



HELP STARTS HERE
Dial **2•1•1** or visit **mb.211.ca**

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to find services related to:

- Food & clothing
- Housing & homelessness
- Health
- Mental health & addictions
- Children & parenting
- Youth
- People with disabilities
- Employment support
- & much more

FREE | CONFIDENTIAL | 150+ LANGUAGES | 24/7



United Way
Winnipeg