



May 2018



SAGE HOUSE

Street Women's Health,
Outreach and Resource
Services

A Program of
Mount Carmel Clinic
For Women* Sex Trade Workers,
Drug Users or
Street Involved.

Currently operating out of
Mount Carmel Clinic
886/888 Main Street
Phone: 204 943-6379
Fax: 204 582-6006

If you do not have a
permanent
address you can use the
following mailing address.

























886 Main
c/o Sage House
Winnipeg, Manitoba
R2W 5L4

We will hold your mail until you
pick it up at
888 Main Street.

If you want to know if you have
mail or messages please call
204-943-6379



Mount Carmel
CLINIC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		1 Drop-In 1- 6 PM. Sharing Circle 1:30-2:30 PM. Sobriety Support 3-4 PM. Counsellor 1-5 PM. 	2 Drop In 1-5 PM. Free Dental Clinic 2 PM. Counsellor 1-5 PM. 	3 Drop-in 1-5 PM. HMBS Group 3-4 PM. 	4 Drop In 1-9 PM. Popcorn and Movie Night Cooking with Rebecca 	5
6	7 Drop in 1-5 PM. Bingo 2-3 PM. Drum Group 3 PM. Counsellor 1-5 PM. EIA Worker 2:30 PM. 	8 Drop-in 1- 6 PM. Sobriety Support 3-4 PM. Probation Worker Visit 1:30-3:30 PM. 	9 Drop in 1-5 PM. Baking 2 PM. Free Dental Clinic 2 PM. Counsellor 1-5 PM. 	10 Drop-In 1-5 PM. Hairstylist 1-3 PM. HMBS Group 3-4 PM. Massage Therapist 1-4 PM. 	11 Drop In 1-9 PM. Healing Ceremony 6-8 PM. 	12
13 	14 Drop in 1-5 PM. Bingo 2-3 PM. Drum Group 3 PM. CFS Support Group 5:30-7:30 PM. 	15 Drop-in 1- 6 PM. Sharing Circle 1:30-2:30 PM. Sobriety Support 3-4 PM. 	16 Drop In 1-5 PM. Baking 2 PM. Free Dental Clinic 2 PM. Counsellor 1-5 PM. Volunteer Meetings with Kristi 2 PM. 	17 Drop in 1-5 PM. Hairstylist 1-3 PM. HMBS Group 3-4 PM. Naloxone Training 1:30 PM. 	18 Drop in 1-9 PM. Cooking with Rebecca 2 PM. Popcorn and Movie Night 	19
20	21 STAT Holiday 	22 Drop-in 1- 6 PM. Sharing Circle 1:30-2:30 PM. Sobriety Support 3-4 PM. 	23 Drop in 1-5 PM. Baking 2 PM. Free Dental Clinic 2 PM. Counsellor 1-5 PM. 	24 Drop-In 1-5 PM. Hairstylist 1-3 PM. HMBS Group 3-4 PM. 	25 Drop in 1-9 PM. Popcorn and Movie Night 	26
27	28 Drop in 1-5 PM. Bingo 2-3 PM. Drum Group 3 PM. CFS Support Group 5:30-7:30 PM. 	29 Drop-in 1- 6 PM. House Meeting 2 PM. Sobriety Support 3-4 PM. 	30 Drop in 1-5 PM. Baking 2 PM. Free Dental Clinic 2 PM. Counsellor 1-5 PM. 	June 1 Drop in 1-5 PM. Hairstylist 1-3 PM. HMBS Group 3-4 PM. 	June 2 Drop in 1-9 PM. Full Moon Ceremony 6-8 PM. 	June 3

Drop-in: Monday, Wednesday & Thursday 1-5 PM. Tues 1-6 PM. & Friday 1-9 PM.



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Mount Carmel
CLINIC

Working together for
a healthy community

Information to Know, Events and Happenings May 2018

Drop in & Activities

Drop in will be held at 422 Dufferin on Mondays, Wednesdays and Thursdays 1-5 pm. Tuesdays 1-6 pm. and Fridays from 1-9 pm.

Food, activities, laundry, showers, resources, advocacy, referrals, counselling and computers.

Bingo every Monday. House Meeting once a month on a Wednesday. Drum Group Mondays at 3 pm. Movie Night every Friday.

Dinner served Tuesdays at 4:00 pm. Soup and Sandwiches served Fridays at 4:00 pm. Self serve kitchen cooking Monday, Wednesday and Thursday.

Baking Wednesdays. Birthday Celebrations last Thursday of the month.

Confidential Counselling Services available every Wednesday 1-5 pm. and some Mondays and Tuesdays in the Drop-in with a Social Worker from MCC.

No appointment needed. Check the front of the calendar for dates and times.

Health Care and Medical Services

Health Care for Sage Participants can be accessed at Mount Carmel Clinic (MCC) 886 Main Street. Call 204-582-2311 to book an appointment.

Sage House Ceremonies

Healing Ceremony May 11, 2018 at 6-8 pm.

Elder Velma Orvis will be at Drop-in every Tuesday and will be doing a Sharing Circle, Teachings and on some days conducting Ceremonies.

CFS Peer Support Group- This is a Co-Ed Peer Support Group for people who have or are still dealing with the System of Child and Family Services. This is an Empowerment Healing Group and another way to be each other's support and also to become more knowledgeable of what may work for us all. **Location Sage House- 422 Dufferin Ave**
This group will be running every second Monday 5:30-7:30 pm. check the front of the calendar for dates. There will be 8 main topics we will be exploring more in depth. There will also be a limit of bus tickets that are available, refreshments, door prize and attendance awards. We will also be doing Self Care and Wrap up after each main topic. **Facilitated by Krista Gill, you can also contact her if needed by Facebook and Cell Phone 204-798-7262.**

Dream Catchers- is a Sacred Sisterhood of Peer Supported-Strong-Healing Women – getting their power back.

Group meets every Wednesday afternoon **2-4 pm.** at **Klinic 870 Portage Avenue.** There are ongoing intakes for anyone interested in attending. For more information please contact **Kim at 204-226-9138.**

Sobriety Support Group- Come join your fellow sisters for support and sharing from a Harm Reduction Perspective once per week **Tuesdays 3-4 pm. at Sage Drop-in.** Letters for Court, CFS etc. available upon request. Bus tickets will be provided. Talk to Jada M. or Sherry N. at Sage Tuesday drop-in for more information.

Free Dental Clinic - Mount Carmel Clinic has a free dental clinic for street involved persons every **Wednesday at 2 pm.** If you are not on EIA or not eligible for dental benefits call **Staff at Sage House 204-943-6379** to book an appointment.

Heart Mind Body Spirit Group (HMBS)- A mindfulness group that will be held every **Thursday from 3-4 pm.** You will receive bus tokens for your attendance. Come and learn different techniques about how to be grounded, how to breath, and different spiritual paths that can help lead to healing, balance and ultimately the good life. Must be open to learn and willing to start to work on your own healing. **Call Kim from Klinic 204-226-9138 for more info.**

The Hairstylist Becky is at **drop-in every Thursday 1-3 pm** come get your hair cut or styled for free. Check in with staff at drop-in desk if you want your hair done and your name will be put in the draw for an appointment.

Registered Massage Therapist Carrie will be available to give massages at Sage Drop-in **1-4 pm. on one Thursday per month,** first come first served, sign up with staff when you arrive. Check front of calendar for dates.

Street Outreach- Sage House is doing **Street Outreach on Fridays from 6-9 pm.** where Sage Outreach Workers are in the community. They hand out sandwiches and harm reduction supplies. They can also assist with connecting to resources.