

# North Eastman Regional Intersectoral Crisis & Counseling Services Directory November 2009



Manitoba Family Services  
and Housing



Community & Youth  
Correctional Services  
Eastman Region

*An initiative of the Regional Intersectoral Committee of North Eastman*



## North Eastman Crisis & Counseling Services Decision Tree

NEED	CONTACT
5. <b>Support Education</b> Related to Mental Illness.	<b>Eastman Mental Health - Self Help</b> Anxiety Disorders Assoc. of Manitoba      346-0026 Canadian Mental Health Association      444-4691 Manitoba Schizophrenia Society      371-0824 Mood Disorders of Manitoba      326-3623
6. <b>Addictions</b>	<b>AFM - Regional</b> 268-6166 First Nation (NNADAP) <b>OR</b> SERDC (NNADAP)      766-2386 ext. 237
7. <b>Abuse</b>	<b>Domestic Violence</b> Nova House (Selkirk)      482-1200 Agape House (Steinbach)      346-0028 <i>Toll free</i> 1-877-977-0007  <b>Sexual Assault</b> SARAH      753-3150 Klinik      1-888-292-7565  <b>Child Protection</b> Child & Family Services      268-6232 RCMP (see above)
8. <b>Family &amp; Marriage Counselling</b>	<ul style="list-style-type: none"> <li>• <b>NEHA Social Workers</b>      268-7492 367-5409</li> <li>• <b>NEHA Palliative Care (Grief)</b>      753-3148</li> <li>• <b>Child &amp; Family Services</b>      268-6232</li> <li>• <b>Refer to "Private Counselors" list in this directory.</b></li> </ul>

# North Eastman Crisis & Counseling Services Directory

## **RCMP**

### **Beausejour**

General Inquires 268-2612

**Emergencies 911**

24 hour line 268-1234

### **Falcon Lake**

General Inquiries 349-8035

**Emergencies 349-2588**

### **Grand Marais**

General Inquiries 754-3727

**Emergencies 753-2300**

### **Lac du Bonnet**

General Inquires 345-6311

**Emergencies 911 / 345-8685**

### **Little Grand Rapids**

General Inquiries 397-2249

**Emergencies 397-2133**

### **Oakbank**

General Inquiries 444-3847

**Emergencies 911**

### **Powerview**

General Inquiries 367-8728

**Emergencies 367-2222**

### **Pinawa**

General Inquiries 753-2217

**Emergencies 753-2919**

### **Selkirk**

*(Berens River, Bloodvein & Poplar River First Nations)*

**Emergencies 482-3322**

### **Whitemouth**

General Inquiries 348-7177

**Emergencies 348-2935**

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## **Victim Services**

Lac du Bonnet Victim Services Unit

345-9752

Selkirk Victim Services Unit

785-4000

Oakbank Victim Services Unit

444-3383

# North Eastman Crisis & Counseling Services Directory

## **Hospital Emergency**

Beausejour District Hospital  
268-1076

Pinawa Hospital  
753-2334

Pine Falls Health Complex  
367-5400

Health Sciences Centre  
- Children's Emergency  
787-2306

# North Eastman Crisis & Counseling Services Directory

## **Interlake /North Eastman Mental Health Crisis Services**

448 Queen Avenue  
Selkirk, MB R1A 1G1  
482-5361

*Toll Free: 1-866-427-8628*

### **Crisis Stabilization Unit**

Hours: Open 7 days per week 24 hours

Details of Program: The crisis stabilization unit is an 8-bed unit for adults and older adolescents (15 years of age and older) who are in a psychosocial/Mental Health crisis. Short-term intense crisis counseling/treatment is provided to those who need services in the community but do not require acute hospitalization.

### **Mobile Crisis Unit**

Hours: 2 p.m. to 2 am. 7 days per week

Mobile Crisis Services specializes in mental health assessments and crisis intervention for adults and older adolescents (15 years of age or older). The Mobile Crisis Unit provides out reach services to both the Interlake and North Eastman regions.

### **Community Trauma Postvention**

Provides early intervention and education to communities affected by critical incidents/traumatic events, crisis or disaster to minimize long term effects.

**24 hours 482-5361 local**

*Toll free 1-866-427-8628*

**First Nations Communities call 1-204-956-7500**

### **Manitoba Farm & Rural Stress Line**

**Free and confidential support, counseling, information and referrals to farm families and other rural Manitobans.** *Services include: Telephone help line, Volunteer Program, Community Outreach & Education, Resource Centre, In-Person Counselling (NEW), Support Groups (NEW), and Drop-In (Wed. afternoon) NEW.*

*Hours of Operation M-F 10A-9P*

**Toll Free 1-866-367-3276 or visit website at [www.ruralstress.ca](http://www.ruralstress.ca)**

### **Macdonald Youth Services**

Program Coordinator

Youth Emergency Crisis Stabilization System Macdonald Youth Services

226 St.Mary's Road

Winnipeg, Manitoba, R2H 1J3

Ph: (204) 949-4772

Fax: (204) 949-4776

Email: [R. Klaprat](mailto:R.Klaprat)

Website: [www.mys.mb.ca](http://www.mys.mb.ca)

Details of Program: Macdonald Youth Services provides emergency care and shelter to children in Manitoba. They offer a range of supportive services.

**Call 949-4777 to access Crisis Services.**

# **North Eastman Crisis & Counseling Services Directory**

## **Crisis Services continued**

The Mobile Crisis Team is a crisis response team, responsible for delivering services to children, adolescents, families and caregivers, when crisis services are required. The teams will stabilize crises, provide on-site services and develop treatment strategies for ongoing intervention.

Children in North Eastman can receive services from MYS upon arriving at the perimeter highway.

The Crisis Stabilization Units (CSU) are located at Marymount, for girls and at Project Neecheewam, for boys. The boys unit is operated by Project Neecheewam, and the girls by Marymount Inc. The Mobile Crisis Team accesses the CSUs when children are found to be in extreme distress and require one to three days to return to pre-crisis functioning. Clinical Follow-up Facilitators will assist children, families and their support systems and access the services they need in order to carry out the intervention strategies developed by the Mobile Crisis Team. They are also responsible for discharge plans from the CSU.

### **Teen Touch**

*Toll free 1-800-563-8336*

### **Kids Help Phone**

*Toll free 1-800-668-6868*

# **North Eastman Crisis & Counseling Services Directory**

## **NEHA Mental Health Intake – 1-866-577-2901**

Program provides assessment, treatment, education and referrals to children, adults and seniors.

### **Child and Adolescent**

Beausejour	268-7483
Oakbank	444-6118
Lac du Bonnet	345-1231
Pine Falls	367-5417

### **Adult**

Beausejour	268-7484
Pine Falls	345-5407
Oakbank	444-6117
Lac du Bonnet	345-1211
Whitemouth	348-4614

### **Elderly**

Beausejour	268-7481
	268-7480
	268-7486

### **Intensive Case Management**

Provides rehabilitation counseling for people with psychiatric disabilities.  
268-7482.

### **Housing and Proctor Services**

Provides supported housing options and proctor services for people with psychiatric disabilities.  
444-6129

### **Relational Therapy Services**

Provides relational therapy on such issues as communication, parenting, dealing with separation and divorce, stepfamilies, anger management, grief and loss, domestic abuse, sexual abuse, and chronic illness.  
268-7492 or 367-5409

# North Eastman Crisis & Counseling Services Directory

## **Mental Health Self-Help**

### **Anxiety Disorders of Manitoba**

Box 429  
Lac du Bonnet, Manitoba R0E 1A0  
345-8511  
Email: [adamesatman@mts.net](mailto:adamesatman@mts.net)  
Outreacher worker: Elsa Sydorko

### **Manitoba Schizophrenia Society**

2-227 Main Street  
Steinbach, Manitoba R5G Y87  
371-0824  
Email: [eastmanmss@mts.net](mailto:eastmanmss@mts.net)  
Outreach worker: Stephanie Loewen

### **Canadian Mental Health Association**

639 Main Street  
Oakbank, Manitoba R0E 1J0  
444-4691  
Email: [cmhaest@mts.net](mailto:cmhaest@mts.net)  
Outreach Worker: Gilbert Berg

### **Mood Disorders Association of Manitoba**

227 Main Street  
Steinbach, Manitoba R0A 2A0  
326-3623  
Email: [sdmdme@mb.sympatico.ca](mailto:sdmdme@mb.sympatico.ca)  
Outreach Worker: Ron Dyck

### **Adult Drop in Center**

Every Monday 1:00 to 3:00 pm  
Beausejour Community Church - Multipurpose Room  
748 Park Avenue  
Beausejour, MB R0E 0C0  
444-2793 / 268-6166

Details of the Program: Available to adults living with mental illness and addictions issues. The drop in program provides an opportunity to build friendships, to laugh and have fun and reduce the feelings of isolation.

### **Coffee Group**

Every Wednesday 2:30 to 3:30 pm  
Pappy's Restaurant  
637 Park Avenue  
Beausejour, MB R0E 0C0

Details of the Program: Available to adults living with mental illness and addictions issues. This program allows individuals to meet weekly to socialize with one another over coffee. Coffee and soft drinks are provided at no charge.

# North Eastman Crisis & Counseling Services Directory

## **Abuse and Domestic Violence Services**

### **Nova House Inc.** (Domestic Violence for Women)

Box 337  
Selkirk, MB R1A 2B3  
482-7882

Hours: Open 24 hrs./day, 7 days/week

Website: [novahouse.shelternet.ca](http://novahouse.shelternet.ca)

Email: [novahous@mts.net](mailto:novahous@mts.net)

Details of Program: Nova House serves the Interlake and North Eastman areas. Nova House operations a 24 hr toll free crisis line (1-877-977-0007 or 482-1200) and provides 24 hr emergency accommodation for victims of family violence. Nova House promotes awareness that family violence does exist in the community and that abuse (physical, emotional, verbal, sexual or financial) is a crime. They provide programs that help break the cycle of violence within families and provide referrals and information on other community resources. Initial contacts are made by phone.

### **Sexual Assault Recovery and Healing (SARAH)**

24 hour Sexual assault Crisis line  
753-3150  
*Toll free 1-888-292-7565 (Klinic)*

Details of Program: This programs provides support, information, referrals for survivors and their family following a sexual assault.

### **Survivor's Hope Crisis Center Inc.**

Public Education  
753-3150

### **Klinic**

24 Hour Crisis/ Suicide Line  
*Toll free 1-888-322-3019*

### **Forensic Examination Center**

Pinawa Hospital  
753-2334

Beausejour District Hospital  
268-1076

Pine Falls Health Complex  
367-5400

### **RCMP Victim Services (see under RCMP)**

# North Eastman Crisis & Counseling Services Directory

## Addiction Services

### Addictions Foundation of Manitoba

736 Park Avenue

Beausejour, MB R0E 0C0

268-6166

Hours: Monday to Friday 8:30 to 4:30 with flexibility for evening and weekend appointments.

Details of Program: AFM provides counseling, prevention and education services to an individual with an addiction, employers, partners, schools and communities

### AFM Winnipeg

### Phone Numbers

General Reception	944-6200
Adult Men Alcohol and Drug Intake	944-6289
Adult Women Alcohol and Drug Intake	944-6353
Impaired Driving	944-6290
Family Services	944-6229
Gambling Help Line	1-800-463-1554
Youth Services	944-6235
Community Prevention & Education	944-6260
William Potoroka Library	944-6367

### Southeast Resource Development Council (First Nations)

#### South East Resource Development Council

Native Addiction Prevention and Intervention Program

200-511 Ellice Avenue

Winnipeg, Manitoba R3B 1Y8

204-789-0897

204-772-7031

Hours: Monday to Friday 8:30 to 4:30 (in emergencies workers are contacted at home)

Email: [lindag@health.serdc.mb.ca](mailto:lindag@health.serdc.mb.ca)

Details of Program: This program provides public education to First Nations of SERDC on addictions including tobacco and FASD. Workshops, health fairs, classroom presentations, pre-natal teaching and parenting groups are also offered. Referrals to treatment and post treatment follow up: case management quality checks. Orientation and training is provided to First Nations NNADAP workers. Help is available via First Nation health/CFS/Education workers who then contact us if they deem necessary.

# North Eastman Crisis & Counseling Services Directory

## **Manitoba Justice Programs**

### **Intensive Supervision and Support Program (ISSP)**

Eastman Region

20 First Street South, Beausejour, MB R0E 0C0

Hours: Monday to Friday 8:30 to 4:30 268-6190

Stand by Monday to Friday 4:30 to midnight 268-0140

Email: Rbates @gov.mb.ca

Details of Program: This program services court mandated youths (12-18 yrs). Providing re-integrative support to youths prior to and post release from custody. Case management supervision to high-risk youths in the community.

### **Community Youth and Correctional Services**

Eastman Region

20 First Street South, Beausejour MB R0E 0C0

(10-1<sup>st</sup> Street)

Beausejour, MB R0E 0C0

268-6136

Hours : Monday to Friday 8:30 to 4:30

Email: Dthomasson @gov.mb.ca

Details of Program: This program services all Eastman residents who have been court mandated. Court ordered pre-sentence reports, bail /probation supervision, youth alternative measures/adult diversion and risk assessment and programming.

# North Eastman Crisis & Counseling Services Directory

## Family Services & Housing

### Child and Family Services

20-1<sup>st</sup> Street  
Beausejour, MB  
R0E 0C0  
268-6232

Hours: Monday to Friday 8:30 to 4:30

Website: [www.gov.mb.ca/fs/org/cfs](http://www.gov.mb.ca/fs/org/cfs)

Details of Program: This program provides services to families and children offering day care, shelter and support.

### Family Conciliation

Divorce/Separation  
Parenting after Separation/Mediation  
Court ordered assessments  
Children caught in the middle  
945-7236 - Winnipeg  
*Toll free 1-800-282-8069*

# North Eastman Crisis & Counseling Services Directory

## **Employment and Income Assistance**

### **Employment and Income Assistance**

20-1<sup>st</sup> Street

Beausejour, MB R0E 0C0

268-6028

*Toll free 1-866-576-8546*

*After Hours Emergency Line - Toll free 1-866-559-6778*

Hours : Monday to Friday 8:30 to 4:30

Website: [www.gov.mb.ca/fs](http://www.gov.mb.ca/fs)

Details of Program: Financial assistance program that provides basic needs and supports to individuals.

# North Eastman Crisis & Counseling Services Directory

## Schools

### Sunrise School Division

Sunrise School Division  
Education Center  
344 Second Street North  
Beausejour, MB R0E 0C0  
268-6503

Hours: Monday to Friday 8:30 to 4:30

Website: [www.sunrised.ca](http://www.sunrised.ca)

Details of Program: Sunrise School Division has a crisis team who will deal with students and staff at the school where the crisis has happened and the effects on the staff and students. Call to request the help of the crisis team or to contact or consult with the psychologist, social worker and guidance counselors.

### Frontier School Division

Berens River School (N-12)	382-2153
Hollow Water School (N-12)	363-7253
Falcon Beach School	349-2295

### SE School Division

Little Grand Rapids (N-12)	397-2199
Paungassi (N-9)	397-2076

### Independent Schools

Bloodvein School (K-9)	395-2189
Brokenhead School (K-9)	766-2636
Black River School (K-9)	367-8298
Poplar River School (K-9)	244-2113

### Division Scolar Franco Manitoban

St. Georges (K-9)	
Social Worker	878-9399 ext. 251

### Whiteshell School Division (Pinawa)

F.W. Gilbert Elementary	753-2559
Pinawa Secondary School	753-2381

# North Eastman Crisis & Counseling Services Directory

## Other

### Food Bank Information

#### Beausejour Food Bank

730 Park Avenue  
Beausejour, MB  
268-3600

Hours: Monday and Thursday  
10:00 am to 12:00 pm

Details of Program: Individuals are allowed two visits per month.  
A Manitoba Health Card is needed.

#### Lac du Bonnet Food Bank

55 McArthur Avenue  
Lac du Bonnet, MB  
345-9807

Hours: Monday and Thursday  
10:00 am to 12:00 pm

Details of Program: Individuals are allowed two visits per month.  
A Manitoba Health Card is needed.

### Beausejour Teen Health Clinic

#### Details of Program:

Teen Health Clinic addresses physical illness, acne, weight worries, infections, bullying, relationships, family problems and violence issues.

- Drop in times at the clinic and school are not available 2005/2006.
- We are promoting the concept of the Teen Health Clinic, however, students will need to make an appointment with the Public Health Nurse or Nurse Practitioner.

Beausejour Primary Health Center  
151-1<sup>st</sup> Street South

Nurse Practitioner  
268-7462

Public Health Nurse  
268-7468

## North Eastman Crisis & Counseling Services Directory

### Private Counselors in North Eastman

Name	Location	Phone
Ann Deeley	Oakbank	793-2077
Marianne E. Willer	Beausejour	268-2288
Rocks & Roses Counseling	Individual/Couple/Family	866-2963

*Additional Information regarding services available in Winnipeg and outside of the region is available from Mental Health Intake at 1-866-577-2901.*