand and other Support Options
- In Home Activity Options to stay active and engaged

