



# Youth Mental Wellness

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**During COVID-19  
Winnipeg**





**Are you feeling stressed or overwhelmed?**

Take deep breaths

Find a calming space

Move your body in a way that feels good

Eat some comfort food

Make a list of things you need to do, then work on one thing at a time

Connect to your culture

Talk to someone you trust, or reach out to a phone line

**Need help now? Reach out to a phone line**

They are open 24 hours a day, 7 days a week and always confidential

**Klinik Crisis Line 1-888-322-3019 or 204-786-8686**

Support for people in crisis

**MB Suicide Prevention and Support Line  
1-877-435-7170**

Support for people thinking about suicide or supporting someone with thoughts of suicide

**Hope for Wellness Help Line 1-855-242-3310**

Counselling and support for Indigenous peoples.  
Online chat at [hopeforwellness.ca](https://hopeforwellness.ca)

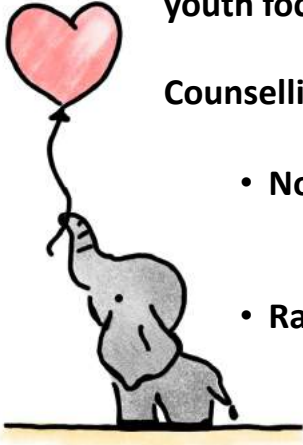
**Kids Help Phone 1-800-668-6868**

Support for youth. Online chat at [kidshelpphone.ca](https://kidshelpphone.ca)  
or **txt connect to 686868**



# Support during COVID-19

Services like counselling and resource centres are working a little differently right now, but they are still here to help! Here's a few youth focused ones\*



## Counselling by Phone

- **NorWest Co-op** is doing youth counselling by phone Monday-Saturday, 3:00pm to 8:30pm. Call 204-792-2277.
- **Rainbow Resource Centre** is offering by appointment phone counselling for 2STLGBQ+ folks and youth programs are running through Zoom and social media. Reach them at 204- 474-0212.

## Counselling Online

- Manitoba launched AbilitiCBT, a free internet-based cognitive behavioral therapy (CBT) open to anyone 16 or older. CBT works by helping you understand and change the thoughts, feelings and behaviors that are causing you problems. Find it at <https://manitoba.abiliticbt.com>.

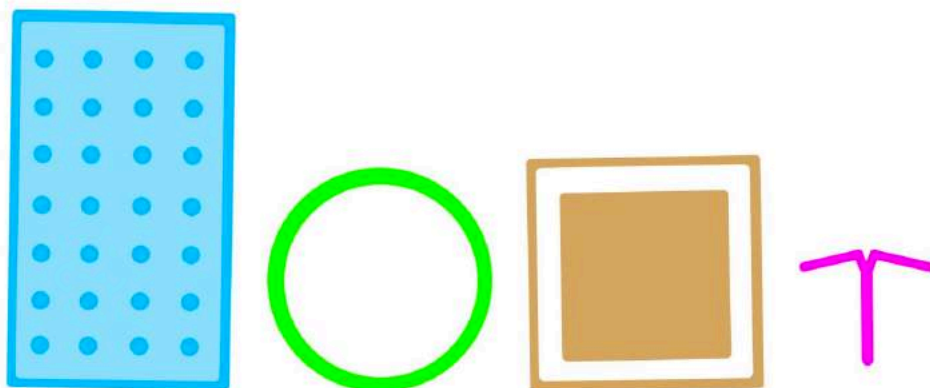
## Supplies ~ Food, harm reduction and support navigating systems, etc.

- **Ray Inc.** (125 Sherbrook St) is open for some services like door coffee and bagged lunch, street outreach sandwiches and harm reduction supplies. They can also be called for support navigating health or income systems. Call 204-783-5617 ext. 206 or email [info@rayinc.ca](mailto:info@rayinc.ca).
- **WE24** (430 Langside St) is open for bagged meals to go and washroom use from 10:00pm-11:30pm. You can message over on Facebook or call for support from 7pm-12am. Call 204-333-9681.
- **Ndinawe** (472 Selkirk Ave) has small supply kits with things like snacks, bread and toilet paper (depending on what is available at the time), call their outreach line at 204-781-2691.

\*What's open and how services are offered are changing all the time right now. Check-in with social media or call before you go to make sure organizations are still open.

# Teen Clinics Are Open

- You can still get tested for STIs and pregnancy, get free or low-cost birth control, free condoms and access abortion, adoption or parenting supports.
- Most Teen Clinics are open, but some are doing things a little bit differently. It is best to call before you go.
- Find you closest Teen Clinic and their phone number at <https://teenclinic.ca>.
- Have questions about sexual health? Email SERC at [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca). A response usually takes about two business days.





art by Simon, Daryan, Jaden and Quentin

# SELF CARE



Listen to music

watch movies

create art

masturbate

make some food

Txt friends

move your body in a way that feels good

Make or look at memes

Wash your hands

sleep

Have a treat

smudge

keep up physical distancing

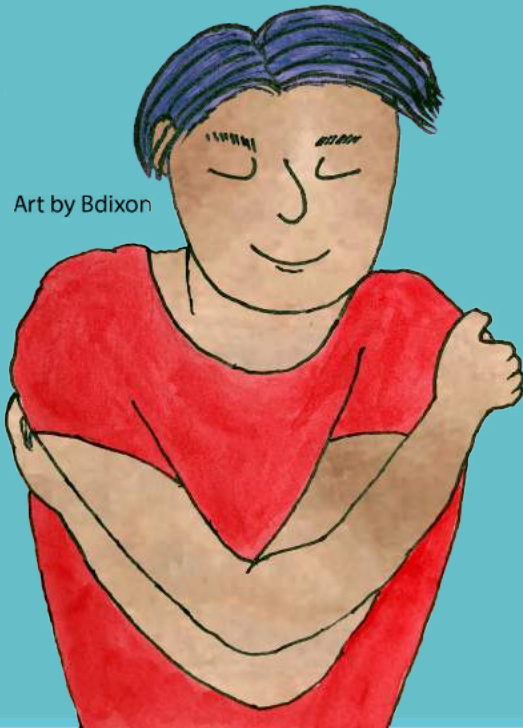
walk the dog

Read

do a hobby

play games

Art by Bdixon



you're braver than  
you believe, stronger  
than you seem,  
and smarter than  
you think

A.A. Milne

# Pathways to Health

Three people I can talk to:  
(check out the phone #s on the first page)

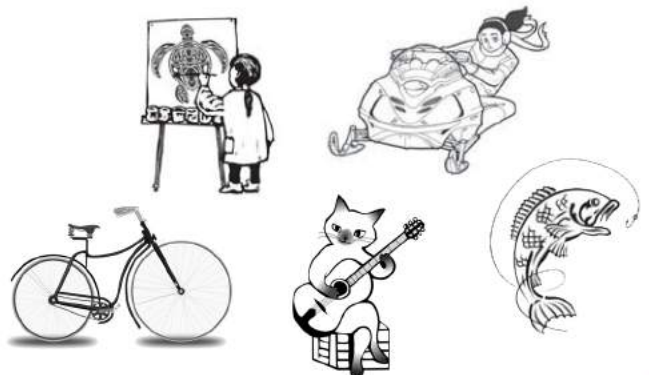
- 1.
- 2.
- 3.

Three things I like to do:  
(e.g. cooking, video games, talking with  
friends/family, etc.)

- 1.
- 2.
- 3.

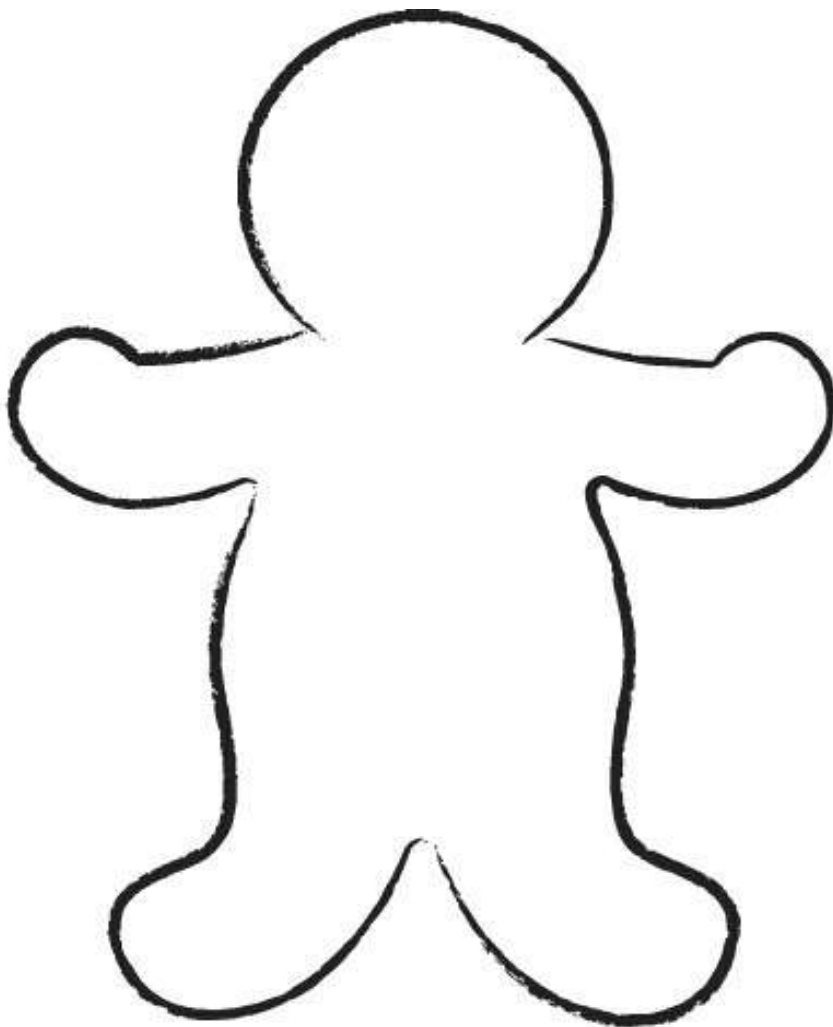
Three things I like about myself:  
(e.g. my jokes, my sports skills, my music  
taste, my smile, etc.)

- 1.
- 2.
- 3.



# Building a Healthy Relationship with Yourself

- Write about things you do to take care of and nourish the different aspects of yourself.
- The head: represents your mental health.
- The heart area: represents your emotional health.
- The rest of the body: represents your physical health.
- The space around you: represents your spiritual health.
- All of the different parts of ourselves connect and can affect each other. For example, getting regular sleep and exercise (moving our bodies in ways that we enjoy) is good for our physical health, but it also nourishes our emotional health and our spirit.



# Routine Can Help

Our usual lives might feel topsy-turvy right now. Having a routine can help us to find a new normal. Map out your day and then check in. Include sleeping, eating, school, activities, friends, family, cleaning, relaxing, etc.

6:00am \_\_\_\_\_

7:00am \_\_\_\_\_

8:00am \_\_\_\_\_

9:00am \_\_\_\_\_

10:00am \_\_\_\_\_

11:00am \_\_\_\_\_

12:00pm \_\_\_\_\_

1:00pm \_\_\_\_\_

2:00pm \_\_\_\_\_

3:00pm \_\_\_\_\_

4:00pm \_\_\_\_\_

5:00pm \_\_\_\_\_

6:00pm \_\_\_\_\_

7:00pm \_\_\_\_\_

8:00pm \_\_\_\_\_

9:00pm \_\_\_\_\_

10:00pm \_\_\_\_\_

11:00pm \_\_\_\_\_

12:00pm \_\_\_\_\_

1:00am \_\_\_\_\_

2:00am+ \_\_\_\_\_





Now that you've mapped out your day, ask yourself the following questions:

Are you getting enough sleep?

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Do you have time to rest? Eat well? Move your body?

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Do you have enough time to do your schoolwork?

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Do you have enough time to connect with friends and family?

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Are you using your spare time to do what you want to do in your life? Does it reflect your values and goals?

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# Stress Reduction Activities

As long as there have been people, we have had ways of healing and dealing with stress and hard times.

We hear a lot about “mindfulness based” mental health activities like the ones on this page. We acknowledge these have been adapted from Hindu, Buddhist and Yogic traditions from South and East Asia and that these activities were originally a spiritual practice.

Sometimes we may find that practices from cultural traditions that are not our own work well for us. It is important to learn about the history of practices and how we can use them with respect.

## Resources

Stop Breathe & Think App - Helpful information and exercises for reducing stress and anxiety.

Stresshacks.ca - suggestions for other stress relieving activities.

## Robot Ragdoll

Start where you are sitting. Tighten up your muscles as much as you can (like a robot). Now totally relax your body (like a rag doll). When you release all the areas you tightened up, you release tension that you were holding before you tightened in the first place. Consciously releasing tension in your body helps your body and mind relax.





## Balloon Breathing

Put your hands out in front of you, palms facing each other a few inches apart. Inhale to a count of three, bringing your hands further apart, imagining that you are inflating a balloon. On the next count of three, deflate the balloon by slowly exhaling through your mouth and bringing your hands closer together. Repeat this three to five times.

A few minutes of deep breathing can help to reduce anxiety. Taking deep breaths increases oxygen flow which releases tension from the body and clears the mind. Try to do this a couple minutes every day and see how it works for you. This activity relieves stress and can help us feel calm when things are too much.

## Head to Toe Relaxation

Lay on your back with eyes closed. Start by tensing the muscles in your toes for five seconds and then relaxing them for 30 seconds. Repeat this with other body parts, working your way up until you reach your head. This can help you notice the difference in your body between muscle tension and relaxation.





**your resilience  
has your ancestors**

**cheering from  
mountain tops**

**parting clouds with  
their fingertips**

**letting sunshine  
redeem itself**

**-Tunchai Redvers**





## **Cultural Practices**

If we look into cultural practices, we can often find rituals, activities and ceremonies that help with mental health and reduce stress. One Indigenous cultural and spiritual tradition from this land is smudging.

Smudging includes burning medicines like sage, cedar and sweet grass to cleanse and heal. Smudging can be used to help de-stress, get through a hard time or to maintain mental wellness. People may also smudge to connect to their spirituality. Smudging can be part of reclaiming Indigenous identity, culture and power.

Like we said before, to avoid cultural appropriation, it is important to learn about the history of practices and how we can use them with respect. If your culture's spiritual or healing tools are being appropriated, it is ok to feel hurt and/or offended, or to feel your mental health is being affected. Talking to someone we trust who understands our feelings is important.

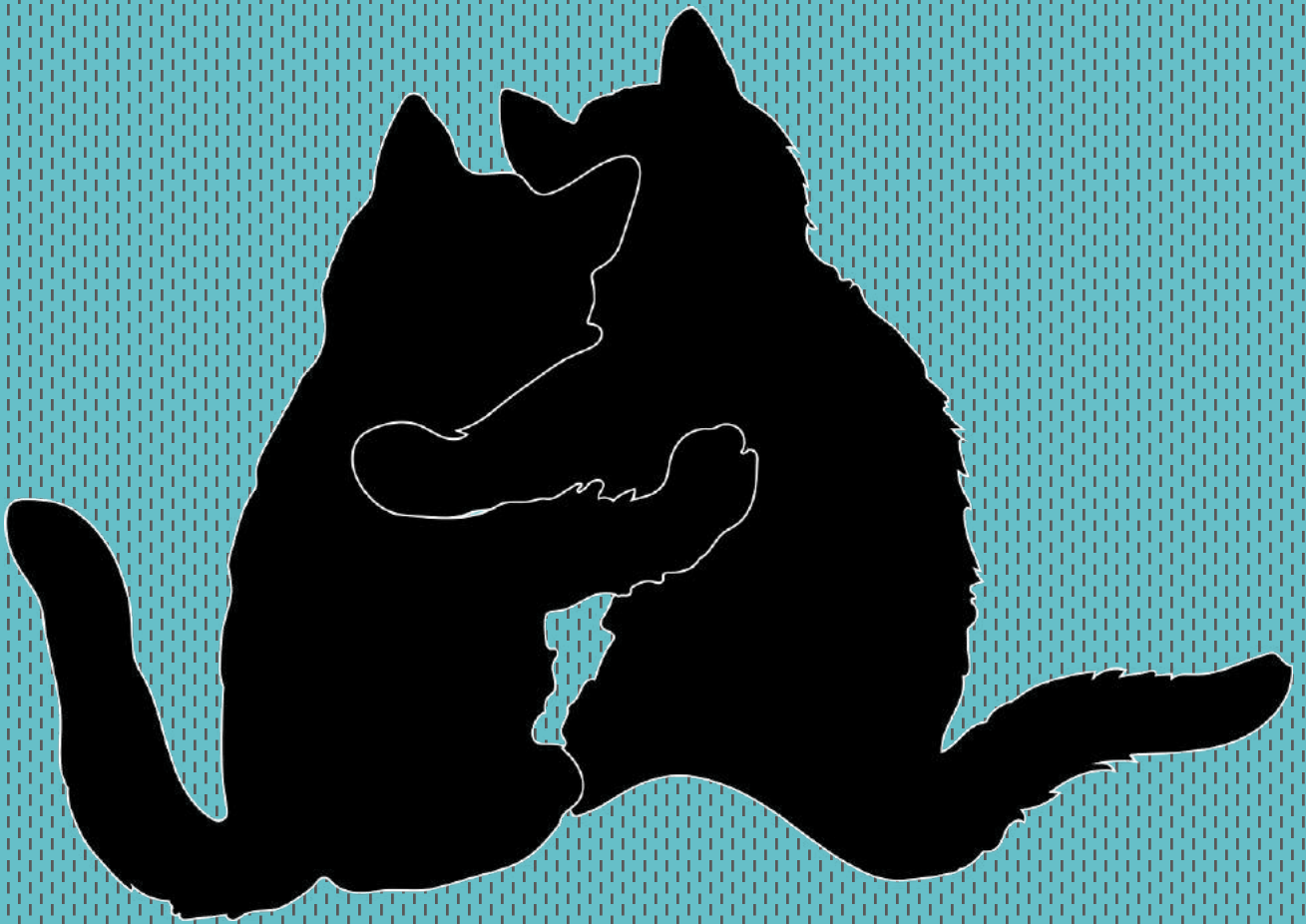
## **Other ways of releasing stress or healing**

Indigenous knowledges teach us that talking, laughing, crying, shaking (includes dancing), yawning, sweating and yelling (not at someone and can also include singing) are natural and powerful ways of healing.

It also helps to move our bodies in ways that feel good for us, feed our bodies with good food, get enough sleep, etc. Doing some of these things and finding your own ways to heal can be really helpful throughout our whole lives.







When this passes, the first...

- Friend I'll see is \_\_\_\_\_
- Person I'll hug is \_\_\_\_\_
- Place I'll visit is \_\_\_\_\_
- Make your own!

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Art lets us figure out our feelings by giving us a time to reflect and let things out.

Want to learn or practice acrylic painting? You can find supplies at most dollar stores. Check out this video on landscapes made with the help of Art Beat Studio:

<https://bit.ly/artbeatstudio>



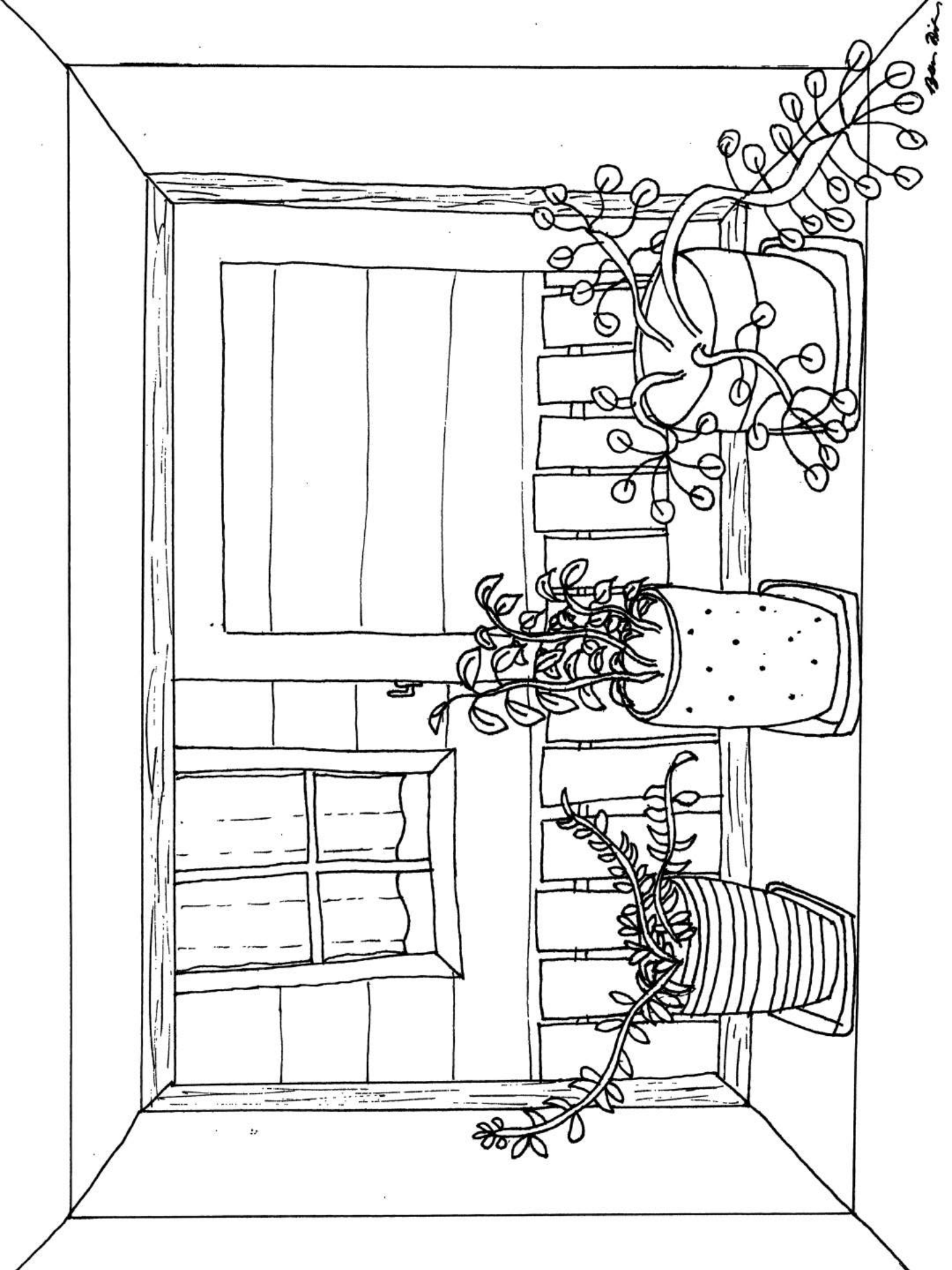
# COLOURING pages

They can be a relaxing distraction and a fun outlet.  
We've included a few in the next pages.

You can also find lots of pages online including from  
Two-Spirit Anishinaabe artist Patrick Hunter from Red  
Lake Ontario (now Toronto based).

Check it out here: <https://bit.ly/patrickhunter>











# COMMUNITY CARE

**Taking care of our community is part of self-care. If you are able, these are just some of the organizations that need your help. You can reach out personally, or by organizing something with help from your friends and family.**

**WE24** needs snacks, tampons, pads, soap, deodorant, toothpaste and new toothbrushes, new rain gear, new socks, and new gloves. They also welcome old cell phones and tablets. Contact 204-333-9681 to arrange a drop-off.

**Sunshine House** needs food and recreation supplies. In particular, they need bleach to keep their doors open. Check out <https://www.sunshinehousewpg.org/> to learn more.

**Villa Rosa** needs donations to support their new moms and babies. At this time they cannot accept used items, but welcome other support. Visit <https://www.villarosa.mb.ca/>.

**Winnipeg Harvest** is working hard to feed those in need. They welcome donations through their website and take canned food in grocery store donation bins. They also need volunteers. Check out <https://winnipegharvest.org/> for details.



# COMMUNITY CARE CONTINUED

**Food 4 All** needs canned and fresh foods and to go containers. Anything helps! Reach out at 204-509-6259.

**North Point Douglas Women's Centre** is in need of financial donations. Check out <http://www.npdwc.org/>.

**West Central Women's Centre** is asking for financial support and will use funds to buy food in addition to hygiene supplies. Every \$50 buys a basket of food for a week and every \$20 buys hygiene/menstrual products for a month. Connect through <https://wcwrc.ca/>.

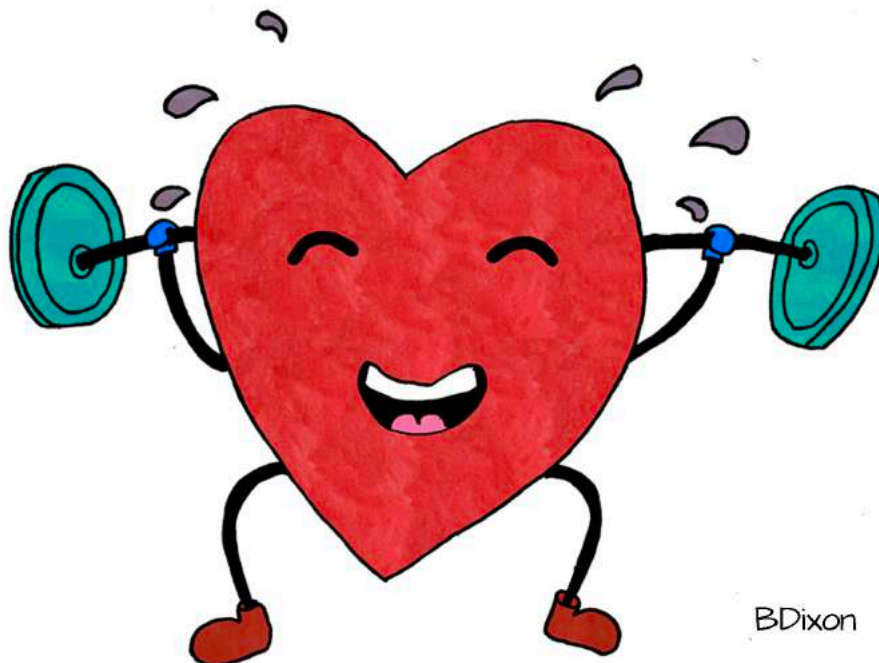
**Sscope Inc** is still trying to keep people employed doing yard work and cutting grass. They are also accepting furniture and other household donations amid COVID-19 to help people stay isolated in their empty homes. Pick-up available. Connect with them through [sscope.inc@gmail.com](mailto:sscope.inc@gmail.com).

**Ndinawe** welcomes donations to help youth and their supply boxes. Check them out <https://ndinawe.ca/.ca/>.

**Ray Inc.** has a callout for monetary donations to support emergency planning and ongoing supports for youth which can be made online at <https://rayinc.ca/>.



- Help Next Door MB is a network to connect volunteers to those in need of help right now. <https://helpnextdoormb.ca/>.
- Put up community art. Post it around your neighbourhood and in your windows. Share your love.
- Support your neighbours who are more impacted:
  - Offer to pick up groceries.
  - Help with other chores like their spring clean-up.
  - Check-in regularly by phone or online.





Visit us at <https://teentalk.ca> and  
<https://serc.mb.ca>



@teentalkmb  
@SERCMB



@teentalkmb  
@serc\_mb



@serc\_mb

Youth Mental Wellness During COVID-19 is produced by Teen Talk,  
a program of the Sexuality Education Resource Centre (SERC)  
Manitoba.

SERC Winnipeg  
200-226 Osborne St. North  
Winnipeg MB  
R3C 1V4 Canada  
Phone: 204-982-7800

SERC Brandon  
Unit B – 345 10th Street  
Brandon, MB  
R7A 4E9  
204-727-0417



# BIPOC

## MENTAL HEALTH WORKER LIST

WINNIPEG RESOURCE FOR BLACK,  
INDIGENOUS, AND PERSONS OF COLOUR  
IDENTIFYING COUNSELLORS, THERAPISTS,  
AND MENTAL HEALTH WORKERS

**April 2020**

## WANT TO BE ADDED?

CONTACT CHANCE DUPUIS

EMAIL:

[CHANCE@SPENCENEIGHBOURHOOD.ORG](mailto:CHANCE@SPENCENEIGHBOURHOOD.ORG)

CALL/TEXT: (204) 451-2455

**\*List updated the 1st of every month**

**CENTRAL NEIGHBOURHOODS**

Centennial • West Alexander • Central Park

**KYLA BERNARDO, M.ED, C.C.C. (CANADIAN  
CERTIFIED COUNSELLOR), (SHE/HER)**

Price/Coverage: Fee for service, please visit website

Ph: 431.531.7122

Email: Purposefulcounselling@gmail.com

Website: [www.purposefulcounselling.ca/](http://www.purposefulcounselling.ca/)

**BEN CAPILI, MSW, RSW (THEY/THEM)**

Liminal Space Therapy

Price/Coverage: \$150/hr, Blue Cross service provider; receipts  
available for all health benefits providers

Ph: 204.799.3806

Email: [ben@liminalspacetherapy.com](mailto:ben@liminalspacetherapy.com)

Website: [www.liminalspacetherapy.com/](http://www.liminalspacetherapy.com/)

**JOSIAH MUTUA, MA, (HE/HIM)**

Pearls Counselling and Therapy

Price/Coverage: First session (60 minutes) is free!

Students: \$55.00, Adolescents: \$55.00, Adults: \$75.00

Ph: 204.995.2735

Email: [info@pearls-counselling.com](mailto:info@pearls-counselling.com)

Website: [www.pearls-counselling.com](http://www.pearls-counselling.com)

**DANIEL CHIU, MMFT (HE/HIM)**

Individual, Couple, and Family Therapy

Price: \$90 per 1 hour session; price is also negotiable

Ph: 204.294.0639

Email: [Danwkchiu@gmail.com](mailto:Danwkchiu@gmail.com)

**REECE MALONE, DHS, MPH, CSE-S, CST (HE/HIM/SYA)**

Sexuality Consultants and Support Services Manitoba, Inc.

Sex Therapist / Clinical Sexologist

Price: \$130/hr (individual), \$145/hr (relationship), Healthplan through HR Arete or Chamber of Commerce

Ph: 204.471.8771

Email: [info@reecemalone.com](mailto:info@reecemalone.com)

Website: [www.reecemalone.com/](http://www.reecemalone.com/)

**MATHEW THOMAS, RP (HE/HIM)**

Riverbend Counselling & Wellness

Price: \$ 90/hr for Individual therapy, family therapy \$ 125/hr

Ph: 204.334.4801

Email: [matt@riverbendcounselling.ca](mailto:matt@riverbendcounselling.ca)

Website: [www.riverbendcounselling.ca/mthomas.html](http://www.riverbendcounselling.ca/mthomas.html)

**SEIJIRO TSUCHI, M.ED, CCC, CLINICAL COUNSELLOR (HE/HIM)**

Seijiro Tsuchi Clinical Counsellor

Price: \$100/hr, Most Insurance Plans accepted

Ph: 204.612.8614

Email: [seijiro4@yahoo.com](mailto:seijiro4@yahoo.com)

Website: [www.seijirotsuchi.ca](http://www.seijirotsuchi.ca)

**NADIAH SIDIK, MMFT STUDENT (SHE/HER)**

Aurora Family Therapy Center: Request for Nadiah during intake.

Price: Sliding scale offered

Ph: 204.786.9251

Email: [aurora@uwinnipeg.ca](mailto:aurora@uwinnipeg.ca)

Website: [www.aurorafamilytherapy.com/](http://www.aurorafamilytherapy.com/)

### **SHAMIN BROWN, RSW (SHE/HER)**

North End Women's Center; Outreach Counsellor;  
Specializing in sex trafficking survivor support and recovery  
Price: Free for female and non-binary identifying individuals  
Ph: 204.589.7347  
Email: [shaminb@newcentre.org](mailto:shaminb@newcentre.org)  
Website: [www.newcentre.org/](http://www.newcentre.org/)

### **SHAMIN BROWN, RSW SHE/HER)**

Shamin Brown Consulting; Consultant, Practitioner, and Co-Founder of the Rising Butterfly Model for Working With Youth Who Have Experienced Sexual Exploitation; Specializing in sex trafficking survivor counselling, support and recovery (youth and adults), offer consultation on creating survivor friendly spaces and building relationship with youth who have been sexually exploited, offer spoken word poetry performances on topic of recovery from sex trafficking  
Price: Dependent on service, starts at \$65/hour  
Ph: 204.226.7656  
Email: [shaminbrownconsulting@gmail.com](mailto:shaminbrownconsulting@gmail.com)  
Website: [www.shaminbrownconsulting.org/](http://www.shaminbrownconsulting.org/)

### **SOPHIA ALI, BA, BSW, RSW, MBA (SHE/HER)**

Aulneau Renewal Centre  
Offers counselling in Urdu, Hindi and Punjabi  
Price: Sliding scale option, most insurance taken, EIA accepted  
Ph: 204.987.8881  
Email: [sophia.ali@aulneau.com](mailto:sophia.ali@aulneau.com)  
Website: [www.aulneau.com/](http://www.aulneau.com/)

## **KITANA DEGEN, BSC, PEER SUPPORT COORDINATOR (SHE/HER)**

Anxiety Disorders Association of Manitoba, facilitates peer support groups (both for people living with anxiety and family & friends), individualized peer support, and public education

Price: Free with exception of "Cognitive Behaviour Programs" for Social Anxiety and Panic Disorders which are income dependent and sliding scale for 10-weeks.

Ph: 204.925.0606

Email: [peersupport@adam.mb.ca](mailto:peersupport@adam.mb.ca)

Website: [www.adam.mb.ca/](http://www.adam.mb.ca/)

## **BARRY FONTAINE MSW, RSW (HE/HIM)**

Indigenous Counselling & Education Services (ICE Services)

Price: Indigenous Counselling - sliding scale, Non-Insured Health Benefits (NHIB) Program can be accessed for this program through Indigenous Services Canada.

Ph: 204.999.1625

Email: [info@indigenouscounselling.ca](mailto:info@indigenouscounselling.ca)

Website: [www.indigenouscounselling.ca](http://www.indigenouscounselling.ca)

## **BELAL ZI, PRE-LICENSED PROFESSIONAL, MA. (HE/HIM)**

Dr. Michael Ellery and Associates, Psychotherapy services

Price: \$170/Session, ask your insurance provider for coverage.

E-mail: [DrElleryOffice@gmail.com](mailto:DrElleryOffice@gmail.com)

Ph: 431.531.5284

Website: [www.drellery.com](http://www.drellery.com)

## **ATTENTION: EEYA-KEEN CLIENTS**

If you have any questions regarding counselling for Residential School support please call:

"Wasay Healing Centre"

Ph: 204.774.6484

Website: [www.wa-say.com/](http://www.wa-say.com/)



**GABRIELA FONESCA, BA. MA, APC. (SHE/HER)**

Jewish Child and Family Services, Counselling Services.  
Newcomer accessible. You do not have to identify as Jewish to access services.

Price: Sliding scale dependent on income

Ph: 204.477.7430

Email: g.fonseca.counselling@gmail.com

Website: [www.jcfswinnipeg.org/](http://www.jcfswinnipeg.org/)

**DR. NATASHA M. ALI, C. PSYCH. (REGISTERED PSYCHOLOGIST). (SHE/HER)**

University of Manitoba & Private Practice

Price: At University of Manitoba, free & accessible only to University of Manitoba students; at private practice, \$190/hr (insurance accepted), sliding scale available.

Ph: 204.296.9904

Email: natashaali80@gmail.com

**DR. PETER MAKADI, CPCA, DMIN (HE/HIM)**

Truth For Life Counselling

Price: \$80 - \$100 per session, sliding scale available

Ph: 204.599.9532

E-mail: Mary-Ann@ImproveYourLifeNow.ca

Website: [www.improveyourlifenow.ca/rugbling](http://www.improveyourlifenow.ca/rugbling)

**SANDAKALA SAMARAKONE (SANDA), PSY HON., CCPA. (SHE/HER)**

Thrive Community Circles

Price: Subsidized (\$25 no show fee)

Ph: 204.772.9091

E-mail: sandakalasamarakone@thrivewinnipeg.com

Website: [www.thrivecommunitysupportcircle.com](http://www.thrivecommunitysupportcircle.com)

**CAREY SINCLAIR, BA, REIKI MASTER (SHE/HER)**

Knowledge Keeper/Reiki Master at Jonah Counselling & Wellbeing

Price: Sliding scale provided

Ph: 204.998.0843

E-mail: [sinclaircarey@hotmail.com](mailto:sinclaircarey@hotmail.com)

Website: [www.jonahconsulting.ca/](http://www.jonahconsulting.ca/)