



HARM REDUCTION SAFETY TIPS

- Test your drugs by doing a smaller than usual test amount
- Use a less direct route (e.g. eat instead of inject)
- Access Naloxone and overdose response training before using – bring a friend for training, and have a kit with you
- Know that the amount of Naloxone in a take-home kit may not be enough to reverse very powerful overdoses, and when Naloxone wears off, an overdose can return
- Use one drug at a time
- If you mix drugs, reduce the amount of each drug you take and use opioids before benzos or alcohol
- Wait before taking another dose – some drugs take longer to take effect
- Do not use drugs alone or behind a locked door
- Let people around you know what you are taking

SIGNS OF AN OVERDOSE

- breathing slow or not at all
- nails and/or lips blue
- choking or throwing up
- making weird gurgling sounds
- cold and clammy skin
- can't wake them up
- slow or no heartbeat
- small pupils or eyes rolled back

IN CASE OF OVERDOSE

- call 911
- administer naloxone if you have it
- perform CPR or give rescue breaths if the person isn't breathing

DID YOU KNOW?

There is new legislation in place to protect YOU if you call 911 in case of an overdose. The new Good Samaritan Drug Overdose Act means that you won't be charged with drug possession if you call for help. It also protects you if you are in breach of parole, pre-trial release, a probation order or a conditional sentence. It applies to everyone seeking emergency help during an overdose, including the person overdosing.

HARM REDUCTION MAP OF WEST BROADWAY

BE SAFE NOXAVOTEM

SPECIAL THANKS
TO THE WEST BROADWAY
COMMUNITY ORGANIZATION
SMALL GRANTS PROGRAM!



WWW.MHRN.CA

HELLO FROM THE PEER WORKING GROUP!

We are people who use drugs and work to reduce the harms associated with drug use for ourselves and others. We care about YOU. We made this map to share our knowledge and experience about this neighbourhood with anyone who might be new, travelling through, or who just needs to know where to get supplies, food or other help.

We included places on this map like service agencies that use a harm reduction approach, grocery stores, green spaces and needle drop boxes. We only included places where you can just walk in and get services or self refer. Agencies on this map are places we go, often regularly, to get good support.

We hope this is helpful to you!
Remember, everyone is important, you have gifts to offer the world, and we love you.

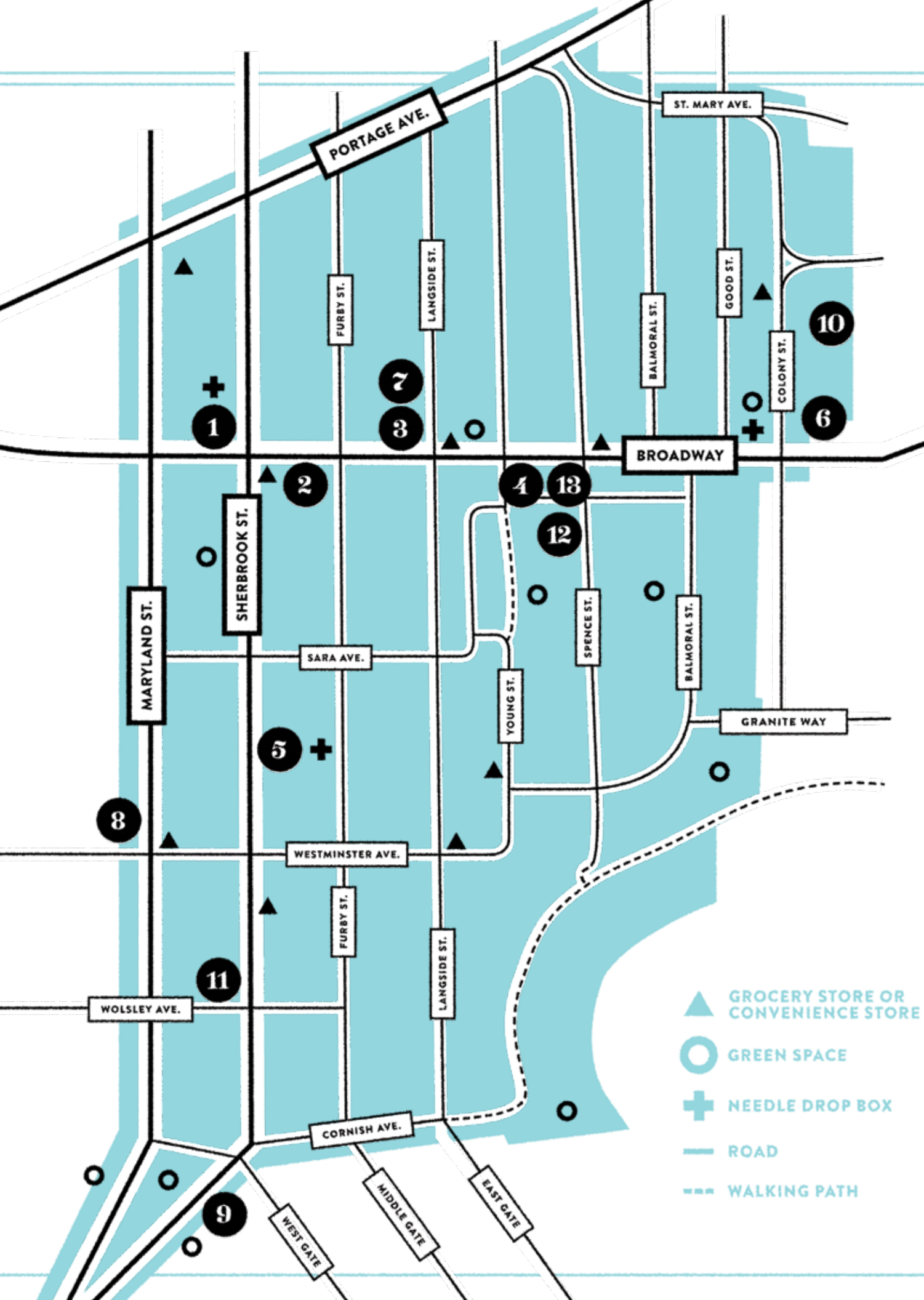
MORE INFORMATION ABOUT
THIS PROJECT AND OUR OTHER
WORK CAN BE FOUND ON THE
MANITOBA HARM REDUCTION
NETWORK WEBSITE

WWW.MHRN.CA



BE SAFE, WE LOVE YOU

RESOURCE MAP - WEST BROADWAY



1 NINE CIRCLES COMMUNITY HEALTH
NINECIRCLES.CA
 9AM-5PM (M-F)
 705 BROADWAY • 204.940.6000

SERVICES AVAILABLE:

- phone
- bathroom
- medical care
- safer sex supplies
- safer drug use supplies
- counselor/ social worker

2 CROSSWAYS COMMUNITY MINISTRY
WESTBROADWAYCM.ORG
 9AM-3PM (M,W,F)
 222 FURBY • 204.774.2773

SERVICES AVAILABLE:

- phone
- bathroom
- food
- needle box
- safer sex supplies
- counselor/ social worker

OTHER STUFF:

- shower
- any age
- computers
- hygiene/toiletries
- daily NA meetings (@ noon)

3 WHITE CROSS HEALTH CARE
WESTBROADWAYCM.ORG
 7AM-8PM (M-F) • 10AM-6PM (S+S)
 647 BROADWAY • 204.786.8588

SERVICES AVAILABLE:

- phone (pay)
- bathroom
- medical care
- safer sex supplies

4 BROADWAY PHARMACY
BROADWAYRX.CA
 9AM-6PM (M-F) • 9AM-5PM (S)
 618 BROADWAY • 204.783.1887

SERVICES AVAILABLE:

- medical care
- safer sex supplies
- safer drug use supplies

OTHER STUFF:

- delivery
- medication lock box
- needles
- flu shots
- needle drop off

5 RAY
RAYINC.CA
 9AM-5PM (M-F) • 12-4PM (S)
 125 SHERBROOK • 204.783.5617

MUST BE UNDER 30

SERVICES AVAILABLE:

- food
- medical care
- safer sex supplies
- safer drug use supplies

OTHER STUFF:

- clothing
- housing
- laundry
- referrals
- pets welcome

6 AGAPE TABLE
AGAPETABLE.CA
 BREAKFAST 8-10:30AM (M-F)
 175 COLONY • 204.783.6369

SERVICES AVAILABLE:

- bathroom
- food
- safer sex supplies
- counselor/ social worker

OTHER STUFF:

- seniors group monday, 1-2:30PM
- food bank tuesday - 12-2PM
- low-cost grocery tues to thurs 10AM-2PM
- clothing
- toiletries

7 CARI METHADONE PROGRAM
 641 BROADWAY • 204.789.2840

SERVICES AVAILABLE:

- phone

OTHER STUFF:

- can self refer

8 WESTMINSTER UNITED CHURCH COMMUNITY CAFE
 6:30-8PM (1ST + 3RD FRIDAY)
 745 WESTMINSTER • 204.784.1330

SERVICES AVAILABLE:

- food every second Friday
- AA meetings call for details

9 LIBRARY
WPG.CA/LIBRARY
 1:00-8:30PM (M,T,T,F)
 20 WESTGATE • 204.986.4679

SERVICES AVAILABLE:

- phone
- bathroom

10 SERC
SERC.MB.CA
 9AM-4PM (M-F)
 200-226 OSBORNE N. • 204.982.7800

SERVICES AVAILABLE:

- phone
- safer sex supplies

OTHER STUFF:

- resources (sexuality and reproductive health)

11 WOLSLEY FAMILY PLACE
WOLSELEYFAMILYPLACE.COM
 9AM-4PM (M-F)
 691 WOLSELEY • 204.788.8052

SERVICES AVAILABLE:

- food
- bathroom
- counselor/ social worker

OTHER STUFF:

- clothing
- drop-in programming
- computers

12 NEIGHBORHOOD CENTER
THEBNC.CA
 9:30AM-8:30PM (M-F)
 185 YOUNG • 204.772.9253

SERVICES AVAILABLE:

- bathroom

OTHER STUFF:

- computers
- youth drop-in programs
- Good Food Club every second wednesday (low cost groceries)

13 ART CITY
ARTCITYINC.COM
 3:30-7:30PM (M-F)
 185 YOUNG • 204.772.9253

OTHER STUFF:

- youth drop-in programs