

# August 2018

# SAGE HOUSE

Street Women's Health,  
Outreach and Resource  
Services

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

422 Dufferin Avenue  
Winnipeg, Manitoba  
R2W 2Y5  
Phone: 204 943-6379  
Fax: 204 219-1929




























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
 <b>Nursing walk-in appointments at Sage House every Tuesday 1-4 pm.</b> <b>Nurse Practitioner walk-in appointments at Mount Carmel Clinic available every Wednesdays 1-4 pm.</b>  <b>Counsellor walk-in appointments at Sage House every Tuesday 1-5 pm. and every 2nd Monday on Monday August 13th and 27th from 1-5 pm.</b>			<b>1</b> <b>Drop In 1-5 pm</b> <b>Baking 2 pm</b> <b>Free Dental Clinic 2pm</b> 	<b>2</b> <b>Drop In 1-5pm</b> <b>Hairstylist 1-3pm</b> <b>HBMS Group 3-4 PM</b> 	<b>3</b> <b>Drop in 1-9 PM.</b> <b>Popcorn &amp; Movie night 6-8 PM.</b> 	<b>4</b>
<b>5</b>	<b>6</b> <b>Sage House Closed Stat Holiday</b>	<b>7</b> <b>Drop-in 1- 6 PM.</b> <b>Sharing Circle 1:30 PM.</b> <b>Sobriety Support 3-4 PM.</b> 	<b>8</b> <b>Drop in 1-5 PM.</b> <b>Baking 2 PM.</b> <b>Free Dental Clinic 2 PM.</b> 	<b>9</b> <b>Drop-in 1-5 PM.</b> <b>Hairstylist 1-3 PM.</b> <b>Massage Therapist 1-3pm</b> <b>HMBS Group 3-4 PM.</b> 	<b>10</b> <b>Drop in 1-9 PM.</b> <b>Popcorn and Movie Night Bar-B-Q St. Johns park 5:30-7:30 PM</b> 	<b>11</b>
<b>12</b>	<b>13</b> <b>Drop in 1-5 PM.</b> <b>Bingo 2-3 PM.</b>  <b>Drum Group 3 PM.</b>  <b>CFS Support Group 5:30-7:30 PM.</b>	<b>14</b> <b>Drop-In 1- 6 PM.</b> <b>Sharing Circle 1:30-2:30 PM.</b> <b>Sobriety Support 3-4 PM.</b> <b>Probation 1:30-3:30 PM</b> 	<b>15</b> <b>Drop in 1-5 PM.</b> <b>Baking 2 PM.</b> <b>Free Dental Clinic 2 PM.</b> 	<b>16</b> <b>Drop in 1-5 PM.</b> <b>Hairstylist 1-3 PM.</b> <b>HMBS Group 3-4 PM.</b> 	<b>17</b> <b>Drop in 1-9 PM.</b> <b>EIA worker 2:30-3:30 pm</b> <b>Karaoke Night 6-9 pm</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>Drop in 1-5 PM.</b>  <b>Bingo 2-3 PM.</b> <b>CFS Support Group 5:30-7:30 PM</b>	<b>21</b> <b>Drop-In 1- 6 PM.</b> <b>Sharing Circle 1:30-2:30 PM.</b> <b>Sobriety Support 3-4 PM.</b> <b>Probation Worker Visit 1:30-3:30 PM.</b> 	<b>22</b> <b>Drop in 1-5 PM.</b> <b>Baking 2 PM.</b> <b>Free Dental Clinic 2 PM</b> 	<b>23</b> <b>Drop In 1-5 PM</b> <b>Hairstylist 1-3 PM</b> <b>HBMS Group 3-4 PM</b> 	<b>24</b> <b>Drop in 1-9 PM.</b> <b>Drum and Full Moon Ceremony 6-9 pm</b>  	<b>25</b> <b>No Stone Unturned Free Concert St. John's Park 2:00-10:00 PM</b>
<b>26</b>	<b>27</b> <b>Drop in 1-5 PM.</b>  <b>Bingo 2-3 PM.</b> <b>Drum Group 3 PM</b> 	<b>28</b> <b>Drop-in 1- 6 PM.</b> <b>Sharing Circle</b> <b>Sobriety Support 3-4 PM.</b> 	<b>29</b> <b>Drop in 1-5 PM.</b> <b>Baking 2 PM.</b> <b>Free Dental Clinic 2 PM.</b> <b>House Mtg. 2pm</b> 	<b>30</b> <b>Drop in 1-5 PM.</b> <b>Hairstylist 1-3 PM.</b> <b>HMBS Group 3-4 PM.</b> <b>Birthday Celebration 4 PM.</b>  	<b>31</b> <b>Drop in 1-9 PM.</b> <b>6-8 PM..</b> <b>Popcorn &amp; movie night</b> 	

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



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A Program of Mount Carmel Clinic



Mount Carmel  
CLINIC

Working together for  
a healthy community

## Information to Know, Events and Happenings August 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. unless a Ceremony is happening. 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. Karaoke Friday August 17th 6-9 PM

### Counselling, Health Care and Medical Services

Nursing walk-in appointments available in the Sage Drop-in every Tuesday 1-4 pm. Health Care for Sage Participants can also be accessed at Mount Carmel Clinic (MCC) 886 Main Street. Call 204-582-2311 to book an appointment.

Nurse Practitioner walk in medical appointments available every Wednesday 1-4 pm. at Mount Carmel Clinic

Confidential Counselling available at Sage House every 2nd Monday and every Tuesday with a Mount Carmel Clinic Social Worker.

### Sage House Ceremonies

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

**Full Moon Ceremony August 24, 2018 -6-8 pm.**

**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. **Sage House- 422 Dufferin 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. Bus tokens, refreshments, door prize and attendance awards provided. **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 breathe, 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.