

Family Supports Available During COVID-19 Pandemic

Youth Crisis Support Services (YCSS)-Crisis Line 24/7 (21 years old and younger)

Call: [204-949-4777](tel:204-949-4777)

The Crisis line has increased services over the phone, available to those who are 21 years old and younger. Mobile Crisis Teams—offering essential services following screening, and extensive telephone support.

- **Drop-in phone counselling** (available from the Brief Treatment Therapy Team)
Call: [204-949-4777](tel:204-949-4777)—parents and youth seeking counselling support over the phone.
Our intake workers will gather additional information, and the information will be transferred to the therapist who will contact you within two business days.

MYS Family Therapy—partnership with UW Master of Marriage and Family Therapy program

Free family and individual therapy over the phone—officiated by master student (waitlist may exist)

Call: [204-949-3578](tel:204-949-3578), email: mmft@mys.mb.ca

Family Dynamics

- **Parent coach** over the phone support Call intake line: [204-947-1401](tel:204-947-1401)
- **Family Dynamic resource centres (6)** connected to MB housing complex (*Plesis, Tuxedo, Westgrove, Elwick Village, St. Anne's, and Keenleyside*) are staffed and available to support families over the phone with food pickups or deliveries, and filling out benefit forms. <https://familydynamics.ca/services/family-resource-centres/>

Manitoba Parent Line-Free

Over the phone support for parents in Manitoba

Call: [204-945-4777](tel:204-945-4777) or toll free [1-877-945-4777](tel:1-877-945-4777), Mon.-Fri. 8am-8pm

Addiction Foundation Manitoba (AFM)

If you or a family member are struggling with an addiction free phone counselling available.

Call Intake Line: [204-944-6247](tel:204-944-6247)

Inspire Community Outreach

- 1-on-1 private session over video or chat
Call: [204-996-1547](tel:204-996-1547), email info@inspirecommunityoutreach.ca
- **Free online tool kit** available to assist with mental health and educational resources during the pandemic. Sign up using the link below:
 - <https://mailchi.mp/a290f8e0a942/covid19toolkit>
- **Online support group therapy** for *caregivers of sensitive kids* Tuesdays between 8-9—register online at the link below—limited space available.
 - <https://inspirecommunityoutreach.ca/event/group-therapy-for-caregivers-of-sensitive-kids-4/>
- **Computers for Kids**—affordable, and free computers to assist with at home learning. Application available through the link below:
 - <https://inspirecommunityoutreach.ca/computers-for-kids/>

Thrive Resource Centre

Basic needs food supplies, baby supplies, layettes, hygiene items (as available), community resources, and coffee/snacks (as available) Call: [204-775-9934](tel:204-775-9934) 555 Spence St.