

# SUPPORT SERVICES TO SENIORS

## **A & O: Support Services for Older Adults**

Offers specialized services in

- ◇ **Safety & Security:** Elder Abuse Prevention, Safe Suite, Older Victim Services, SafetyAid, This Full House
- ◇ **Social Engagement:** Senior Centre Without Walls, Connect Program, Entry Program for Older Adult Immigrants
- ◇ **Counselling:** Information & Referral, Intake, Housing, Legal Clinics, Caregiving with Confidence

200-207 Donald Street  
Winnipeg, Manitoba R3C 1M5  
Telephone: (204) 956-6440

## **Alzheimer Society of Manitoba**

Offers information, support and education to people with Dementia and the family, friends and community member who support them. The Society engages in public awareness, brain health education, advocacy and funds research.

10-120 Donald Street  
Winnipeg, Manitoba R3C 4G2  
Telephone: (204) 943-6622

## **Canadian National Institute of the Blind (CNIB)**

Through the provision of specialized services and training, Canadian Institute of the Blind works with individuals to achieve full independence and equality for people who are blind or visually impaired.

1080 Portage Avenue  
Winnipeg, Manitoba R3G 3M3  
Telephone: (204) 774-5421

## **Conseil des francophone**

Link and refer Francophone older adults 55+ to community supports, programs and services in Winnipeg.

123-400 Des Meurons St  
Winnipeg, Manitoba R2H 3H3  
Telephone: (204) 783-1054

## **Indigenous Seniors Resource Centre**

Offers information, support, programs and services using a holistic approach to ensure the respect and well-being of Indigenous Older Adults in Winnipeg.

A1-100 Robinson St  
Winnipeg, Manitoba R2W 4C6  
Telephone: (204) 586-3283

## **Meals on Wheels of Winnipeg**

Nutritious meals are delivered by volunteers to those in the community unable to prepare or otherwise obtain them.

174 Hargrave Street  
Winnipeg, Manitoba R3C 3N2  
Telephone: (204) 956-7711

## **Manitoba Association of Senior Communities**

The Association is a provincial focal point to facilitate communication, networking and planning among senior centres and raise their profiles. The Association also assists in the development of senior centres and collaborates with other senior serving organizations.

3-203 Duffield Street  
Winnipeg, Manitoba R3J 0L3  
Telephone: (204) 792-5838

## **Rainbow Resource Centre**

“Over the Rainbow” offers social support and safe spaces for Two-Spirit, lesbian, gay, bisexual, and transgender older adults.

Services includes: Centre programming, drop in, telephone support, system navigation and education in the community.

170 Scott Street  
Winnipeg, Manitoba R3L 0L3  
Telephone: (204) 474-0212



Living Well  
at **55+**

To volunteer, please call the Community Agency in your area!



Winnipeg Regional Health Authority | Office régional de la santé de Winnipeg