



December 2019



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
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
1 Drop-in open 11-3 PM. World AIDS Day	2 Health Care 1-3 PM. Bingo 2 PM.	3 Sobriety Support 3 PM. Sharing Circle 5:30 PM.	4 Baking 2 PM. Decorating the Drop-in Party	5 Hairstylist 1 PM. SWAT Group 3 PM. Popcorn & Movie Night	6 Health Care 1-3 PM. Drum Group 2 PM.	7
8 Drop-in open 11-3 PM.	9 Health Care 1-3 PM. Bingo 2 PM. CFS Support Group 5:30 PM.	10 Sobriety Support 3 PM. Full Moon Ceremony 5:30 PM.	11 Baking 2 PM. Holiday Crafting 3 PM.	12 Hairstylist 1 PM. SWAT Group 3 PM. Holiday Crafting Night 5 PM.	13 Health Care 1-3 PM. Drum Group 2 PM.	14
15 Drop-in open 11-3 PM.	16 Health Care 1-3 PM. Bingo 2 PM. Naloxone Training 3 PM.	17 Holiday Party EIA Worker 2 PM. Sobriety Support 3 PM. Sharing Circle 5:30 PM.	18 Holiday Bake & Take 2 PM. Birthday Celebration 3 PM.	19 Hairstylist 1 PM. SWAT Group 3 PM. Karaoke Night	20 Health Care 1-3 PM. Drum Group 2 PM.	21
22 Drop-in open 11-3 PM.	23 Health Care 1-3 PM. Bingo 2 PM. CFS Support Group 5:30 PM.	24 Winter Solstice Ceremony 2 PM. Sobriety Support 3 PM. DROP-IN CLOSSES AT 5 PM. TODAY	25 MERRY CHRISTMAS Sorry, we are CLOSED	26 HAPPY BOXING DAY! Sorry, we are CLOSED	27 Health Care 1-3 PM. Drum Group 2 PM.	28
29 Drop-in open 11-3 PM.	30 Health Care 1-4 PM. Bingo 2 PM. House & Volunteer Meeting 3 PM.	31 Pizza Lunch Sobriety Support 3 PM. DROP-IN CLOSSES AT 5 PM. TODAY	Jan 1 HAPPY NEW YEAR Sorry, we are CLOSED	Jan 2 Hairstylist 1 PM. SWAT Group 3 PM.	Jan 3 Health Care 1-3 PM. Drum Group 2 PM.	Jan 4

Drop-in Hours : Sunday 11-3 PM. Monday, Wednesday & Friday 1-5 PM. Tuesday & Thursday 1-8 PM.
Outreach Hours: Tuesday, Wednesday & Thursday 6-9 PM.



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Resource Services
204-943-6379
A Program of Mount Carmel Clinic



Working together for
a healthy community



Information to Know, Events and Happenings December 2019

Drop in & Activities

Drop in will be held at 422 Dufferin on Sunday 11-3 pm. Monday, Wednesday and Friday 1-5 pm. and Tuesdays and Thursday from 1-8 pm.
Food, activities, laundry, showers, resources, advocacy, referrals, counselling, access to computers. Bingo every Monday. Drum Group every Friday at 2 pm.
Baking Wednesdays. House Meeting once a month, Birthday Celebrations last Wednesday of the month.
Dinner served Tuesdays at 4:30 pm. Soup and Sandwiches served Thursdays at 4:30 pm.

Health Care, Counselling and Support

Monday and Friday 1-3 pm. Nurse Practitioner Jessica from Mount Carmel Clinic will be at Sage House providing Health Care for Sage Participants.
Tuesday's 1-3 pm. Confidential Counselling and Support is available at Sage House with **Sam from Klinic.**
Thursdays 1-3 pm. Melody the Indigenous Social Worker from Mount Carmel Clinic is available in the dropin for Support, Advocacy, Referrals and Resource Information.
Friday's 1-4 pm. Mimi from North End Women's Centre will be at Sage House providing Support, Advocacy, Resources and Information about Programs offered at NEWC.

Sage House Ceremonies

Elder Velma Orvis will be at Drop-in every Tuesday providing Elder Support and also leading a Sage Sisters Sharing Circle, teachings and on some days conducting Ceremonies.
Full Moon Ceremony Tuesday December 10, 2019 at 5:30 pm.
Winter Solstice Ceremony and Feast Tuesday December 24, 2019 at 2 pm.

Sage House Activities

Holiday Craft Night Thursday December 12, 2019 at 5:30 pm. Join us to make holiday crafts to take home.
Monday December 16, 2019 at 3 pm. Public Health Nurse Jacquie and Staff from Healthy Sexuality & Harm Reduction will be at Sage House to train Participants on Opioid Overdoses and give out free Naloxone Kits.
Sage House Holiday Party & Dinner Tuesday December 17, 2019. Santa and Elves
Holiday Bake & Take Wednesday December 18, 2019 at 2 pm. Come bake holiday goodies to take home.

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.**

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.

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 House Drop-in.** Letters for Court, CFS etc. available upon request. Bus tokens will be provided.

SWAT Group- (Sex Workers Addressing Treatment) This group is an open group that meets at Sage House **Thursdays 3-4 pm.** SWAT will help women understand personal challenges and promote healthy lifestyle changes. The group will offer topics that address issues women face when exiting the sex trade such as creating healthy behaviors, harm reduction practices, addiction issues, coping skills and dealing with triggers. Incentives for attendance and bus tickets will be available. Special events and outings will also be planned. **Call Kim 204-226-9138 or Karen at 204-451-8091 for more info.**

The Hairstylist Becky is at **drop-in 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.
Registered Massage Therapist Carrie will be available to give massages at Sage Drop-in **1:30-3 pm. on one day 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 Tuesday, Wednesday & Thursday from 6-9 pm.** where Sage Outreach Workers are in the community. They hand out water, sandwiches and harm reduction supplies. They can also assist with connecting to resources.