

WAYS TO HELP

Last updated March 26, 2020

Please note:

Due to health and safety restrictions, many organizations are putting systems in place to increase physical distancing, and will want to arrange by appointment for donation and supplies drop off. Most are updating their websites and social media regularly to reflect changes in services, needs, and protocols.

Many of these organizations are looking for help in a variety of ways; supply donations, monetary donations, volunteers to sort/pack/make, volunteer drivers. The different types of needs have been colour coded, as seen below:

Supply donations = orange

Volunteers, (drivers) = blue

Volunteers, (various) = pink

Individual delivery = purple

Monetary donations = green

– financial donations can be made through most organizations websites.

Winnipeg Harvest

<https://winnipegharvest.org/covid-19/>

- Winnipeg Harvest partners with and supports many food bank programs throughout the city, including GBC's own Oakwood Community Table. As more people are subject to financial insecurity, the need for their services is increasing greatly.
- Ways to help:
 - **Monetary donations**
 - **Supply donations**
 - **Volunteer** – you can register as an individual or as a group to help in the Harvest warehouse at 1085 William Ave. Register via website.

Union Gospel Mission

<https://www.gospelmission.ca/current-needs>

volunteers@gospelmission.ca

- Providing meals, addictions and recovery programs, UGM is one of the missions GBC financially supports, and they are serving some of Winnipeg's most vulnerable amid this crisis.
- Ways to help
 - **Volunteers** – UGM is looking for volunteers to help them prepare and serve meals. Full list of volunteer opportunities can be found under 'Volunteer opportunities' on their website.

- **Monetary donations**
- **Supplies** – some of the most urgently needed items at this time include: hygiene items, hand sanitizer, tylenol and advil (unopened containers), socks, underwear, toilet paper, dish soap, milk, eggs (full list of needed items can be found under 'Current needs' on their website).

Shine the Light Initiative

<http://www.shinethelight.ca/covid-19-update/>

- Shine the Light is a Winnipeg-based organization that partners with communities in the Dominican Republic through providing dental, health, housing, and community programming and services, and are one of the missions GBC supports.
- Ways to help
 - **Monetary donations** – as a country largely dependent on the tourism industry, people in the DR are struggling in this crisis. STLi staff in the community of Javillar are working to provide emergency food hampers for the people who need it most. You can support STLi via their website <http://www.shinethelight.ca/product/covid-19-emergency-food-program/>

One Neighbourhood

<http://oneneighbourhood.ca/>

- This is a resource connecting individuals who are at risk and unable to leave their homes, with individual volunteers in their community who can go out and pick up supplies for them.
- Ways to help:
 - **Individual delivery** - fill out the form on their website, and they will connect you to an individual nearby in need.

Sunshine house

<https://www.sunshinehousewpg.org/post/covid-19>

204-783-8565, executivedirector@sunshinehousewpg.org

- Drop in resource centre located at 646 Logan Ave, providing a wide range of services to help meet the needs of those most at risk.
- Ways to help: (call or email to arrange days/times)
 - **Donations of packaged food and hygiene supplies** – fresh food (meat, fruit, vegetables), toilet paper, bleach, pasta, canned meat and fruit, socks and underwear, dish soap and all-purpose cleaner.
 - **Monetary donations**
 - **Drivers/vehicles**

Agape Table

<https://www.agapetable.ca/give/>

204-783-6369

- Located at 364 Furby St, they run a daily meal program, as well as a huge food bank program. They are currently supplying food through their daily meal program for several hundred people per day.
- Ways to help:
 - o **Sandwiches** – products for making sandwiches (meat, bread, peanut butter, bagels, tuna, etc), as well as pre-made sandwich donations are their highest need at this time. Donations can be dropped off.
 - o **Other supplies donations** (list of most needed items on their website under 'Urgent Needs' page.)
 - o **Monetary donations**

Resource Assistance for Youth (RaY)

<http://rayinc.ca/about/>

- RaY is a program in West Broadway supporting youth experiencing homelessness through a variety of programs
- Ways to help:
 - o **Supplies donations** – Donations can be dropped off at 125 Sherbrook St M-F 9am-5pm. Ring the doorbell when dropping off! Needed items include: non-perishable food items, bread, hygiene products, reusable shopping bags, cleaning supplies
 - o **Monetary donations**

Ma Mawi Wi Chi Itata

<https://www.mamawi.com/>

info@mamawi.com

- Ma Mawi Wi Chi Itata is an organization in Winnipeg supporting families through programming for parents and children.
- Ways to help:
 - o **Volunteer drivers** – M-F 11am-1pm and 4pm-6pm, Saturdays 11am-1pm delivering emergency supply kits. Email to arrange volunteering. 445 King St.
 - o **Supplies** – donations are needed for emergency kit supplies – including food items (sandwiches, fruit, juice boxes, granola bars), baby supplies (diapers, formula, baby cereal, baby food jars), and basic hygiene needs (toilet paper, feminine products, shampoo, conditioner, soap).

West End 24-Hour

<https://www.spenceneighbourhood.org/we24>

204-333-9681

- An initiative of Spence Neighbourhood Association, West End 24-Hour (WE24) is a street outreach and overnight drop in program for youth experiencing homelessness in Winnipeg's West End.
- Ways to help:
 - o **Supply donations** – WE24 is currently looking for the following donations: soap, shampoo, deodorant, toothpaste, toothbrushes, pads, tampons, juice boxes, granola bars, tarps, rain gear, socks, gloves, hand sanitizer, smart phones and tablets (smart phones and tablets can be used/secondhand)
 - o Donations can be dropped off M-F at 430 Langside St from 10:30am-1pm, and 4:30pm-6pm

Lighthouse Mission

<https://www.lighthousemission.ca/ways-to-help>

204-947-9902, info@lighthousemission.ca

- Located at 669 Main Street, they offer daily breakfast and lunch programs and run a food bank
- Ways to help:
 - o **Monetary donations**
 - o **Supplies** for Food bank - canned products, pasta; Meal program – coffee, fruit, juice, milk, sugar.

1 Just City

(including Oak Table, West Broadway Community Ministry, and St Matthews Community Ministry)

<https://www.1justcity.ca/copy-of-faq>

info@1justcity.ca , phone numbers for individual programs available on their website

- 1 Just City has several programs and locations in the city, providing lunch programs, housing, food banks, and hygiene facilities and supplies
- Ways to help:
 - o **Monetary donations**
 - o **Supplies for lunches** – supplies for making bagged lunches (sandwich ingredients, granola bars, fruit, water bottles, juice boxes, sandwich bags, etc) or pre-made bagged lunch donations are greatly needed.
 - o **Supply Donations** for their emergency food pantry are also needed, items such as canned soup, pasta, beans, canned fruit and veggies, diapers, and baby formula.
 - o Contact josh@1justcity.ca to arrange drop off of donations

Main Street Project

<https://www.mainstreetproject.ca/main-street-projects-covid-19-response/>

- Main Street project is an organization in Winnipeg providing housing and food security related services to Winnipeg's most vulnerable.
- Ways to help:
 - o **Monetary donations** – to minimize contact, Main Street Project is not accepting food donations at this time, and has suspended volunteer programs. Financial donations are the most effective way to support them in providing services.

Siloam mission

<https://www.siloam.ca/a-letter-to-our-community-covid-19-response/>

- Siloam Mission offers a variety of services to Winnipeggers experiencing homelessness including meal services, drop in programs, and transitional services
- Ways to help:
 - o **Supply donations** – Most needed items at this time include hygiene items, cold medications and medical items, and can be dropped off at 309 Logan Ave M-F 8am-4:30pm. Needed items and instructions to donate can be found here: <https://www.siloam.ca/action/donate-goods/>
 - o **Monetary donations**

Meals on wheels Winnipeg

<https://www.mealswinnipeg.com/volunteer/>

- Meals on wheels provides delivery meal services to individuals who are homebound
- Ways to help:
 - o **Drivers** – download their volunteer application form, and email to volunteer@mealswinnipeg.com

Other Lunch programs in Winnipeg

There are many other community resource centres providing carry-out lunch programs you can support at this time, including:

- Andrews Street Family Centre, Elmwood Community Resource Centre, Family Dynamics, Canadian Muslim Women's Institute, Fort Garry Women's Resource Centre, Marlene Street Community Resource Centre, North End Women's Resource Centre, North Point Douglas Women's Resource Centre, Nor'West Co-Op Community Health Centre – Family Resource Centres, South Winnipeg Family Information Centre, Thrive Community Support Circle, West Central Women's Resource Centre, Wolseley Family Place, Winnipeg Central Park Women's Resource Centre.