

# SENIORS RESOURCE FINDERS

## Information and Referral Hub

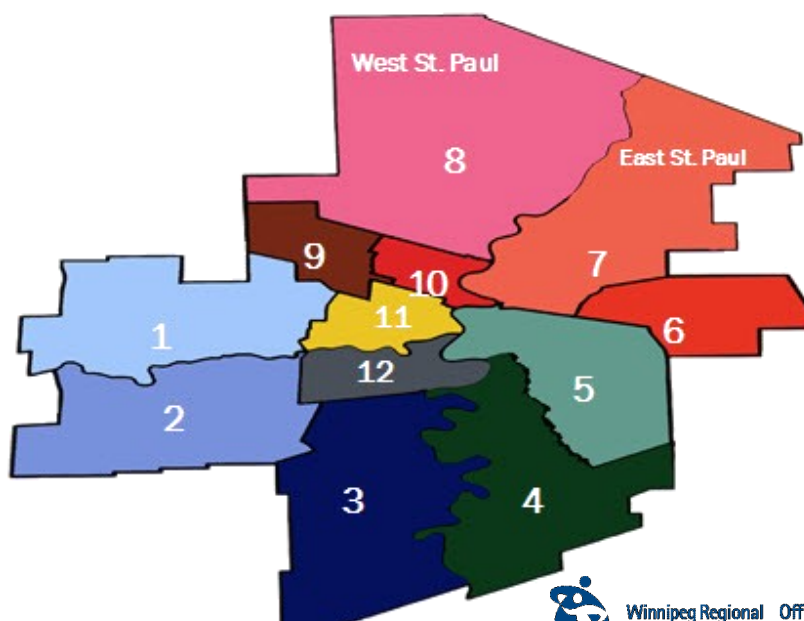
Living Well  
at  
**55+**

1. St. James Assiniboia Area	<a href="http://www.stjamescentre.com">www.stjamescentre.com</a> <a href="mailto:sarah@stjamescentre.com">sarah@stjamescentre.com</a>	204-987-8850 Ext. 108
2. Assiniboine South Area Seniors Resource Coordinator	<a href="http://www.swsrc.ca">www.swsrc.ca</a> <a href="mailto:resources@swsrc.ca">resources@swsrc.ca</a>	204-478-6169
3. Fort Garry Area	<a href="http://www.aosupportservices.ca">www.aosupportservices.ca</a> <a href="mailto:fortgarry@aosupportservices.ca">fortgarry@aosupportservices.ca</a>	204-792-1913
4. St. Vital Area	<a href="http://www.dakotacc.com">www.dakotacc.com</a> <a href="mailto:seniorsresources@dakotacc.com">seniorsresources@dakotacc.com</a>	204-254-1010 Ext. 217
5. St. Boniface Area	<a href="http://www.dakotacc.com">www.dakotacc.com</a> <a href="mailto:seniorsresources@dakotacc.com">seniorsresources@dakotacc.com</a>	204-254-1010 Ext. 217
6. Transcona Area Seniors Resource Coordinator	<a href="http://www.transconaseniors.ca">www.transconaseniors.ca</a> <a href="mailto:tcs@mymts.net">tcs@mymts.net</a>	204-222-9879
7. River East Area Seniors Resource Coordinator	<a href="http://www.gnalc.ca">www.gnalc.ca</a> <a href="mailto:resrf@gnalc.ca">resrf@gnalc.ca</a>	204-667-6812
8. Seven Oaks Area	<a href="mailto:sosl@mymts.net">sosl@mymts.net</a>	204-612-3888
9. Keewatin/Inkster Area	<a href="mailto:kinrc@mts.net">kinrc@mts.net</a>	204-774-3085
10. Point Douglas Area	<a href="http://www.aosupportservices.ca">www.aosupportservices.ca</a> <a href="mailto:pdsc@aosupportservices.ca">pdsc@aosupportservices.ca</a>	204-792-2920
11. East Downtown Area	<a href="http://www.aosupportservices.ca">www.aosupportservices.ca</a> <a href="mailto:dsrc@aosupportservices.ca">dsrc@aosupportservices.ca</a>	204-803-8329
12. West Downtown/Broadway Area Seniors Resource Coordinator	<a href="http://www.bsrtc.ca">www.bsrtc.ca</a> <a href="mailto:bway@mts.net">bway@mts.net</a>	204-772-3533
13. River Heights Area Seniors Resource Coordinator	<a href="http://www.swsrc.ca">www.swsrc.ca</a> <a href="mailto:resources@swsrc.ca">resources@swsrc.ca</a>	204-478-6169
14. Conseil des francophones 55+ serves French speaking population of Winnipeg	<a href="http://www.fafm.mb.ca">www.fafm.mb.ca</a> <a href="mailto:conseil55@fafm.mb.ca">conseil55@fafm.mb.ca</a>	204-793-1054
15. Middlechurch Home of Winnipeg	<a href="mailto:bmccallum@middlechurchhome.mb.ca">bmccallum@middlechurchhome.mb.ca</a> <a href="http://www.middlechurchhome.mb.ca">www.middlechurchhome.mb.ca</a>	204-336-4126

*Seniors Resource Finders (SRF) help link and refer older adults 55+ to community supports, programs and services.*

*Services vary from community to community based on identified needs; however, some common services are:*

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg