



Manitoba[®]



NEED HELP,
BUT DON'T
KNOW
WHERE
TO TURN?

Dial **2.1.1**
or visit **mb.211.ca**

24/7

211 connects you to community resources and services anywhere in Manitoba:

- Mental Health Support
- Home Health Care for an Aging Parent
- Domestic Violence Shelters
- Addictions Treatment
- Parenting Resources
- Food and Clothing
- Income Tax Clinics
- **and so much more!**

FREE | CONFIDENTIAL | 150+ LANGUAGES



FUNDED BY THE GOVERNMENT OF CANADA

