



Help starts here.

Visit **mb.211.ca**





211 Manitoba is part of a national network of 211s, reaching coast to coast to coast.

211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians become more engaged with their communities.

When you're looking for help, look to 211.

Visit **211.ca** to connect with resources in your home community.

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