We appreciate your patience during this time as we do everything we can to make this situation as easy as possible. We look forward to welcoming you back once COVID-19 improves and we are able to open our doors as usual.

Norwest recognizes the importance of having someone to talk to especially during times of social distancing. Over the Phone and some In-Person counseling sessions available. Call (204) 938-5900.

Norwest Co-op
Community Health
785 Keewatin Street Winnipeg, MB R2X 3B9
norwestcoop.ca Phone (204) 938-5900 Fax (204) 938-5994

Please check our website and social media daily as things can change quickly.

AVAILABLE SERVICES

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Blake Gardens Resource Centre & NorWest on Alexander

Join us daily on Facebook Live for Exercise, Self-Care and Family activities:

- Community members who need assistance regarding resources or food can contact our staff. We will try to accommodate and help to the best of our ability. You are not alone, we are here to help!
- **Need to talk?** Call to schedule a phone counselling session.
  For crisis, please call (204) 786-8686.
  Mon-Wed 9:00am-5:00pm
  Call Caprice at (204) 479-2426
  Wed-Fri 9:00am-5:00pm
  Call Danae at (204) 918-6186
- **Access Food:** Please call (204) 982-3660 to book your appointment at your local food bank.
- **EIA:** please call their central line at (204) 948-2888. We can provide contact information and limited use of our phone.
- **Community Drop-in:** cancelled until further notice

Community Food Centre

All food programs will be provided in take-out containers.

Open Monday, Wednesday, Friday 12:30pm-1:30pm

**Take-Out-Lunch**
- Monday, Wednesday, Friday 12:30pm-1:30pm
  Pickup only.

**Take-Out Supper**
- Thursday 5:30pm-6:30pm

**Early Years Playcation Activity Kit**
- Available on Wednesday & Friday during meal pickup.

**Youth Hub Activity Packs**
- Available Thursday supper & Friday lunch

Family Violence

Open Monday-Friday 9:00am-5:00pm

A Woman’s Place is here to help women and children impacted by family violence during COVID-19. We offer counselling and support, safety planning, protection orders, legal consults and representation. Interpreter services available to women who need it.

To talk to one of our counselors call (204) 940-6624

Support Line: Monday-Friday 9:00am-9:00pm

Visit norwest.ca for more information
**Gilbert Park Resource Centre**

- As of Wednesday, March 18th all Tax Clinics at GPRC are cancelled for the foreseeable future. No drop off anymore.
- **Hygiene/household supplies** available.
- Please bring your health card for essential food hamper pickups
- **Community support line:**
  9:00am-5:00pm Mon., Tues., Thurs. & Fri.
  Sarah: (204) 795-8462.
- Get in touch by calling (204) 982-4429 or messaging our *Facebook page* for any support.
- **Community Drop-in:** cancelled until further notice

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**Primary Care**

Call **204-983-5900** if you need to see a primary care provider or access our Walk-in Clinic. An appointment will be made to help you over the phone. You will be told if you need to come to the clinic to be seen in person.

You will be asked screening questions about COVID-19 over the phone and at our clinic.

We CANNOT test or treat COVID-19 at our clinic. If you think you have been exposed, please contact Health Links – Info Santé by going to https://sharedhealthmb.ca/covid19/screening-tool/ or call 204-788-8200 or toll free 1-888-315-9257.

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**Child Care Centres are CLOSED**

Due to the COVID-19 pandemic Child Care Centres are open with limited space for essential service workers. If care is required please call 204-940-2165. Screening process will be initiated to ensure support goes to those providing critical services. This has been mandated by the provincial government.

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**Hans Kai**

We do want to provide you with tools and resources to stay healthy and well during this difficult time.

We encourage you all to check it out the following for some fun & exercise:

**Facebook Live Exercise with Mike Sadlowski**

Monday-Friday 2:00pm-2:30pm

For those interested we will be sending out health tips and recipe ideas to any interested participants. Please message us on Facebook to be added to an email list.

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**Open Monday-Friday 11:00am-5:00pm**

- **Hot & Ready Breakfast**
  Monday, Wednesday, Friday 10:30am-11:30am
  While supplies last.
- **School Aged Children’s Activity Kit Pickup**
  Monday 11:00am-4:00pm
- **Essential Food Hamper Pickup**
  Tuesday 11:00am-4:00pm
- **Good Food Bags**
  Fresh Fruit & Veggies Thursday 11:00am-4:00pm
- **Cobbs Bread Giveaway**
  Monday 11:00am-4:00pm
- **Emergency Kits**
  Food kits and hygiene kits, including diapers
  Monday-Friday 1:00am-5:00pm
- **Early Years Playcation Activity Kit Pickup**
  Tuesday 11:00am-4:00pm Limited quantities.
- **Youth Hub Activity Packs**
  Available for pickup Friday
- **To-Go Coffee & Tea**
  Monday-Friday 11:00am-5:00pm

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**Our Primary Care Clinic is Open**

Monday – Friday 9:00 AM – 8:00 PM
Saturday/Sunday/Holidays 9:00 AM – 5:00 PM

**Our Walk-in Clinic is Open**

Monday – Friday 12:00 PM – 7:30 PM
Saturday/Sunday/Holidays 9:00 AM – 4:30 PM

**Lab is Open**

Monday – Friday 9:00 AM – 4:30 PM
Saturday/Sunday/Holidays Closed

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**Youth Hub**

**Drop-in and face to face counseling is closed.**

Norwest Youth Hub is currently offering scheduled appointments for:

- Telephone counseling
- support
- Brainstorming resources
- Resource navigation
- coping tips
- information around mental health, addictions, and employment

Call us at (204) 221-9800

**Youth QuaranTEEN Support Line**

(204) 792-2277
Monday-Saturday 3:00pm-8:30pm

**NorWest Teen Clinic**

Wednesday 3:30-5:30pm
Social Media @MBTEENCLINICS Emergency contraception; birth control, general medical care & Mental Health counseling.

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Form Last Updated: 4/30/2020 10:23 AM