



Manitoba<sup>®</sup>



NEED HELP,  
BUT DON'T  
KNOW  
WHERE  
TO TURN?

Dial **2.1.1**  
or visit **mb.211.ca**

24/7

211 connects you to community resources and services anywhere in Manitoba:

- Mental Health Support
- Home Health Care for an Aging Parent
- Domestic Violence Shelters
- Addictions Treatment
- Parenting Resources
- Food and Clothing
- Income Tax Clinics
- **and so much more!**

**FREE | CONFIDENTIAL | 150+ LANGUAGES**



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