



Immigrant and Refugee  
Community Organization of Manitoba

## **EXTERNAL RESOURCES AND INFORMATION:**

### **NEWS UPDATES**

[Manitoba State of Emergency: What it Means](#)

[Government of Manitoba: COVID 19 Homepage](#)

### **FINANCIAL SUPPORTS**

[Government of Canada: Canada Emergency Response Benefit](#)

[Manitoba Rent Assist:](#)

### **COMMUNITY SUPPORTS**

[KIDS Help Phone](#)

[Klinic Crisis Line](#) (24/7): Phone: (204) 786-8686 / Toll free: 1-888-322-3019 / TTY: (204) 784-4097

Sexual Assault Crisis Line (24/7): Phone: (204) 786-8631 / Toll free: 1-888-292-7565 / TTY: (204) 784-4097

[Help Next Door](#)