

This Week at WAEC

October 2026

10/05 - 10/09

HELLO WAEC STUDENTS!

Can you believe it? It's already been a month since we kicked off the new school year! From meeting new people and getting back into routines to tackling new classes and activities, the first few weeks have flown by. Whether your month has been filled with new experiences, busy schedules, or simply getting settled in, you've already made it through the first big stretch of the year.

With Thanksgiving around the corner, it's the perfect time to slow down and appreciate the people and moments that make our lives special. Whether it's spending time with family and friends, enjoying a favourite meal, or simply taking a well-deserved break from school! There's plenty to be thankful for.

Miigwech,
The WAEC Staff Team



UPCOMING EVENTS

**MON
05**

CMHA @ 180 Main - Doug (9-11:30)
CMHA @ Kaakiyow - Carissa (1:15-3:30)
CMHA @ Weston - Carissa (9-11:30)

**TUE
06**

DIVISIONAL PD DAY - NO CLASSES

**WED
07**

**NATIONAL TRUTH AND RECONCILIATION
DAY SCHOOL CLOSED - SEPT 30**

**THUR
08**

CMHA @ Kaakiyow - Carissa (9:00-11:30)

**FRI
09**

NO EVENTS

UPCOMING NEXT WEEK

10/12 - 10/16

THANKSGIVING - NO CLASSES
MONDAY, OCT 12

WSD VACCINATION CLINIC
THURSDAY, OCT 15
11:30AM - 6PM

Opportunities at WAEC!

FREE PROGRAM FOR RESIDENTS OF WSD!

FIND YOUR EMPLOYMENT PATH IN CHILDCARE

AT THE WINNIPEG ADULT EDUCATION CENTRE

COURSES PROVIDE PRACTICUM EXPERIENCE FOR CCA CERTIFICATION AND TRAINING IN:

- NONVIOLENT CRISIS INTERVENTION
- FOOD HANDLERS
- FIRST AID & CPR
- WHMIS
- RESPECT IN SCHOOLS
- RESPECT IN SPORT

FIND OUT HOW TO BECOME A CHILDCARE ASSISTANT IN DAYCARES OR AN EDUCATIONAL ASSISTANT IN SCHOOLS



SEPTEMBER START!

8 WEEKS OF AFTERNOON CLASSES FOLLOWED BY FOUR WEEKS OF FULL DAY PRACTICUM EXPERIENCE

310 VAUGHAN ST.

REGISTER NOW!

204-947-1674

- MUST BE A CANADIAN CITIZEN OR PERMANENT RESIDENT
- UPON ACCEPTANCE, PARTICIPANTS WILL APPLY FOR A CRIMINAL RECORD AND VULNERABLE SECTOR CHECK



Intercultural Support Worker

HODAN ALI

Please visit my office in the student lounge. We can talk about cultural diversity, support for navigating important services, and self advocacy!



I CAN HELP WITH:

- ✓ WPG Transit (Peggo/WinnPass)
- ✓ Rent Assistance
- ✓ Manitoba ID
- ✓ Government Housing
- ✓ Citizenship Preparation
- ✓ Permanent Resident (PR) Card
- ✓ Employment and Income Assistance
- ✓ Child Benefits
- ✓ Tax Clinics

For More Information
204-947-1674
hali@wad1.org

DRONE PILOT CERTIFICATION AND FLIGHT TRAINING



Starting September 11, 2026

Earn your Drone Pilot Certification and Basic Pilot Licence issued by Transport Canada with WAEC credit towards the Mature Student High School Diploma.



- MUST BE A CANADIAN CITIZEN OR PERMANENT RESIDENT
- FREE PROGRAM FOR STUDENTS OF THE WINNIPEG SCHOOL DIVISION

REGISTER NOW

204-947-1674

Winnipeg Adult Education Centre

310 Vaughan St

Winnipeg, MB

WAEC.CA

Endless Opportunities at WAEC!

"We are here when you're ready!"



WHO'S HIRING?



Job Postings

DAMECCA LOUNGE

305 Madison Street
Kitchen Staff

<https://ca.indeed.com/kitchenstaff>

OLD NAVY

830 St. James Street
Seasonal Retail Associate

<https://www.gapinc.com/seasonal-retail-sales-associate->

WALMART CANADA

1225 St. Mary's Road
Stock Unloader Associate

<https://careers.walmart.ca/stock-unloader-associate>

PALADIN AIRPORT SECURITY SERVICES

1970 Wellington Avenue
Pre-Board Screening Officer

<https://ca.indeed.com/preboardingscreening>

BEST BUY EXPRESS

2305 McPhillips Street
Retail Sales Associate

<https://ca.indeed.com/bestbuy>

MOPIFY

Various Locations
Cleaner

<https://ca.indeed.com/cleaner>

SARA RIEL 14TH ANNUAL MENTAL HEALTH RESOURCE EXPO

Mark Your
Calendars!



**Free
Admission!**

**October 6, 2026
10 am - 3 pm
Fort Rouge Centre
625 Osborne St.**



**Join Sara Riel with
community partners for a
day of promoting
mental health and wellness
services, resources,
and networking!**

**Have questions? Contact Jamileh at
jnaso@sararielfoundation.com**



Mental Health & Addictions | Peer-led | Community-based | Rooted in Recovery

Sara Riel Presents

“Men Let’s Talk”

**Inclusive support group for
men and male identifying individuals**



**Thrive Community Circle 555 Spence St.
Third Thursday of Every Month
Oct. 15th, 2026
2pm to 3:30pm**

Snacks & Refreshments Provided!

**To Register Contact Joshua @ (204) 451-3905
or email: jkolapo@sarariel.ca**



PEER SUPPORT — ANXIETY GROUP

You don't have to face Anxiety alone!

Free To Join. Register Now.

Snacks & refreshments provided!

Details:

Dates: (Wednesdays), Oct. 14th and 28th

Time: 2pm - 4pm

Location: Sara Riel @ 66 Moore Ave.

To Register Contact: Ruta • 204-291-3825

Or email: rmolner@sarariel.ca

WHAT IT IS:

A welcoming, peer-led space to talk openly about anxiety with people who understand.

Share strategies that help and explore practical tools you can use day to day, in a respectful, non-judgmental setting.

WHO IT'S FOR:

- Anyone living with anxiety or stress wanting support
- People seeking practical coping strategies
- Open to the public — no referral needed



PEER SUPPORT GROUP

Coping & Resiliency



Build Confidence - Build Resilience - Build Community

Free to Join • Register Now!

Snacks & refreshments provided

Details:

Dates: (Thursdays), Oct. 8th and 22nd

Time: 2:00 pm - 4:00 pm

Location: Sara Riel @ 66 Moore Ave.

To Register Contact: Rob • 431-588-3200

Or email : rneville@sarariel.ca

WHAT IT IS:

A peer-led group to meet, discuss experiences living with mental health, and exchange strategies in a safe, respectful, supportive space. Topics vary week to week and come from participants themselves.

WHO IT'S FOR:

- Anyone building resilience and healthy coping skills
- People who value give-and-take peer support
- Open to the public — no referral needed

Join For Free Sara Riel's Moore Art Group at Sara Riel.

Dates: Oct.1, 15th and 29th

Time: 1pm - 3pm

Location: Sara Riel @ 66 Moore Ave.

To Register Contact: Sara · 431-668-9413

Or Email: ssanger@sarariel.ca

**All Art Supplies are provided”
Plus Snacks”**

**Discover the Joy of Creating!
Everyone is Welcomed!**



Unique Minds Stronger Together

Peer Group for Neurodivergent Individuals (ADHD, Autism, Dyslexia & More)

**A supportive peer group
where individuals who identify as neurodivergent
can connect, share experiences, and
build community in a respectful and, safe space.**

Topics may include:

- strategies for self-care
- mindfulness
- emotional regulation
- sensory and Activities

Free To Join! Register Now!

Refreshments and snacks provided!

Details:

Dates: Tuesdays (November 10th 2026 - January 5, 2027)

Time: 1:00 pm - 2:30 pm

Location: Sara Riel @ 66 Moore Ave.

To Register Contact: Sara · 431-668-9413 or
email : ssanger@sarariel.ca

FREE TEEN CLINIC PEER COUNSELLING PROGRAM

WE'RE HERE TO LISTEN

MENTAL HEALTH, SEXUAL HEALTH, WELLBEING, AND MORE

Are you aged 12-21 and want to talk about your health and wellbeing? Come visit our trained Peer Counsellors to discuss your wellbeing topics or questions at Youville's weekly Teen Clinic night!
Call 204-255-4840 to book or drop-in during program hours.

STARTING MARCH 10, 2026

EVERY TUESDAY

5:00PM TO 8:00PM

6-845 DAKOTA ST. WINNIPEG, MB

HOW WE CAN HELP

- Provide a listening ear and support from another youth
- Connect you to healthcare providers
- Provide resources for additional supports
- Answer wellbeing questions



FOR MORE INFORMATION

@YOUVILLEWPG

WWW.YOUVILLE.CA

Disclaimer: Peer Counselling is not a replacement or substitute for professional mental health counselling.

Neurodiversity-Informed and Adult ADHD Occupational Therapy

Helping Students Navigate the Demands of Post-Secondary Life

The transition to post-secondary education can bring increased independence, changing routines, new environments, and competing demands. Block Building Therapies' Occupational Therapy program helps **diagnosed and undiagnosed** neurodivergent students build practical skills for managing daily life, navigating transitions, and self-advocacy to manage current challenges, as well as developing long-term resilience for future needs.

Our Occupational Therapists explore each student's cognitive, social, and sensory needs, routines, and emotional considerations to develop an individualized treatment plan based on their strengths. We can also collaborate with school staff and other healthcare professionals to help create personalized strategies and supports.

When Might a Student Need Additional Support?

Consider referring a student who is experiencing difficulty with:

Managing Independence

Adjusting to the increased responsibility and independence of post-secondary life, including goal setting, life skill development, and coping and management strategies.

Organization & Routines

Managing daily routines, competing demands, and life responsibilities.

Transitions

Adapting to major life transitions, such as starting or graduating from school, moving away from home, or beginning a new stage of life.

Stress & Burnout

Developing strategies to manage chronic stress, overwhelm, and burnout.

Self-Advocacy

Understanding and communicating their needs and developing confidence and assertiveness.

Social Demands

Navigating social situations and developing social skills.

Our Neurodiversity-Informed & Adult ADHD Occupational Therapy Program can provide an additional layer of individualized support alongside the services already available through your institution.

Contact us to discuss a referral or whether our program may be a good fit for your student.

Referral forms for new assessments are available on our website:
www.blockbuilding.ca

BLOCK BUILDING THERAPIES

830 St. Mary's Rd
Winnipeg, MB

204-231-0785
info@blockbuilding.ca



THUNDERWING COMMUNITY CONNECT

Stop by for free food, Halloween crafts and games, and community resources including AMC for Treaty Cards, First Nations Settlement Claims Helpers, NECRC, Manitoba Housing, the City of Winnipeg, and more!

THURSDAY
OCTOBER 22ND, 2026
1:00PM - 4:00PM
510 KING ST

Registration Recommended.
For more information contact:



431-688-4552



thunderwing@mountcarmel.ca



OCTOBER

PROGRAM CALENDAR

MON	TUES	WED	THUR	FRI	SAT	SUN
			1 TEEN CLINIC DROP-IN COUNSELLING	2 BABY AND FAMILY CIRCLE	3	4
5	6 DROP-IN COUNSELLING	7 DROP-IN COUNSELLING TEA AND BANNOCK	8 TEEN CLINIC DROP-IN COUNSELLING	9 BABY AND FAMILY CIRCLE	10	11
12  WE ARE CLOSED	13 DROP-IN COUNSELLING	14 DROP-IN COUNSELLING SWEATLODGE	15 TEEN CLINIC DROP-IN COUNSELLING	16 BABY AND FAMILY CIRCLE	17	18
19	20 DROP-IN COUNSELLING	21 DROP-IN COUNSELLING MEDICINE BAG MAKING	22 DROP-IN COUNSELLING TEEN CLINIC GRIEF & LOSS GROUP THUNDERWING COMMUNITY CONNECT	23 BABY AND FAMILY CIRCLE	24	25
26	27 DROP-IN COUNSELLING	28 DROP-IN COUNSELLING FULL MOON	29 DROP-IN COUNSELLING TEEN CLINIC GRIEF & LOSS GROUP	30 BABY AND FAMILY CIRCLE	31	

 info@mountcarmel.ca

 www.mountcarmel.ca

 @mountcarmelwpg

 Mount Carmel Clinic



886 MAIN STREET
MONDAY- FRIDAY
9:00AM-5:00PM
P. 204.582.2311

BABY AND FAMILY CIRCLE

Fridays, September 25-November 20 from 10:30 am-12:30 pm, St John's Library, 500 Salter Avenue

A warm space where families can have fun, sing songs, and talk about parenting. Childminding is provided, so parents can relax, share ideas, and learn about different parenting styles and cultural traditions. For babies 0-18 months with a caregiver. For more information P. 204.792.8878 or E. familyconnections@mountcarmel.ca

DROP-IN COUNSELLING

Tuesdays, Wednesdays, and Thursdays from 1:00-4:00 pm, 886 Main Street

You can talk to our social work team for support. No need to make an appointment during drop-in hours. You can also call our intake line to schedule an appointment. P. 204.589.9477 or E. eagedzi@mountcarmel.ca

FULL MOON CEREMONY

Wednesday, October 28, from 1:00-3:00 pm, 888 Main Street

Gather in circle to honour and celebrate Grandmother Moon. This is a time for women to heal and recharge. Open to Women and Two-Spirit people. No registration required. P. 204.792.8878
E: familyconnections@mountcarmel.ca for more information.

GRIEF AND LOSS GROUP

Thursdays, October 22-November 26, from 1:30-2:30 pm, 888 Main Street

Come together to share, learn, and connect around grief and loss through sharing circles, reflection, and activities. Snacks and bus tickets provided. Certificates of attendance available. For more information P. 204.589.9473 or E. wvugampore@mountcarmel.ca

MEDICINE BAG MAKING

Wednesday, October 21 from 1:00 pm-3:00 pm, 888 Main Street

Learn how to make your own medicine pouch and explore the teachings behind wearing or gifting these sacred items. For more info P. 204-792-8878 E. familyconnections@mountcarmel.ca

SWEATLODGE

Wednesday, October 14, Meet at 9:30 am, Bus leaves 10:00 am from 888 Main Street

All are welcome to spend the day together in ceremony. Most of the day will be outside, so please dress for the weather. If you are going into the lodge, we suggest loose clothing. Skirts and towels will be available. Feast and water will be provided. Bus departs at 10:00 am. Limited lodge space. Registration recommended P. 204.792.8878 or E. familyconnections@mountcarmel.ca

TEA AND BANNOCK: SHARING CIRCLE

Wednesday, October 7, from 1:00-3:00 pm, 888 Main Street

Everyone is welcome for some tea and bannock. Join our circle to share food while learning traditional teachings from our knowledge keepers. No registration required. P. 204.792.8878 E. familyconnections@mountcarmel.ca for more information.

TEEN CLINIC

Thursdays from 4:00-7:00 pm, 886 Main Street

For youth ages 12-25. Talk to a doctor or nurse about your health. We offer free condoms, birth control (free or low-cost), free STI testing, and support. Drop-in appointments are available but limited. We recommend calling to schedule an appointment. P. 204.582.2311

THUNDERWING COMMUNITY CONNECT

Thursday, October 22, from 1:00-4:00 pm, Turtle Island Neighbourhood Centre, 510 King Street

Stop by for free food, Halloween crafts and games, and community resources including AMC for Treaty Cards, First Nations Settlement Claims Helpers, NECRC, Manitoba Housing, the City of Winnipeg, and more! P. 431.688.4552 or E. thunderwing@mountcarmel.ca for more information.

IN THE COMMUNITY

EIA IN THE COMMUNITY

OCTOBER 2026

Come and visit EIA staff in the community!!

- Ask questions about provincial income support programs
- Get info about your benefits and make updates
- Get help with understanding letters and filling out forms

EIA Intakes Completed at 1-111 Rorie St

EIA Cheque release Oct 28th, 2026

MON	TUES	WED	THURS	FRI
			Siloam Mission 9:00 AM-11:00 AM Healthy Muslim Families 1:30 PM-3:30 PM Siloam Mission 9:00 AM-11:00 AM Healthy Muslim Families 1:30 PM-3:30 PM N'Dinawemak 1:00 PM-4:00 PM 1- Just City West Broadway 12:30 PM-2:30 PM	Downtown Resource Centre 1:00 -4:00 pm Huddle (Ka Ni Kanichihk) 2:00 PM - 4:00 PM
Downtown Resource Centre 1:00 -4:00 pm	5 Sara Riel Mental Health Resource Expo 10:00am-3:00PM RAY- 2:00 PM-4:00 PM	6 Main Street Project 10:00 am- 12:00 PM Welcome Place 10:30 am-12:30 PM Andrews St Family Centre 1:00 PM-3:00 PM 13 Main Street Project 10:00 am- 12:00 PM Welcome Place 10:30 am-12:30 PM Andrews St Family Centre 1:00 PM-3:00 PM WWCRC-1:00 PM-4:00 PM	8 Siloam Mission 9:00 AM-11:00 AM Healthy Muslim Families 1:30 PM-3:30 PM 15 Siloam Mission 9:00 AM-11:00 AM Healthy Muslim Families 1:30 PM-3:30 PM	9 Downtown Resource Centre 1:00 -4:00 pm 16 Downtown Resource Centre 1:00 -4:00 pm Huddle (Ka Ni Kanichihk) 2:00 PM - 4:00 PM
12 Thanksgiving Holiday	13 RAY -2:00pm-4:00pm 1 Just City-Pimicikamak 12:00 PM-1:30 PM	14 Main Street Project 10:00 am- 12:00 PM Welcome Place 10:30 am-12:30 PM Andrews St Family Centre 1:00 PM-3:00 PM WWCRC-1:00 PM-4:00 PM	21 Andrews Street Family Centre 10:00 am-3:00 PM Siloam Mission 9:00 AM-11:00 AM Healthy Muslim Families 1:30 PM-3:30 PM	22 Downtown Resource Centre 1:00 -4:00 pm
19 Downtown Resource Centre 1:00 -4:00 pm	20 1 Just City-Pimicikamak 12:00 PM-1:30 PM RAY 2:00 PM- 4:00 PM	21 Welcome Place 10:30 am-12:30 PM Andrews St Family Centre 1:00 PM-3:00 PM	22 Andrews Street Family Centre 10:00 am-3:00 PM Siloam Mission 9:00 AM-11:00 AM Healthy Muslim Families 1:30 PM-3:30 PM	23 Downtown Resource Centre 1:00 -4:00 pm
26 One 88 -10:00 am 12:00 am 1Just City- Oak Table 12:30-2:30 PM Downtown Resource Centre 1:00 -4:00 pm	27 ACCESS Centre Downtown 11:00am-3:00pm 1 Just City-Pimicikamak 12:00 PM-1:30 PM RAY 2:00 PM- 4:00 PM	28 Main Street Project 10:00 am- 12:00 PM Welcome Place 10:30 am-12:30 PM Andrews St Family Centre 1:00 PM-3:00 PM	29 Siloam Mission 9:00 AM-11:00 AM Healthy Muslim Families 1:30 PM-3:30 PM	30 Downtown Resource Centre 1:00 -4:00 pm Huddle (Ka Ni Kanichihk) 2:00 PM - 4:00 PM

Resource Assistance for Youth (Age 29 and Under)

125 Shebrook St
Andrew's St Family Centre

220 Andrews St
Main Street Project

637 Main St
Siloam Mission

300 Princess St
Downtown Resource Centre

251 Donald St
1 Just City-Pimicikamak

621 Balmoral St
1 Just City- Oak Table

107 Pulford St
1 Just City-Broadway

222 Furby St
Welcome Place

521 Bannatyne
Healthy Muslim Family

2-405 Edmonton St
Huddle (Ka Ni Kanichihk)

455 McDermot Ave
West Central Women's Resource Centre (WCWRC)

640 Ellice Ave

WE HAVE INCOME SECURITY SUPER CLINICS !!!!!

Oct 06, 2026- **Fort Rouge Centre** -625 Osborne St Oct 08, 2026- **N'Dinawemak** -447 Webb Pl Oct 08, 2026- **Siloam Mission** -300 Princess St

Oct 14, 2026- **Main St Project** - 637 Main St Oct 20, 2026- **1 Just City-Pimicikamak** - 621 Balmoral St Oct 22, 2026- **Andrews St. Family Centre**- 220 Andrews St

Oct 26, 2026 - **One 88** - 188 Princess St Oct 27, 2026- **Downtown Access Centre** - 640 Main St

Services Include (subject to change) Service Canada, CRA, EIA, Seed, Sara Riel, CFCS, AMC, Legal Help Centre, CFS Settlement Application

SUPER CLINIC

Canada
Canada Revenue Agency

Address
Changes/printing
out tax related
documents/General
CRA questions

Sara Riel Inc.
Compassionate Mental Health
Addiction Recovery Services

Providing
compassionate mental
health and addiction
support, plus
navigation for
employment
housing, food, ID, taxes
and more

Service Canada

Sin #'s,
Applications,
CPP/OAS w/
GIS

Assembly of Manitoba Chiefs
Indigenous Law Network

Assistance with Indian
Status applications and
renewals

seed
Supporting employment & economic development

Assistance with Birth
Certificates

Manitoba

Assistance with
Provincial Support
Programs. Updates
on your file or info
on your benefits.
Help with forms

community
Financial Counselling Services

Assistance with Taxes

LEGAL HELP CENTRE

Empowering under-served
individuals to navigate legal
issues, offering guidance
and connections to
resources

Children's Special Allowance Settlement Application Assistance (CFS settlement)

Oct 06, 2026 10:00 am -3:00PM
Sara Riel Mental Health Resource Expo
625 Osborne St

Oct 08, 2026 9:00 AM-11:00 AM
Siloam Mission- 300 Princess St

Oct 08, 2026 1:00 PM-4:00 PM
N'Dinawemak- 447 Webb Pl.

Oct 14, 2026 10:00 AM-12:00 PM
Main Street Project- 637 Main St

Oct 20, 2026 12:00 PM- 1:30 PM
1 Just City-Pimicikamak-621 Balmoral St

Oct 22, 2026 1:00 PM - 4:00 PM
Andrews St. Family Centre-220 Andrews St

Oct 26, 2026 10:00 PM- 12:00 PM
One 88- 188 Princess St

Oct 27, 2026 11:00 am - 3:00 PM
Downtown Access Centre - 640 Main St

STATUS CARD CLINIC

**Monday October 5 from 1PM to 3:30PM
at 125 Sherbrook St.**

**FIRST COME FIRST SERVE
OPEN TO YOUTH AGE 29 AND UNDER**

For those who are renewing or replacing a Status Card bring:

- A government-issued photo ID
- Their 10-digit Treaty Number
- Manitoba Health Card

For those who are applying for their first Status Card bring:

- Long-form birth certificate showing their parents' names
- A government-issued photo ID
- Manitoba Health Card



Resource Assistance for Youth, Inc.



COMMUNITY VISITING AGENCIES

at Millennium Library, 251 Donald Street

OCTOBER 5-9

Date and location	Community Visiting Agency
Monday, Oct. 5 11 a.m. - 2 p.m. 2nd Floor	Info Table: Winnipeg Humane Society Pet Food Bank The Winnipeg Humane Society will be hosting an information table to share details about our Pet Food Bank program, explain how it works, and help community members sign up for assistance.
Tuesday, Oct. 6 11 a.m. - 2 p.m. Lobby, Main Floor	Info Table: Connect 2 Voicemail No phone? No way to receive phone messages? Drop by to learn more about this free voicemail service run by New Life Ministries.
Wednesday, Oct. 7 11 a.m. - 3 p.m. Carol Shields Auditorium, 2nd Floor	CRA, Service Canada, and Sara Riel Drop-in Clinic Drop in to this clinic for help with a variety of services on a first-come, first-served basis. Space is limited and the wait list for CRA will close when it is full. CRA staff can answer income tax questions, and help with address changes, account access, proof of income statements (Option C), and the Canada Child Benefit. See Service Canada staff for help with EI benefits, the Canadian Dental Care Plan, Canada Disability Benefit, Canada Pension Plan, Old Age Security, and more. Sara Riel's Peer Navigators support individuals in accessing resources and services to build stability and find permanent housing.
Thursday, Oct. 8 11 a.m. - 2 p.m. Meeting Room 1, 2nd Floor	Learn about the John Howard Society Record Suspension Program Find out if you are eligible for the Record Suspension Program and get help with the application process. Drop in to speak with staff on a first-come, first-served basis.
Friday, Oct. 9	





CRA, Service Canada, and Sara Riel Drop-in Clinics

Drop in to this clinic with Canada Revenue Agency (CRA), Service Canada, and Sara Riel for help with a variety of services. The clinic is first-come, first-served.

CRA staff can help with:

- Personal income tax questions
- Address and direct deposit changes
- CRA online account access
- Proof of Income statement (Option C) • Notice of Assessment
- Canada Child Benefit (CCB)
- Canada Groceries and Essentials Benefit (CGEB)
- Disability Tax Credit (DTC)

*Space is limited. The waitlist for CRA will close when the list is full.

Ask Service Canada staff about:

- Employment Insurance (EI)
- Canadian Dental Care Plan (CDCP)
- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Canada Disability Benefit (CDB)
- Social Insurance Number (SIN)*
- Other Government of Canada programs and services

*To apply for a Social Insurance Number (SIN), please bring your birth certificate and a second piece of provincial or federal identification.

Sara Riel's Peer Navigators can help with:

- Addictions Support
- Advocacy
- Employment
- Finding a doctor
- Food resources
- Housing & tenant support
- Mental health support
- Securing ID
- Tax help
- And more

Sara Riel offers free, community-based support to adults living with mental health challenges, substance use disorders, and addictions. Their Peer Navigation and Tenancy Outreach Support workers help individuals access resources and services to build stability and secure permanent housing.

Millennium Library, Carol Shields Auditorium

11a.m. - 3p.m.

*Check-in time begins at 10:30 a.m.

First Wednesday of each month
October 7, November 4, December 2



Scan the QR code to learn more or visit winnipeg.ca/library



Canada Revenue Agency (CRA) Clinic

This CRA clinic offers one-on-one help. **Register to reserve a spot. You can register by phone, online or at any Winnipeg Public Library.**

This clinic helps with the following services only:

- Applying for benefits (CCB, CGEB, DTC)
- Answering personal tax questions (no trusts, business or farming)
- Updating information (address, direct deposit, contact information)
- Printing letters or Proof of Income Statements (Option C)

Registration opens 2 weeks prior to event date at 10 a.m. You can register for one CRA clinic only at a time. On the day of the CRA Clinic, the order of when you are seen will depend on when you check in at the branch. Check in starts 30 minutes prior to the clinic start time, or when the branch opens at 12 p.m.. Limited walk-ins will be taken if time allows, or if spots are not yet filled.

Bill & Helen Norrie Library 204-986-4936

Tuesday, September 8: 11 a.m.-3 p.m.

Tuesday, October 13: 11 a.m.-3 p.m.

Charleswood Library 204-986-3072

Tuesday, September 29: 11 a.m.-3 p.m.

Friday, October 23: 11 a.m.-3 p.m.

Henderson Library 204-986-4314

Friday, September 25: 11 a.m.-3 p.m.

Thursday, October 29: 11 a.m.-3 p.m.

Louis Riel Library 204-986-4573

Friday, September 4: 11 a.m.-3 p.m.

Thursday, October 22: 11 a.m.-3 p.m.

Millennium Library 204-986-6489

Wednesday, September 2: 11 a.m.-3 p.m.

Wednesday, October 7: 11 a.m.-3 p.m.

*Drop-in only. No registration.

Osborne Library 204-986-4775

Friday, September 11: 11 a.m.-3 p.m.

Friday, October 16: 11 a.m.-3 p.m.

Pembina Trails Library 204-986-4369

Tuesday, September 22: 11 a.m.-3 p.m.

Tuesday, October 20: 11 a.m.-3 p.m.

Sir William Stephenson Library 204-986-7070

Monday, September 21: 12-4 p.m.

St. Boniface Library 204-986-4331

Wednesday, September 9: 11 a.m.-3 p.m.

Friday, October 9: 11 a.m.-3 p.m.

St. James-Assinibola Library 204-986-3424

Wednesday, October 28: 12-4 p.m.

St. John's Library 204-986-4689

Monday, September 14: 12-4 p.m.

Wednesday, October 21: 11 a.m.-3 p.m.

Transcona Library 204-986-3950

Wednesday, September 16: 11 a.m.-3 p.m.

Monday, October 19: 11 a.m.-3 p.m.

Windsor Park Library 204-986-3950

Friday, October 2: 11 a.m.-3 p.m.

Unable to register or have an urgent need? CRA offers services by phone.

- General Enquiries: 1-800-959-8281 (for general questions)
- Benefits Enquiries: 1-800-387-1193 (for questions related to CGEB and CCB)
- Business Enquiries: 1-800-959-5525 (for questions related to businesses)
- canada.ca/taxes-help (to find someone to get your taxes done for free)



Scan to
register.



SEWING SATURDAY

Winnipeg Public Library- Winnipeg

Millennium Library
251 Donald Street
Varies Time available

Use the link below to register!

[Library Programs & Events - LibCal - Winnipeg Public Library](#)



ACCEPTING NEW PATIENTS!

A new pediatrician is joining the team

Beginning September 22nd, she will be available Tuesdays, Thursdays, Fridays, with experience supporting:



Complex Patients



**Mental health and
Developmental Assessments**



**Newcomer and Refugee
Care**



Gender Affirming Care

IN THE COMMUNITY

North End Adult Literacy Programs

LORD SELKIRK PARK ADULT LEARNING PROGRAM SITE

What we offer:

- Reading
- Writing
- Math
- Science
- Stages Curriculum
- Employability Skills
- Well-being Life Skills
- Computer Skills
- CAEC exam prep

This program is 100%

FREE!!!

We welcome everyone 18 years +.
We also offer a free nutrition break to all learners in the program!

Continuous Intake:

We are happy to be able to offer program registration and intake at any time of the year!
Call us anytime to set up an appointment for a brief assessment and to get you registered!

Contact:

Instructor:

Chelsea Banasiak

Program phone:

204.421.0895

Cell:

204.894.9210

Location:

42-271 Dufferin Avenue.

Email:

lordselkirkliteracy@gmail.com

Website:

<https://lordselkirkliteracy.wixsite.com/learn>

Our program is happy to be able to offer a therapy dog on site to support our learners!

*Bettering Lives
Through Education*



EIA FRIENDLY



DALNAVERT MUSEUM
AND VISITORS' CENTRE

SPOOKY SECOND SATURDAY

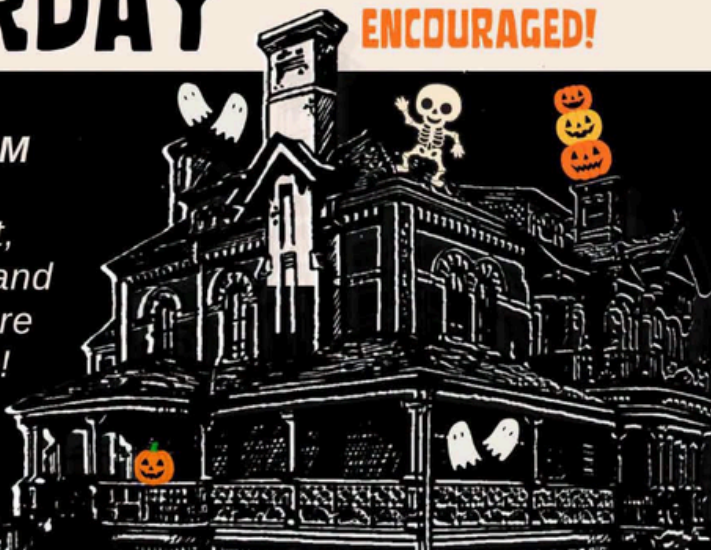
A free program for
all ghosts and ghouls
to explore history at
Dalnavert!

**COSTUMES
ENCOURAGED!**

October 10th

10:00 AM - 4:00 PM

Stop by for a
Halloween Market,
spooooooky crafts, and
a chance to explore
the historic house!



61 Carlton Street

IN THE COMMUNITY



Canadian Museum for Human Rights

CANADIAN MUSEUM FOR HUMAN RIGHTS

FREE ADMISSION

Sundays
10:00am – 5:00pm
85 Israel Asper Way,
Winnipeg, MB.

More info: www.wpgforfree.ca

SEPTEMBER 4, 2026 TO MARCH 5, 2027
5-9PM AND LATER

**FIRST FRIDAYS
IN THE EXCHANGE**



canada **life**™

FREE SUNDAYS
@wag **qaumajuq**

June 14, 2026 to
December 13,
2026
Second Sunday of
the month, from
11am-5pm

Canada Life Free Sundays @ WAG-Qaumajuq

**APATHY
IS BORING**

Join **RISE**

*Do you want to make an impact with
like-minded youth in your community,
but don't know where to start?*

**IF YOU'RE 18-30 YEARS OLD, WITH LITTLE
TO NO CIVIC ENGAGEMENT EXPERIENCE,
RISE IS FOR YOU!**

Vancouver • Calgary • Edmonton • Winnipeg • Toronto • Ottawa • Montreal • Halifax



**CANADA
SERVICE
CORPS**

Learn more:
apathyisboring.com/rise

@apathyisboring



St. John
Ambulance

HOWL-A-WEEN



October 29th



6:00pm–8:00pm



1 St. John Ambulance Way

Join us for a spooky–cute evening of St. John Ambulance
Therapy Dog cuddles and candy!

See you there, if you dare!

Donations welcome and all funds
will be going towards our T.A.I.L.S
(Therapy Animals Involved in
Literacy Skills) program that
supports building reading
confidence for kids under 12
years of age in our communities



PROGRAMS

TRY-A-TRADE

4 weeks. 4 trades. Endless Possibilities.

Ready to try something new?

Get hands-on with the basics of:

- **Refrigeration**
- **Plumbing**
- **Steamfitting**
- **Sprinkler Fitting**

Explore different trades.

Come see where your skills can take you!



www.FPDINC.ca

November 16 – December 10, 2026

Free Tuition for First Nations applicants

For more details, contact Chelsea
204-987-9570
clavallee@fpdinc.ca





Neeginan Education, Training
and Employment Services, Inc.

NETES FALL SHOWCASE

Connecting People. Celebrating Success.
Creating Brighter Futures.



Be Inspired by Real Client Success Stories!

PRESENTATIONS ON OUR PROGRAMS & SERVICES

EMPLOYMENT SERVICES

- Career Planning
- Resume & Cover Letter Support
- Interview Preparation
- Job Search Support
- Training & Funding Assistance
- Employment Readiness



ABORIGINAL COMMUNITY CAMPUS

- Year-Round Intake
- Flexible Learning
- Student Incentives
- Academic Supports
- Neeginan Learning & Literacy Centre
- Upgrading



NEEGINAN COLLEGE OF APPLIED TECHNOLOGY

- Bachelor of Education Degree
- Building Operations Technician
- Early Childhood Educator
- Gas Turbine Technician
- Heavy Equipment Operator
- Indigenous Learning & Community Support
- Industrial Welding
- Machinist (Level 1 Apprenticeship/CNC)
- Social Innovation & Community Development
- TIG Welding

STUDENT SUPPORTS

- 1, 2 & 3 Bedroom Student Housing (Utilities & Air Conditioning Included)
- Two On-Site Daycare Centres
- Tutoring
- Fitness Centre Access
- Free Breakfast & Lunch
- Funding Navigation and Assistance
- Wellness Supports
- Culture, Community & Connection



WEDNESDAY
OCTOBER 14, 2026



1:00 P.M. – 4:00 P.M.



181 HIGGINS AVENUE
WINNIPEG, MB

FEATURING:

- Client Success Stories
- All-Female Drum Group Opening Performance
- Presentations on our Programs & Services
- Food & Refreshments
- Cultural Performances
- Exciting Prize Draws and more!

Scan
QR CODE
to register



OR CALL US AT 204-989-7110



OR EMAIL recruitment@netes.ca TO REGISTER



EST. 1899

United for Literacy
Littératie Ensemble

FREE Canadian Adult Education Credential* Preparation Course

FALL 2026 Intensive



Monday–Thursday
Oct. 19 to Dec. 17, 2026
12:20 – 3:30 PM



RB Russell
364 Dufferin Ave
Winnipeg, MB

Details:

- In-person, 4 days/week
- For adults 19+
- \$15/day honorarium
(based on attendance)
- Exam fee, snacks, and bus fare provided
- Max. 10 learners

TO REGISTER

learnoutsidethebox@unitedforliteracy.ca

Call/text: 204.202.3303

*previously GED





CENTRE FOR NEWCOMER INTEGRATION
**REDI: Welding and Metal
Fabrication Stream**

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

Funded by the:

Manitoba
Government

Are you ready to start a new career
in the high-demand field of welding
and metal fabrication?

Develop the English language and
numeracy skills needed to work
as a welder and receive a cultural
orientation to working in Canada.

Learn the skills and acquire the
knowledge you need to perform
metal inert gas (MIG) welding
processes and related metal
fabrication operations safely
and effectively.

Upon completing the program,
you will have the knowledge and
skills necessary to find your first
job as a welder and start your
career in welding and metal
fabrication.

This program is a partnership
between Red River College
Polytechnic and Winnipeg
Industrial Skills Training Centre Inc.

LOCATION

• Winnipeg

ENROLMENT

• Full-time

MODALITY

• Blended

CLB LEVEL

• 1-4

“

I am now ready for
work. Welding was
my dream job, and I
am lucky to get that
opportunity. I learned
so many things in REDI.

”



**Scroll down
to fill the form**

CONTACT

204.949.8526

redi@rrc.ca

rrc.ca/CNI

Meet the requirements? Interested in applying?

**Recruitment for the next future cohort begins in
November!**

APPLY TODAY!



FALL OPEN HOUSE



OCTOBER 27

5:30–8:30 PM

**UMSU UNIVERSITY CENTRE
FORT GARRY CAMPUS**

Join us on campus to learn about
UM academic programs,
scholarships and how to apply.



REGISTER TODAY
umanitoba.ca/openhouse



**University
of Manitoba**

PROGRAMS



CLAN MOTHERS
HEALING VILLAGE

Culture. Community. Healing. Empowerment.



YOUTH CARPENTRY PROGRAM

BUILD SKILLS. BUILD CONFIDENCE.

Build Your Future.



HANDS-ON CARPENTRY TRAINING

Learn practical carpentry skills and build a strong foundation.



WORK EXPERIENCE

Gain real work experience and prepare for a career in the trades.



MENTORSHIP & SUPPORT

Learn from mentors, Elders, and industry professionals.



CULTURE. HEALING. GROWTH.

Strengthen your identity, build confidence, and grow in a good way.



PROGRAM DETAILS



PROGRAM LENGTH:
13 WEEK PROGRAM



PROGRAM START DATE:
SEPT 22, 2026



LOCATIONS:
WINNIPEG AND BELAIR, MANITOBA



EVERY IDENTITY IS VALID.
EVERY YOUTH BELONGS HERE.



SAFE SPACE.
*Respect. Dignity.
Belonging.*



TRANS YOUTH
*Respected.
Supported.
Empowered.*



FOR MORE INFORMATION, CONTACT US:

📞 204-417-7980 (Clan Mothers Healing Village)
✉️ carpentrycoordinator@clanmothersvillage.org

*Together,
we build
stronger
futures.*



PROGRAMS



NETES

Neeginan Education, Training
and Employment Services, Inc.



FREE Services for Indigenous People in Winnipeg REGISTER TODAY

EMPLOYMENT SERVICES

- Employment Counsellors
- FREE for Registered Clients
- Resume Assistance
- Interview Preparation
- Employment Readiness
- Computer Lab
- Job Applications



ABORIGINAL COMMUNITY CAMPUS

- Academic Upgrading
- Mature Student High School Diploma
- Indigenous-focused Supports
- A Welcoming and Supportive Learning Environment



NEEGINAN COLLEGE OF APPLIED TECHNOLOGY

- Bachelor of Education Degree
- Building Operations Technician
- Early Childhood Educator
- Gas Turbine Technician
- Heavy Equipment Operator
- Indigenous Learning & Community Support
- Industrial Welding
- Machinist (Level 1 Apprenticeship/CNC)
- Social Innovation & Community Development
- TIG Welding



Hands on Training. High Demand Careers.

STUDENT SUPPORTS

- Student Housing (Utilities & Air Conditioning Included)
- Two On-Site Daycare Centres
- Tutoring
- Fitness Centre Access
- Free Breakfast & Lunch
- Funding Navigation and Assistance
- Wrap Around Supports
- Culture, Community & Connection



Creating Futures,
One Family at a Time!