

OUR VISION, MISSION AND GUIDING PRINCIPLES

Main Street Project is a non-profit charitable community health agency operating on housing first and harm reduction principles.

Since 1972, Main Street Project has served the needs of Winnipeg's most vulnerable citizens by providing a place of respite, shelter and safety, with dignity and without judgement to the most vulnerable people in our community. We support those who are experiencing homelessness, addiction and mental and physical health issues by providing emergency shelter, nutrition services, drug and alcohol detoxification, health advocacy and support, and counselling and housing support services. By addressing these principles in each individual journey, we contribute to the overall quality of life of our community members.

Our vision is that everyone has a safe place to be and an opportunity to make real choices in their journey.

Main Street Project is a registered Canadian Charity
Charitable Registration #107655094RR0001

If you are looking for information on how to access services at Main Street Project, such as shelter, food bank services or information on how to get into detox, please call 204-982-8229 or email admin@mainstreetproject.ca

If you are looking for more information about Main Street Project or how you can help the agency, please call 204-982-8229 or email admin@mainstreetproject.ca

YOU CAN HELP!

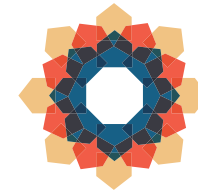
Most needed donated items:

- Bottled water
- Coffee, sugar, whitener, tea
- New underwear—men's and women's, all sizes
- New or gently used socks
- New or gently used adult clothing
- Hygiene products—please note that we cannot accept items that contain alcohol, including mouthwash or hand sanitizer
 - Feminine products

MAIN STREET PROJECT

661 Main Street, 2nd floor
Winnipeg, MB R3B 1E3
204-982-8229

admin@mainstreetproject.ca
mainstreetproject.ca



**main street
project**



**Holding Communities,
Building Stability**

Main Street Project PROGRAMS & SERVICES

CASE MANAGEMENT SERVICES

Main Street Project's Case Management team is a highly qualified group of professionals that provide support and services to Winnipeg's most vulnerable people in a safe, respectful, and non-judgmental manner. MSP's Case Management team works cross-agency, 365 days a year, with a focus on addressing the social determinants of health which give rise to issues of addiction, mental and chronic health conditions, and homelessness.

EMERGENCY SHELTER/DROP IN

Located at 75 Martha Street, Main Street Project is the only low-barrier emergency shelter in Winnipeg. MSP offers emergency respite in a safe, respectful, and non-judgmental manner to those who are experiencing homelessness, addiction, and physical and mental health issues. Through MSP's Emergency Shelter, community members can access a place to rest, clean clothing, showers, food, a hot cup of coffee, mail delivery, and have access to case workers and support services.

MEN'S AND WOMEN'S DETOXIFICATION & STABILIZATION

As one of only two detox programs in Manitoba, Main Street Project provides an essential service to those requiring addictions support in the province. The primary purpose of MSP's men's and women's detox facilities is to help clients create attainable goals including stabilization, managing stressful life issues, decreased risk, and potentially accessing longer term treatment programs. MSP's detox facilities provide 24-hour support in a safe and stable environment at no financial cost to the individual. Detox staff do regular check-ins with clients regarding their plans and goals, and assess their overall

wellbeing in order to create individual care plans to support and guide individual recovery.

Please note: Individuals must be assessed by a primary health care provider prior to admission. A medical clearance form is available to download on MSP's website: www.mainstreetproject.ca

TRANSITIONAL & SUPPORTIVE HOUSING

Main Street Project's Mainstay Residence is a short-term, 34 bed transitional housing facility that is staffed for client support 24 hours a day, 365 days a year. Mainstay Residence is a co-ed facility that provides each resident with subsidized, supervised room and board, shared laundry facilities, and nutritional support, which includes three meals a day served in a common dining area. Community members are given a stable place to live while working through self-identified goals. Using both harm reduction and housing first philosophies, MSP staff actively engage with each individual's transition plan throughout the duration of their stay. Clients can access individualized casework planning, counselling supports, and life skills and capacity building as they work to make positive changes in their lives, which may include moving on to stable, permanent housing.

The Bell Hotel is a housing first project in partnership with CMHA, WHRA, and CentreVenture Development Corporation. Since opening its doors in 2011, it demonstrates every day that securing appropriate, safe, and stable housing is the first and most essential step in achieving and maintaining stability for individuals who were previously chronically homeless. The Bell Hotel team works together to deliver services such as eviction prevention, harm reduction, life skills and capacity building, nursing support and advocacy services, all through the lens of independence and tenant-defined goals. MSP continues to develop partnerships with various social and health services agencies, and to be a leader in housing first and harm reduction.

FOOD BANK & ESSENTIALS MARKET

Located at 661 Main Street, Main Street Project's Food Bank & Essentials Market operates every Thursday morning and serves over 100 families in the downtown core. Community members are invited to shop our market free of charge, which provides them with access to nutritious food, hygiene products, clothing, and household items. Main Street Project is thankful for the support of Winnipeg Harvest in providing food to the Food Bank & Essentials Market, and we thank our valued donors for providing clothing, hygiene products, and household items so that we can consistently offer them in our market. Community members may access MSP's Food Bank & Essentials Market by registering through Winnipeg Harvest. We also accept walk-ins each week as well. Please get in touch if you'd like to learn more about the Food Bank & Essentials Market and how you can support this Main Street Project initiative.

VAN PATROL OUTREACH PROGRAM

Main Street Project's Van Patrol is an outreach program that offers support to vulnerable and at risk community members in need, using a harm reduction approach. Van Patrol is primarily operated during the night to seek out those in the community who may appear to be at risk so that we may offer assistance, such as a ride to MSP's emergency shelter, or to provide warm clothing, water, coffee, food, and harm reduction supplies. During an average night, MSP's Van Patrol serves almost 100 people, handing out over 150 food and beverage items and over 80 harm reduction supplies. Main Street Project has the only Van Patrol program in the city of Winnipeg that is in operation 365 days a year.