

# SMD Clearinghouse

The Clearinghouse supports a network of independent self-help organizations for people with disabilities. Each has its own governing board and its own staff (paid and/or volunteer).

The Clearinghouse enables the participating organizations to share office space, technology, a common reception area and administrative support, as well as information and referral services, along with consultative services regarding governance, operations and fundraising.

Over 2300 Manitobans are active members of the Clearinghouse participating organizations. Thousands more contact the Clearinghouse and its constituent organizations each year for information and services.

The following section of the catalogue describes participating organizations of SMD's Clearinghouse and the events that they host. To inquire about these programs or register for events, please contact each organization directly.

## SMD Self-Help Clearinghouse Participating Organizations

<u>NAME</u>	<u>EMAIL</u>	<u>PHONE</u>
Asperger Manitoba Inc.	info@asperger-manitoba.ca	975-3037
Autism Society Manitoba	info@autismmanitoba.com	783-9563
Canadian Hard of Hearing Association - MB Chapter	mbchha@mts.net	975-3037
DisAbled Women's Network (DAWN) Manitoba Inc.	dawnmb@mts.net	975-3275
Fibromyalgia Support Group of Winnipeg	info@fmswinnipeg.com	975-3037
Manitoba Brain Injury Association	mbia@mts.net	975-3280
Manitoba Down Syndrome Society	mdss@mts.net	992-2731
Manitoba Huntington Disease Winnipeg Chapter	sfunk@huntingtonsociety.ca	772-4617
Muscular Dystrophy Canada	kathy.harbeck@muscle.ca	233-0022
Post-Polio Network (Manitoba) Inc.	postpolionetwork@shaw.ca	975-3037
Provincial Council of Women of Manitoba Inc.	pcwm@mts.net	992-2751
Winnipeg Ostomy Association	woainfo@mts.net	237-2022

Supported by:



## Autism Society Manitoba

Autism Society Manitoba is dedicated to the promotion of quality of life for persons living with ASD and their families.

### **Social Skills Training**—*One hour per week for 8 weeks (Mondays)*

- From 6 years of age and up
- Develop social skills for children, adolescents and young adults on the spectrum

### **Parent Support Group**— *Held once per month (TBA)*

- An information exchange with various topics/speakers

### **Parent Mentor Program**

- Match family experiencing a new diagnosis with another family

### **Peer support groups with persons with ASD**—*held at various times as needed*

- Social and learning opportunity for adolescents and young adults

### **Manitoba Tele-Health information session**—*Occurs second Wednesday of the month from October to June*

- Various topics presented to professionals in the field of autism, with rural outreach

### **Conferences**— *Winnipeg Conference – April 28-29, 2011*

Website: [www.autismmanitoba.com](http://www.autismmanitoba.com)  
Email: [info@autismmanitoba.com](mailto:info@autismmanitoba.com)  
Phone: 204-783-9563



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## Post-Polio Network (Manitoba) Inc.

To serve as a support group and information centre of Polio Survivors throughout Manitoba, especially those suffering from Post-Polio Syndrome. It works to acquaint the medical community and those responsible for government services as to the nature and extent of the problems associated with the late effects of Polio.

Informational meetings/events are held in September, October, March, April and May and June on the last Tuesday of the month.

Phone: 204-975-3037  
Website: <http://www.postpolionetwork.ca/index.html>  
Email: [postpolionetwork@shaw.ca](mailto:postpolionetwork@shaw.ca)



## The Manitoba Down Syndrome Society (MDSS)

The Manitoba Down Syndrome Society is an organization that provides support, information and awareness about Down Syndrome.

**Board Meetings** - 2nd Wednesday of every month from Sept to May

**Annual conference** -- See Me Beautiful 2010, October 8, 2010

**Speaker's Corner** – presentations upon request

**Parent Networking Evenings (Chat Nights)** – meeting with a guest speaker (contact group or website for upcoming topics and dates)

**Visiting Parents Program** – is available to provide new parents (or family members, friends) with the opportunity to visit with a trained volunteer parent. A visit may simply help you to realize you are not alone. A referral for a visit can be made to the MDSS by anyone, providing the parents have given their permission.

Please contact: [susancearns@shaw.ca](mailto:susancearns@shaw.ca)

For information, please contact Mina, Monday or Thursday from 9 am - 1pm

Website: [www.mbdss.com](http://www.mbdss.com)

Email: [mdss@mts.net](mailto:mdss@mts.net)

Phone: 204-992-2731



## Huntington Society of Canada – Manitoba

The Huntington Society of Canada is a national network of volunteers and professionals working together to find new treatments and, ultimately, a cure for Huntington disease (HD); and to improve the quality of life of individuals with Huntington disease and their families.

**Manitoba Huntington Disease Resource Centre** - Manitoba

**Living with Huntington Disease: Information/Support group** – Open to individuals with Huntington disease, their family and friends. Meetings are held at 7:00 pm in the Auditorium, Deer Lodge Centre, 2109 Portage Avenue. Please call or email to RSVP. Each meeting features a guest speaker and topic helpful for those living with HD.

Dates of upcoming meetings: *Tuesday, October 26, 2010 and Tuesday, March 22, 2011*

**Support Group** This group will provide participants an opportunity to mutually support each other, share coping and problem-solving strategies and exchange information about HD and resources. The group is open to individuals with HD, family caregivers, people at risk for HD and other family members. Please call or email to RSVP. All meetings are held at 7:00 pm at 825 Sherbrook Street. Dates of upcoming meetings:

Tuesday, September 28, 2010

Tuesday, November 23, 2010

Tuesday, February 22, 2011

Tuesday, April 26, 2011

Tuesday, June 28, 2011

**Educational presentations** Available to health care and social service staff on request. Presentations provide the audience with a better understanding of how Huntington disease affects the individuals and their families. Caring strategies are provided and specific questions can be addressed.

Website: [www.hdmanitoba.ca](http://www.hdmanitoba.ca)

Email: [sfunk@huntingtonsociety.ca](mailto:sfunk@huntingtonsociety.ca)

Phone: 204-772-4617



## The Fibromyalgia Support Group of Winnipeg Inc.

Sponsors and promotes education programs and services to all persons with Fibromyalgia, their families and friends, physicians and health care professionals

and the general public. Promotes and sponsors scientific and clinical research as to the causes, treatments and cure of Fibromyalgia Syndrome.

Monthly meetings with speakers (first Monday of every month except January, July and August)

- **September 13, 2010** – Diagnosis and Treatment of Fibromyalgia, Dr. Robinson, Rheumatologist
- **October 4, 2010** – Options After Disability, Michelle Patterson, WRHA
- **November 1, 2010** – Chronic Conditions and Intimacy, Dr. Matthew Bailly, Psychologist

**Taking Charge of Fibromyalgia** – Six hour program offered twice per year (Fall session and Spring session) to education people with the most up-to-date information on Fibromyalgia. Offered November 10 - 24, 2010 (afternoon class) and May 12 – 26, 2011 (evening class).

**Monthly Community meetings** – Informal neighborhood groups meet monthly in the Garden City area and St. Vital.

**Tai Chi for Active Living** – Two levels of instruction offered Tuesday and Thursday evenings at 825 Sherbrook St.

**Information session on fibromyalgia** – presented as requested.

Phone: 204-975-3037

Email: [info@fmswinnipeg.com](mailto:info@fmswinnipeg.com)

Website: <http://www.fmswinnipeg.com/index.php>



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## Winnipeg Ostomy Association

The Winnipeg Ostomy Association, Inc (WOA), is affiliated with the United Ostomy Association of Canada, Inc., (UOAC) a volunteer-based health organization dedicated to assisting people who have had or will have intestinal or urinary tract diversions by providing emotional support, instructional and information services, support to the family unit, and by promoting the services of the organization to public and professional communities.

**Monthly support group** – Meetings for all ostomates, families and friends are held at 825 Sherbrook on the 4<sup>th</sup> Wednesday of every month from September to May

**National Ostomy Association Visiting Program** – trained volunteers provide mutual support.

**National Conferences** – A National Conference is held biannually in even numbered years. The next such conference will be held in August 2012 in Toronto, Ontario.

Website: <http://www.ostomy-winnipeg.ca/>

Email: [woainfo@mts.net](mailto:woainfo@mts.net)

Phone: 204-237-2022

Winnipeg Ostomy Association

## Manitoba Brain Injury Association (MBIA)

The Manitoba Brain Injury Association assists individuals and families affected by brain injury by offering support, education and advocacy.

**Support Groups** -- groups for survivors and caregivers located around Manitoba (contact association or visit website)

**Empowerment Series** – Lecture series with guest speakers presenting topics related to brain injury

**Headways Social Group** – Social events planned for survivors and other members such as potluck dinners, games nights, picnics

**Peer Support** – Trained volunteers provide an understanding and hopeful presence to survivors and family members experiencing the acute stage of a brain injury.

### **P.A.R.T.Y. (The Prevent Alcohol and Risk-related Trauma in Youth)**

program teaches high school students how to recognize risk and make informed choices about activities and behavior. The one day experience includes a visit to a medical facility to follow the journey of a trauma patient from pre-hospital to rehabilitation.

**Mock Car Crash** -- The P.A.R.T.Y. program also stages an annual mock car crash in Winnipeg and one other Manitoba location. The dramatic event shows students the potential result of driving while impaired, without a seatbelt, or while speeding.

Website: [www.mbia.ca](http://www.mbia.ca)  
Email: [mbia@mts.net](mailto:mbia@mts.net)  
Phone: 204-975-3280



## Muscular Dystrophy Canada

Muscular Dystrophy Canada is committed to improving the quality of life for Canadians living with neuromuscular disorders and funding leading research for the discovery of therapies and cures for neuromuscular disorders.

Muscular Dystrophy Canada strives to:

- Ensure that people with neuromuscular disorders lead full and engaged lives by providing services that increase mobility and encourage independence
- Increase the awareness of neuromuscular disorders and their implications amongst Canadians to motivate changes in social policy at a national level.

Educational programs include:

**Community Education forums and workshops** - educate people with Neuromuscular Disorders about how to locate and take advantage of resources in their area (November 20, 2010)

**MuscleChat Program** – Connects individuals with a Neuromuscular Disorder to others in similar situations for support and networking purposes.

Website: <http://www.muscle.ca>  
Email: [Kathy.harbeck@muscle.ca](mailto:Kathy.harbeck@muscle.ca)  
Phone: 204-233-0022 or 1-888-518-0044



## Canadian Hard of Hearing Association - Manitoba Chapter

The Manitoba Chapter of the Canadian Hard of Hearing Association (CHHA Manitoba Chapter) is a non-profit, self-help consumer advocacy organization run by and for persons who have hearing loss. The mission of CHHA Manitoba Chapter is to raise public awareness concerning issues that relate to hearing loss, to ensure that consumers with hearing loss understand how to have their needs met, and to promote their integration and full participation in Canadian society.

- **Public meetings** with guest speakers speaking on topics of interest to persons with hearing loss, their families and friends.
- **Presentations** on topics related to hearing loss by one of our volunteer board members can be requested.
- A **National Conference** is held in May/June each year in Canada. Check our website for information on the next conference.
- **Ménière's Support Group** - a forum in which people with Ménière's disease or related vestibular disorders can learn to cope with their symptoms. Family members and support people are also welcome to attend.

Website: <http://www.chha-mb.ca>

Email: [mbchha@mts.net](mailto:mbchha@mts.net)

Email: [menieres-group@mts.net](mailto:menieres-group@mts.net)

Phone: 204-975-3037



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## DisAbled Women's Network (DAWN/RAFH) Manitoba

DAWN Manitoba is a provincial, cross-disability organization whose mission is to advocate to end the poverty, isolation, discrimination and violence experienced by women with disabilities. Membership is open to women of all ages and cultures with all types of self-identified disabilities. DAWN Manitoba is an affiliate of DAWN Canada - [www.dawncanada.net](http://www.dawncanada.net)

We have monthly meetings and hold educational workshops for women with disabilities on topics such as:

- American Sign Language (ASL)
- Universal Design
- Event Planning
- Human Rights

Phone: 204-975-3275

Email: [DAWNMB@mts.net](mailto:DAWNMB@mts.net)



## Asperger Manitoba Inc. - Asperger Manitoba Resource Centre

**Social Skills Training sessions - children and youth:** These sessions take place at U of M through the Department of Psychology with parallel parenting workshops that allow families of those with AS to develop important skills as they learn more about living with AS. Participants must apply and be screened for their suitability for inclusion in a given session.

**Skills for Living Training sessions - adults:** These sessions take place at SMD with supervision and participation of U of M Department of Psychology clinical students. A catalogue of topics is reviewed by potential participants once they have applied and been accepted into a 6 to 8 week session. Skills that can be explored include, but are not limited to social skills, relationships, dating, pre-employment skill development, job retention, anger management etc.

**Peer support groups - adults:** Facilitated drop-in meetings at SMD and U of M provide opportunities for adults with AS to meet with one another, listen to presentations, exchange ideas and experiences.

**Peer social activity group - adults:** Monthly opportunities to get together for a social experience with each other and within the broader Winnipeg community.

**Parent support group - parents of adults:** Facilitated monthly meetings that can include presentations on a variety of topics as well as informal information and experiential learning and mentoring.

**Parent support group - parents of children:** Facilitated monthly meetings that can include presentations on a variety of topics as well as informal information sharing, experiential learning and mentoring.

**Conferences:** Annual one and two day conferences as well as periodic mini-conferences that host respected speakers in the field of Asperger Syndrome, current research, skill development and service navigation.

Email: [info@asperger-manitoba.ca](mailto:info@asperger-manitoba.ca)

Phone: 975-3037

Website: [www.asperger-manitoba.ca](http://www.asperger-manitoba.ca)



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## Provincial Council of Women of Manitoba Inc. (PCWM)

PCWM is a federation of organizations and individuals who act in the public interest for the well being of individuals, families and communities. Through advocacy, education and research, Council promotes laws and programs that advance gender equality, environmental sustainability, human rights, peace and democracy.

Website: <http://www.pcwmanitoba.ca>

Email: [pcwm@mts.net](mailto:pcwm@mts.net)

Phone: 204-992-2751

Fax: 204-975-3027



## **SMD ASSET BUILDING PROGRAMS: Saving Circle & Individual Development Accounts**

Would you like to improve your financial situation? Is there something you or your family need, but it seems like you'll never be able to save enough money?

SMD Asset Building Programs may be right for you!

Saving Circle helps eligible low-income individuals and families to save for needed assets, such as furniture, course fees, work clothes or equipment, or medical/health needs. You have up to six months to save a maximum of \$250 for your approved goal. For every \$1 you save, Saving Circle will match it with \$3 in credits. That means that you can save up to \$1,000!

Individual Development Accounts are like Saving Circle, but with a saving maximum of \$1,000 over two years, again matched 3:1 for a possible total of \$4,000, to save for something big, like education, a home repair or major disability or health needs. You could even save for buying a house or starting a business if you were accepted into these specialized streams.

Once you have been accepted into either program, there will be on-going supports to help you set your goals and keep on track. These include:

- Money Management Training that will inform you about banking, budgeting, debt and credit management, and will help you to set your savings goal and overcome problems you might encounter. You will have the chance to learn from other participants and share your knowledge and experiences. This 10 week course will run early in 2011.
- One-to-one support from staff to guide you and help you find solutions to problems that might arise as you get closer to achieving your financial goal.

Peer Support from other Saving Circle or Individual Development Account Participants

For information, please contact: Zanna Joyce, Program Facilitator, by **email at [zjoyce@smd.mb.ca](mailto:zjoyce@smd.mb.ca)** or by **phone: 204-975-3103**.

**Or, pick up an application package from the SMD Clearinghouse office. Note that acceptance is on the basis of a complete application, eligibility by income level and choice of goals, and an interview.**