



## COMMUNITY RESOURCES & SUPPORTS

### What is a System Navigator?



They are people and organizations who can help you find programs, resources and services.

### How can System Navigators Help?



Sometimes it can be hard to know where to go or who to talk to about your specific needs. System navigators are there to help you locate solutions right in your neighbourhood.

## Supports for Indigenous Communities

The WRHA Indigenous Health Centralized Support team is available to help connect Indigenous older adults to various support services.



**Ph:** 1-877-940-8880 (Toll Free)  
**Email:** [Indigenoushealth@wrha.mb.ca](mailto:Indigenoushealth@wrha.mb.ca)  
**Website:** [wrha.mb.ca/indigenous-health/](http://wrha.mb.ca/indigenous-health/)

## Supports for Newcomers

A & O Support Services for Older Adults provides settlement support and formal and informal English language classes for newcomers.



**Ph:** 204-956-6440  
**Email:** [info@aosupportservices.ca](mailto:info@aosupportservices.ca)  
**Website:** [aosupportservices.ca](http://aosupportservices.ca)



## A GUIDE TO LIVING SAFELY & WELL

### Looking for Supports for Older Adults?

How to find and access the health, social supports and services that you need to live safely and independently in your community.



Winnipeg Regional Health Authority    Office régional de la santé de Winnipeg



## SYSTEM NAVIGATORS

### Who are they?

#### 211 Manitoba

Available 24/7 in 150 languages



**Ph:** 211

**Email:** 211mb@findhelp.ca

**Website:** mb.211.ca

**Online chat:** available

#### Seniors Resource Finders

Refers you to resources such as:

- E.R.I.K (emergency response information kit)
- Transportation options
- Yard & home maintenance
- Meal programs



**Website:** wrha.mb.ca/seniors-resource-finders/

## A & O Support Services for Older Adults



**Ph:** 204-956-6440

**Email:** info@aosupportservices.ca

**Website:** aosupportservices.ca

## Canadian Mental Health Association Service Navigation Hub

Referral service for mental health and addiction resources, including but not limited to CMHA programs.



**Ph:** 204-775-6442

**Email:** hub@cmhawpg.mb.ca

**Website:** mbwpg.cmha.ca

## Family Doctor Finder

To access many health care programs and services you need a primary care provider. Staff will work with you to find a home clinic, which will then connect you to appropriate health services. Registration is required.



**Ph:** 1-866-690-8260 (Toll Free)

**Website:** forms.gov.mb.ca/family-doctor-finder

## COMMUNITY HEALTH

### What supports are available?

These are the six different factors that help you maintain well-being:



Health



Finances



Home



Social



Transport



Equity & Inclusion

Use your smartphone to scan the QR Code and learn more:

