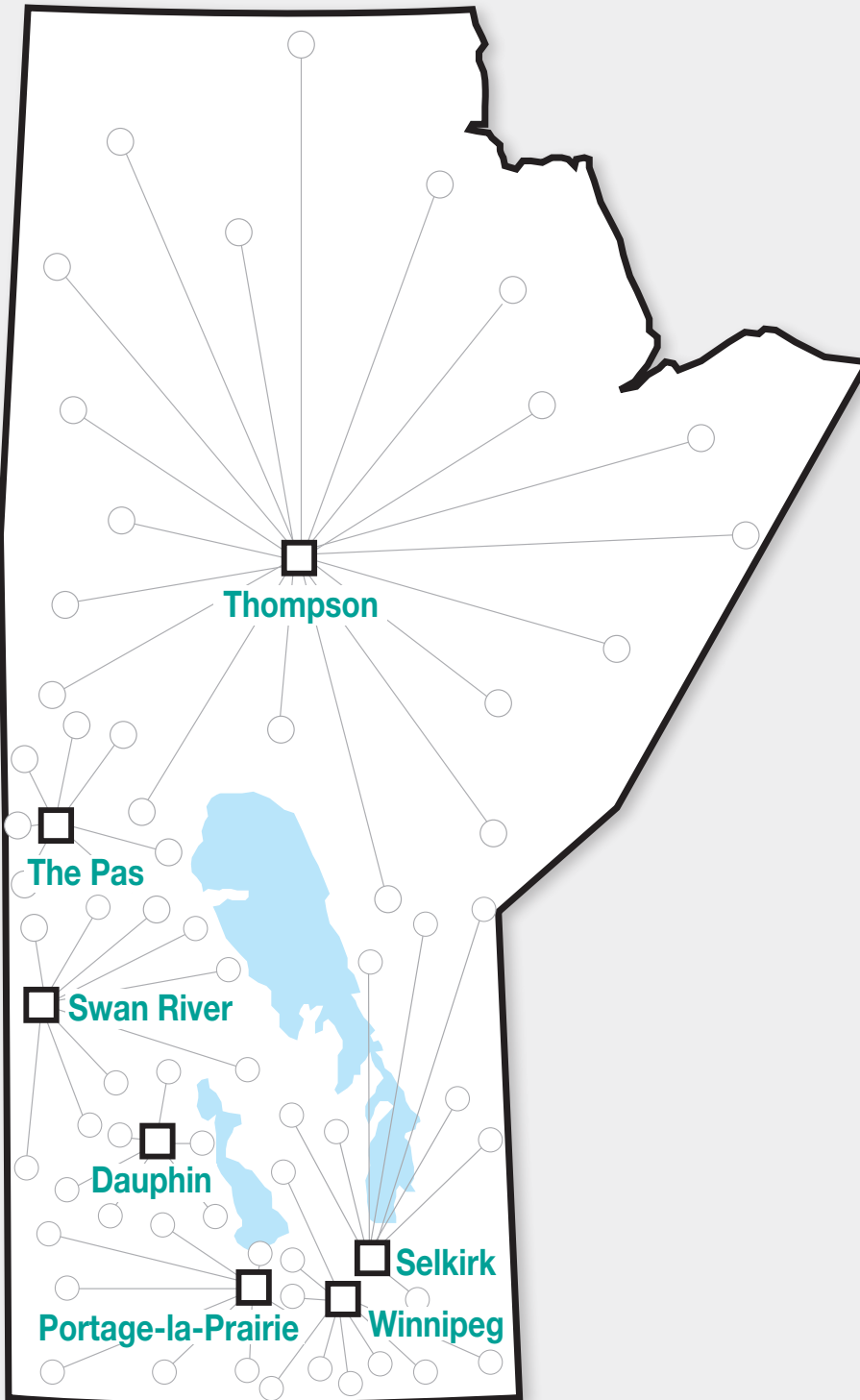




Wellness Support Response Directory



CMHA Manitoba and Winnipeg

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 E: hub@cmhawpg.mb.ca

CMHA Interlake Eastern Region

435 Main Street
 Selkirk, MB R1A 1V4
 T: 204-482-9723
 E: contact@cmhaie.ca

CMHA Central Region and Southern Manitoba area

102 – 1st Street NW
 Portage-la-Prairie, MB, R1N 1Y9
 T: 204-239-6590
 E: info@cmhacentral.ca

CMHA Parkland and The Pas Region-Swan Valley Branch

524 Main Street
 Swan River, MB R0L 1Z0
 T: 1-800-880-0824 (toll free)
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CMHA Thompson Region and surrounding area

43 Fox Bay
 Thompson, MB R8N 1E9
 T: 204-677-6056
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