 WHAT WE CAN DO

INDIVIDUAL ACTIONS

Educate yourself, friends and family. Volunteer in the community. Organize an event.

* Familiarize yourself with the [Get Your Benefits booklet](https://www.gov.mb.ca/health/primarycare/providers/getyourbenefits.html) and other poverty reduction resources to expand your practitioner toolkit, including screening questions for primary care providers.
* Read the public information on [Employment and Income Assistance](https://www.gov.mb.ca/fs/eia_manual/index.html), so that you are aware of available income supports.
* Join the [Poverty Awareness & Community Action: Support Circle](https://forms.office.com/r/2fyKMYkfU5) to gain knowledge, skills, and experience in individual advocacy. Meetings take place on Wednesday evenings from 6-9pm starting October 8.
* Learn more about harm reduction with the [Manitoba Harm Reduction Network,](https://mhrn.ca/available-workshops) trauma-informed care with [Klinic,](https://klinic.mb.ca/education-training/training-opportunities/trauma-informed/) and Indigenous community engagement by reading [Working in Good Ways](https://umanitoba.ca/community-engaged-learning/working-in-good-ways).

COMMUNITY ACTIONS

Build your multi-sector team. Support community initiatives. Get involved in community organizing.

* Get involved with groups and organizations that serve low-income communities.
  + Join a community patrol as a regular volunteer, such as [Mama Bear Clan Patrol](https://www.facebook.com/Mama-Bear-Clan-1699671170294271/).
  + Volunteer to cook and serve food to the community with [Food Not Bombs Winnipeg](https://www.instagram.com/foodnotbombswinnipeg/).
  + Help fix things with [Winnipeg Repair Cafe](https://www.instagram.com/wpgrepaircafe/).
* Organize a group or community of practice. Review the policies and procedures of your school or workplace and identify barriers and facilitators for people experiencing poverty. Take action to eliminate a barrier or expand a facilitator in your own work or with colleagues.

STRUCTURAL ACTIONS

Vote. Advocate within institutions and with government. Get involved in large-scale campaigns.

* Join and support the advocacy work of a coalition.
  + [Make Poverty History Manitoba](https://www.makepovertyhistorymb.com/)
  + [Right to Housing Coalition](https://righttohousing.ca/)
* Read up on poverty reduction strategies and advocate for increased funding commitments with your [city councillor](https://winnipeg.ca/council/contact.stm), [Member of the Legislative Assembly](https://www.gov.mb.ca/legislature/members/mla_list_alphabetical.html) or [Member of Parliament.](https://www.ourcommons.ca/Parliamentarians/en/members)
  + [Winnipeg Poverty Reduction Strategy 2021-2031](https://clkapps.winnipeg.ca/DMIS/ViewDoc.asp?DocId=21390&SectionId=623705&InitUrl=) and [Implementation Plan 2024-2027](https://ehq-production-canada.s3.ca-central-1.amazonaws.com/18a6115d2c75accd3e9407f8ee81fb30ccfa7846/original/1718889647/742e69c01f14b6a07337277d400a54f8_PRS_Implementation_Plan_2024-2027_-_FINAL.pdf?X-Amz-Algorithm=AWS4-HMAC-SHA256&X-Amz-Credential=AKIA4KKNQAKIOR7VAOP4%2F20240912%2Fca-central-1%2Fs3%2Faws4_request&X-Amz-Date=20240912T133407Z&X-Amz-Expires=300&X-Amz-SignedHeaders=host&X-Amz-Signature=6f8e7aa9182c5a07d44279343cb98aaf9ba0b177ce84d61e9ca631dc37993fb8)
  + [Winnipeg Without Poverty](https://www.makepovertyhistorymb.com/current-campaigns/winnipeg-without-poverty-2024/) by [Make Poverty History Manitoba](http://makepovertyhistorymb.com/)
  + [Manitoba’s Poverty Reduction Strategy](https://www.gov.mb.ca/povertyreduction/)
  + [Canada’s First Poverty Reduction Strategy](https://www.canada.ca/en/employment-social-development/programs/poverty-reduction/reports/strategy.html)

FAVOURITE RESOURCES

**ADVOCACY & SUPPORT**

[**COMMUNITY FINANCIAL COUNSELLING SERVICES**](https://www.debthelpmanitoba.com/)

Free tax filing, financial counselling, budgeting, and more.

[**COMMUNITY UNEMPLOYED HELP CENTRE**](https://cuhc.mb.ca/)

Information, assistance, advice, and representation for Employment Insurance and Employment and Income Assistance programs.

**MANITOBA LOW INCOME INTERMEDIARY PROJECT**  
*432B Ellice Ave - (204) 947-2220*

Information, assistance, and advice for Employment and Income Assistance and Manitoba for Supports with Disabilities programs.

[**TENANT LANDLORD COOPERATION PROGRAM**](https://www.winnipegrentnet.ca/tenant-landlord-coop)

Help tenants and landlords deal with rental issues in the North End and outside of the North End.

**GOVERNMENT RESOURCES**

[**CANADA LEARNING BOND AND CANADA EDUCATION SAVINGS GRANT**](https://www.canada.ca/en/services/benefits/education/education-savings/estimating-amounts.html)

CLB provides up to $2,000 for each eligible child from families with a low income.

CESG matches up to $7,200 to an RESP for each eligible child from families with middle and low incomes.

[**CANADA-MANITOBA HOUSING BENEFIT**](https://www.gov.mb.ca/housing/progs/cmhb/index.html)

Up to $422 subsidy for three streams of housing clients, as well as some additional funds for utilities.

[**DISABILITY TAX CREDIT**](https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html)

Non-refundable tax credit that helps people with disabilities or their supporting family member reduce the amount of income tax they may have to pay.

[**RECREATION FEE ASSISTANCE PROGRAM**](https://www.winnipeg.ca/recreation-leisure/recreation-fee-assistance-program)

Free City of Winnipeg facility pass, 10 free drop-in classes, and/or $300 credit for Leisure Guide.

[**NON-EIA RENT ASSIST**](https://www.gov.mb.ca/fs/eia/rent_assist.html)

Financial support for low-income Manitobans who are renting or paying room and board in unsubsidized housing.

[**WINNPASS: LOW-INCOME TRANSIT**](https://info.winnipegtransit.com/en/fares/winnpass)

50% discount on monthly bus pass and e-cash.

**COMMUNITY RESOURCES**

[**1JUSTCITY**](https://www.1justcity.ca/programs)

Drop-in services, free meals, Indigenous cultural programming, emergency shelter, and more.

[**ARTBEAT STUDIO**](https://artbeatstudio.ca/)

Social supports, working art studio and gallery space, mentorship, and art programming for individuals living with mental illness.

[**ART CITY**](https://artcityinc.com/)

Free art programs and workshops for all ages, fostering creativity and community engagement.

[**CLUBHOUSE WINNIPEG**](https://www.clubhousewinnipeg.ca/become-a-member)

Gathering space, meal programs, and advocacy and support for people experiencing mental illness.

**COMMUNITY FRIDGE**

*689 Maryland Street*

A cupboard and fridge to donate food or get food. Stocked daily by Spence Neighbourhood Association through Harvest Manitoba donations.

[**DEHYDRATION NATIONS**](https://www.instagram.com/dehydrationnations/)

A group teaching food preservation through dehydration, aiming to reduce food waste and extend produce shelf life.

[**ELMWOOD COMMUNITY RESOURCE CENTRE**](http://elmwoodcrc.ca/ecrcprograms/)Community programming and support including counselling services, parenting supports, adult literacy, immigration settlement, and youth employmentand outreach.

[**FOOD MATTERS MANITOBA**](https://foodmattersmanitoba.ca/)

A nonprofit promoting food security and sustainability in Manitoba through community projects and advocacy for better food policies.

[**FRUIT SHARE**](https://www.fruitshare.ca/)

A volunteer program that harvests and shares surplus fruit between tree owners, volunteers, and local charities.

[**FUTURES FORWARD**](https://www.futuresforward.ca/)Services and transitional supports to current and former youth in care, including financial counselling and postsecondary tuition waivers.  
  
[**GOOD FOOD CLUB**](https://westbroadway.mb.ca/programs/good-food-club)

Affordable fresh produce bags and online programming.

[**HARVEST MANITOBA**](https://www.harvestmanitoba.ca/)

Emergency food hampers, as well as volunteer and training opportunities.

[**KLINIC**](http://klinic.mb.ca/)  
Primary healthcare services to individuals, families, teens and adults including counselling services, crisis supports, wellness groups, and education/training surrounding best practices.

[**MANITOBA CENTRE FOR HEALTH POLICY**](http://umanitoba.ca/faculties/health_sciences/medicine/units/chs/departmental_units/mchp/)Population-based research on health services, population and public health, and the social determinants of health.

[**MANITOBA INDIGENOUS CULTURAL EDUCATION INC**](https://www.micec.com/)

Access free resources and programming focused on Indigenous culture, language preservation, and education.

[**NORTH POINT DOUGLAS WOMEN’S CENTRE**](https://www.npdwc.org/)

Programs and services for women and families, including crisis support, community outreach, and advocacy.

[**RAINBOW RESOURCE CENTRE**](https://rainbowresourcecentre.org/)

Support, education, and resources to the 2SLGBTQ+ community, including counselling, youth programming, and community events.

[**SPENCE NEIGHBOURHOOD ASSOCIATION**](https://spenceneighbourhood.org/)

A range of community programs, including youth engagement, housing support, and safety initiatives in the Spence neighborhood.

[**SUNSHINE HOUSE**](https://www.sunshinehousewpg.org/)Community drop-in and resource centre focusing on harm reduction and social inclusion.

[**THRIVE: COMMUNITY SUPPORT CIRCLE**](https://thrivecommunitysupportcircle.com/)Free supplies, support circles, and counselling.

[**WEST CENTRAL WOMEN'S RESOURCES CENTRE**](https://wcwrc.ca/)

A variety of programs, including drop-in services, housing support, and advocacy for women experiencing poverty, homelessness, and domestic violence.