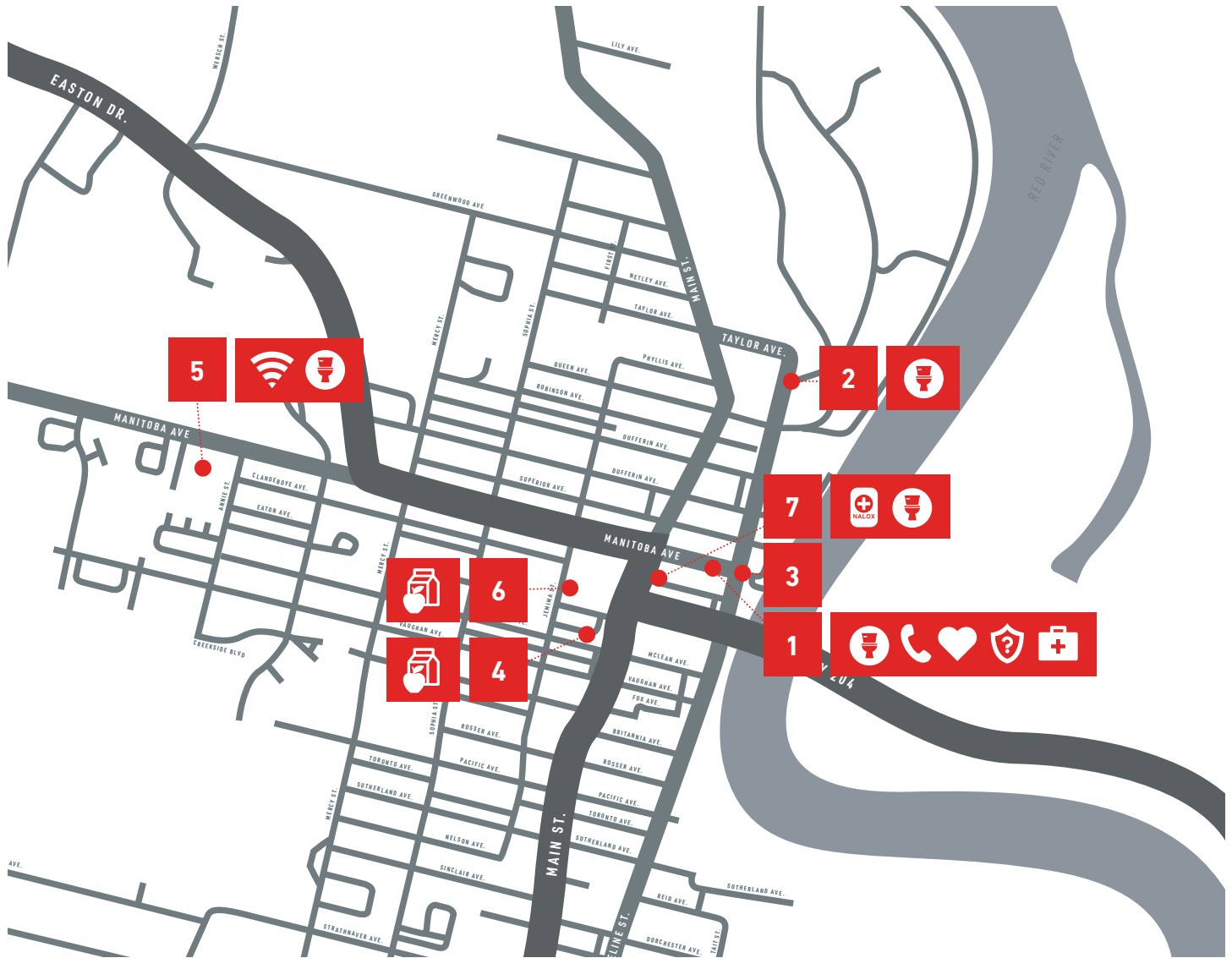


# SELKIRK

RESOURCES AND OTHER PLACES



- 1** Selkirk Community Health Office
- 2** Selkirk Park
- 3** Anishnaabe Mashkiki Gitigaan/The People's Medicine Garden

- 4** Selkirk Food Bank
- 5** Gaynor Family Regional Library
- 6** Our Daily Bread Soup Kitchen
- 7** Shell Gas Station

## MAP SYMBOLS

- TOILET
- WIFI ACCESS
- TELEPHONE
- NALOXONE KIT
- FOOD BANK
- HARM REDUCTION SUPPLIES
- TESTING
- HEALTH SERVICES

Members of the Selkirk Peer Advisory Council created this map in February 2021 to identify places people who use drugs (PWUD) and/or those that care for them can access free and no hassle harm reduction, safer sex, and overdose prevention supplies in Selkirk, MB. The map also identifies where you can use toilets and

WIFI, make calls, rest, purchase alcohol and cannabis, and chill out. Not everywhere in Selkirk is listed and things will change. Questions? Info? Edits? Call us at the Manitoba Harm Reduction Network - 204-204-783-6184 or email [info@mhrn.ca](mailto:info@mhrn.ca).

1

### Selkirk Community Health Office

237 Manitoba Ave.

Drug checking, Health and wellbeing programs and services, Naloxone kits, Outreach van, Rapid Access to Addiction Medicine (RAAM), Referrals and resources, Rest spaces, Sharps disposal, STBBI and pregnancy testing, Teen Health Clinic, Vaccinations and immunizations

2

### Selkirk Park

490 Eveline St.

Campground with showers (seasonal), Dog park, Natural medicines, Picnic shelters, Play structures, Pool and splash pad with showers (seasonal), Rest spaces, Sk8/bike park, Trails

3

### Anishnaabe Mashkiki Gitigaan - The People's Medicine Garden

224 Manitoba Ave.

Pocket park with healing garden (traditional Anishinaabe and Cree medicines), Charging station, Ping pong table, Rest spaces

4

### Selkirk Food Bank

310 Christie Ave

Operates twice a month; by appointment only. 204-482-9178 to book an appointment; must provide source of income and medical card for identification.

5

### Gaynor Family Regional Library

806 Manitoba Ave.

Open Tuesday-Saturday; various hours, Wifi Access, Computers, printing, photocopying, Rest spaces, Urban Prairie Garden

6

### Our Daily Bread Soup Kitchen

368 Jemima St.

Bagged lunch and cup of coffee to go. Monday-Friday 10AM-12PM; closed on holidays

7

### Shell Gas Station

390 Main St.

Open 7 days a week; 24 hours per day, Overdose prevention supplies (Naloxone Kits)



### WIFI AVAILABLE

7-Eleven - 55 Main St.

A&W - 238 Main St.

Canadian Tire - 1041 Manitoba Ave.

Dairy Queen - 307 Main St.

Gaynor Family Regional Library - 806 Manitoba Ave.

KFC - 321 Main St.

McDonald's - 172 Main St.

Mr. Sub - 371 Main St.

Roxi's - 219 Manitoba Ave.

Starbucks (in Safeway) - 318 Manitoba Ave.

Subway - 1014 Manitoba Ave.

Tim Horton's - 1041 Manitoba Ave.

Tim Horton's - 263 Main St.

Walmart - 1016 Manitoba Ave.



### WASHROOM ACCESS

A&W - 238 Main St.

Canadian Tire - 1041 Manitoba Ave.

Circle K - 193 Main St.

Dairy Queen - 307 Main St.

Gaynor Family Regional Library - 806 Manitoba Ave.

KFC - 321 Main St.

McDonald's - 172 Main St.

Mr.Sub - 371 Main St.

No Frills - 366 Main St.

Petro-Canada - 395 Main St.

Roxi's - 219 Manitoba Ave.

Safeway - 318 Manitoba Ave.

Selkirk Community Health Office - 237 Manitoba Ave.

Selkirk Park - 490 Eveline St.

Shell - 390 Main St.

Subway - 1014 Manitoba Ave.

Tim Horton's - 1041 Manitoba Ave.

Tim Horton's - 263 Main St.

Walmart - 1016 Manitoba Ave.



### PUBLIC PHONE

Safeway 318 Manitoba Ave.

Walmart 1016 Manitoba Ave.

No Frills 366 Main St.



### CANNABIS STORES

Essential Cannabis - 229 Manitoba Ave.

Fat Panda Vape + Cannabis - 239 Manitoba Ave.

Harm Reduction is Sharing Knowledge

**MHRN.CA**

#HARMREDUCTIONSAVESLIVES