Our Mission
The North End Women’s Centre is a community based organization that provides women with support, knowledge, and opportunity as they move forward on their journey towards independence and a healthier lifestyle.

Our Vision
All women in charge of their own lives

What Women Say
Quotes about our programs:

“I deeply and completely enjoyed myself! I feel hope when I came to North End Women’s Centre.”

“I am more outspoken with what I want. I’m more assertive without getting angry. I’m learning more to be a positive healthy parent, partner and setting boundaries.”

“The group has built my self esteem has made me aware that there are other women that go through what i go through”

“This program has helped me to learn, to write about myself and to face the past, live in the present and look forward to the future without fear. As a result I learned that I can grow each day and let go of my past, also opened up doors for further healing.”

“I always felt alone in my addiction and in this program I was able to share my story without feelings embarrassed and ashamed. In the program I felt a part of something. I felt understood and accepted. I got all the support I needed. I got my self-esteem back.”

How to find us

North End Women’s Centre
394 Selkirk Avenue
Winnipeg, MB R2W 2M2
Phone (204) 589-7347
Fax (204) 586-9476
Email info@newc.mb.ca
Web www.newcentre.org

Work Hours:
Mon - Thurs 8:30am – 4:30pm
Fridays 8:30am – 4:00pm

Serving Women on Their Path to Change
**Who We Are**

The North End Women’s Centre (NEWC) has provided programs and services to women and their families in the North End of Winnipeg since 1984.

We accommodate more than 10,000 visits and over 6,000 phone calls from women requesting information or services each year.

We welcome all women and all services offered are confidential.

We provide a healthy snack, bus tickets, and child minding for most programs.

**NEWC Main Building**

---

**What We Offer**

**Drop In Program**

Women can drop in (or call) during working hours to:

- Get information about our programs or other programs in the community
- Look at the job opportunities binder
- Talk to a counsellor
- Use the phone
- Have a coffee and meet new friends

**Counselling Program**

- Long term and life skills counselling
- Basic needs support (housing, food etc)
- 8 week closed groups on topics like healthy anger, grief and loss, self-esteem, domestic violence, and healthy relationships
- Parenting programs
- Play groups for moms and kids
- Information sessions and workshops

**Betty Berg House**

A place where women in recovery from addictions can live for up to 1 year. On site:

- Individual and group counselling
- Life skills building
- Community and basic needs support

**Volunteer Opportunities**

We welcome volunteers and student placements to help out:

- At the Up Shoppe
- In programs
- Sitting on the Board of Directors

**Health and Wellness Program**

Activities to better women’s physical, mental, emotional, and spiritual health:

- Yoga, meditation, and chiropractor
- Blood pressure and blood sugar clinics
- Nutrition groups
- Traditional teachings
- Traditional drumming group
- Empowerment groups and sharing circles

**The Up Shoppe**

The store offers gently used and new items at a very low cost. All sales support our programs.

- Clothing, shoes, and household items
- Clothing for women entering the work force
- Personal hygiene items
- Accessories and jewelry
- Baby layettes

**Addictions Recovery Program**

A 5 month relapse prevention program that offers:

- Individual counselling
- Relapse prevention group
- Therapeutic support group
- Basic needs and life skills support
- Follow up and mentorship