

LEGAL AID MANITOBA

Administrative & Winnipeg Area Office
402-294 Portage Ave.

Winnipeg, Manitoba R3C 0B9

P 985-8500

W www.legalaid.mb.ca

F 944-8582

TTY 943-1131

Toll Free 1-800-261-2960

RESIDENTIAL TENANCIES BRANCH

302-254 Edmonton St.

Winnipeg, Manitoba R3C 3Y4

P (204) 945-2476

E rtb@gov.mb.ca

Toll Free 1-800-782-8403

F (204) 945-6273

These are just a few of the agencies available to assist you. Remember to contact a union counsellor or your local for assistance.



REMEMBER... MOST PROBLEMS CAN BE MINIMIZED BY COMMUNICATION

COMMUNICATION CHECK-LIST:

Have you...

- ☐ Explained the situation to your family?
- ☐ Prepared a plan with your family, including a list of family expenses?
- ☐ Contacted the following to discuss payment options?
 - ☐ Landlord/Mortgage Holder
 - ☐ Utility Suppliers
 - ☐ Creditors
- ☐ Identified other services/support you or your family might require during this period?
- ☐ Explored alternate sources of income?

Charlotte Prokopow

Labour Director

United Way of Winnipeg

580 Main Street

Winnipeg, Manitoba R3B 1C7

(204) 924-4261

cprokopow@unitedwaywinnipeg.mb.ca

www.UnitedWayWinnipeg.mb.ca

Winnipeg Labour Council

(204) 942-0522



WHAT TO DO WHEN THE PAYCHEQUE STOPS

a guide to assist union members and their families during a difficult time



A STRIKE OR LOCKOUT HAS OCCURED... WHAT DO I DO?

First, make sure your family knows what has happened. Acknowledge there will be increased stress during this period. On-going, hidden or new problems may intensify or surface during this period, but together you can make a plan to get through it.

You will have limited income during this time. Make a list of your necessary expenses and to whom you make regular payments. This may include:

- landlord/mortgage holder
- utilities
- creditors

Contact them as soon as possible and discuss payment options, given your situation. They can be surprisingly accommodating and may offer supports, services or options you don't know about.

You may have to consider alternate sources of income, such as drawing from savings, borrowing from life insurance, and cashing in securities.

Your local may have someone designated to help you access other community or government programs and services. If not, contact the United Way labour staff identified.



UNITED WAY PARTNERS

United Way of Winnipeg network has a number of organizations that can help with family, financial and personal difficulties:

AURORA FAMILY THERAPY CENTRE

Provides counselling and therapy to families, couples and individuals to enhance personal, interpersonal and spiritual well-being. Services are open to everyone and are sensitive to gender and culture.

University of Winnipeg
515 Portage Avenue
Winnipeg, MB R3B 2E9

P (204) 786-9251

E aurora@uwinnipeg.ca

F (204) 772-2547

W aurora.uwinnipeg.ca

COMMUNITY FINANCIAL COUNSELLING SERVICES (CFCS)

Offers assessment, credit counselling, budgeting, debt consolidation and debt repayment for individuals and families experiencing financial difficulties. CFCS also provides information and referrals for people receiving or applying for income assistance.

516-294 Portage Avenue
Winnipeg, MB R3C 0B9

P (204) 989-1900

E cfcs@mts.net

F (204) 989-1908

W www.cfcs.mb.ca

Toll Free 888-573-2383

COMMUNITY AGENCIES

COMMUNITY LEGAL EDUCATION ASSOCIATION (MANITOBA) INC.

Law Phone-In and Lawyer Referral service, call 943-2305 or toll free 1-800-262-8800 (from outside Winnipeg only please). For a referral to a lawyer only, you can also call 943-3602.

205-414 Portage Ave.
Winnipeg, Manitoba R3C 0L8

P (204) 943-2382 **E** info@communitylegal.mb.ca

F (204) 943-3600 **W** www.communitylegal.mb.ca

COMMUNITY UNEMPLOYED HELP CENTRE (CUHC)

Provides information, representation and support services to help individuals access employment insurance (EI) benefits. The centre also conducts educational presentations on employment-related issues and the social and economic cost of unemployment. As well, CUHC engages in public interest advocacy and test case litigation to ensure the EI program provides income support to workers who become unemployed.

501-275 Broadway
Winnipeg, MB R3C 4M6

P (204) 942-6556

E cuhc@mts.net

F (204) 947-9557

W www.cuhc.mb.ca

Toll free 866-942-6556

THE FAMILY CENTRE

Offers counselling and programming for individuals, couples and families to improve communication and parenting skills and help people live without violence. Six Family Resource Centres throughout Winnipeg offer counselling, a community kitchen, community cupboard, home visits and opportunities to network and socialize through family fun nights, crafter co-ops, breakfast clubs and community celebrations.

c/o Portage Place
401-393 Portage Avenue
Winnipeg, MB R3B 3H6

P (204) 947-1401

E staff@familycentre.mb.ca

F (204) 947-2128

W www.familycentre.mb.ca

KLINIC COMMUNITY HEALTH CENTRE

24 hr. Crisis Line is open to anyone who wants to discuss a problem. Among others, these include: depression, loss, separation, grief, self-esteem, suicide, anxiety, relationships, childhood abuse (past or current), domestic abuse, sudden life changes, loneliness, sexuality and sexual orientation.

870 Portage Ave.
Winnipeg, Manitoba R3G 0P1

P (204) 784-4090

W www.klinic.mb.ca

F (general): 772-7998

F (medical): 784-4013

Crisis Line

P 786-8686

Toll free 1-888-322-3019

TTY 784-4097

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