

★ January 2020 ★

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  HAPPY NEW YEAR 	2 Hairstylist 1 PM.  SWAT Group 3 PM.  Popcorn & Movie Night 	3 Health Care 1-3 PM.  Drum Group 2 PM. 	
5 Drop-in open 11-3 PM.	6 Health Care 1-3 PM.  Bingo 2 PM. 	7 Massage Therapist 1 PM.  Sobriety Support 3 PM.  Sharing Circle 5:30 PM 	8 Baking 2 PM.  House & Volunteer Meeting 3 PM. 	9 Hairstylist 1 PM.  SWAT Group 3 PM.  SSWAC Presentation 5:30 PM. 	10 Health Care 1-3 PM.  Drum Group 2 PM. 	
12 Drop-in open 11-3 PM.	13 Health Care 1-3 PM.  Bingo 2 PM. 	14 Sobriety Support 3 PM.  Probation Worker 1:30 PM. Full Moon Ceremony 5:30 PM. 	15 Baking 2 PM.  STI & Syphilis Presentation & Free Testing 2 PM. 	16 Hairstylist 1 PM.  SWAT Group 3 PM.  Karaoke Night 	17 Health Care 1-3 PM.  Drum Group 2 PM. 	
19 Drop-in open 11-3 PM.	20 Health Care 1-3 PM.  Bingo 2 PM.  Red Road to Healing Group 5:30 PM. 	21 EIA Worker 2 PM. Sobriety Support 3 PM.  Sharing Circle 5:30 PM 	22 Baking 2 PM.  Crafts 3-4 PM. 	23 Hairstylist 1 PM.  SWAT Group 3 PM. 	24 Health Care 1-3 PM.  Drum Group 2 PM. 	
26 Drop-in open 11-3 PM.	27 Health Care 1-4 PM.  Bingo 2 PM.  Red Road to Healing Group 5:30 PM. 	28 Sobriety Support 3 PM.  Sharing Circle 5:30 PM Pizza Supper 	29 Baking 2 PM.  Birthday Celebration 3 PM. 	30 Hairstylist 1 PM.  SWAT Group 3 PM. 	31 Health Care 1-3 PM.  Drum Group 2 PM. 	

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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204-943-6379
A Program of Mount Carmel Clinic



Working together for
a healthy community

Information to Know, Events and Happenings January 2020

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 Klinik.**

Tuesdays & Wednesdays 1-5 pm. Social Worker Andrea from Mount Carmel Clinic will be in the Drop-in for Counselling, Support, Art Therapy Activities and Resources.

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 January 14, 2020 at 5:30 pm.

Red Road to Healing Program

for Sage Participants will be starting on **January 20, 2020** at Sage House. The Program will run for **10 weeks on Monday evenings from 5:30-8:00 pm.** This program is to help women become strong on their healing journey, reducing their vulnerability to violence and abuse and to develop awareness of their rightful place in their Culture. This weekly **CLOSED GROUP (only those pre-registered will be allowed to attend)** will consist of Sharing Circles, Cultural Activities, Traditional Ceremonies, Education, Support and a Sweat Lodge. Elders will also come in to present teachings. The group will be facilitated by Raine and Karen.

All Sage Participants wanting to attend Group MUST register and complete an intake with Karen at Sage House by January 17, 2020. For more information you can call Karen at 204-451-8091.

SWWAC Sex Workers of Wpg Action Collation Presentation & Discussion Thursday January 9, 2020 at 5:30 pm. Johnny from SWWAC will be at Sage Dropin to discuss sex worker safety, their website, bad dates and current events.. Snacks, bus tokens and door prize will be available.

STI & Syphilis Presentation & Free Testing Wednesday January 15, 2010 at 2 pm. Bryce a Nurse from Street Connections and Public Health Nurse Jacquie will be at Sage to present on STI's and do free testing. Snacks, bus tokens and door prize will be available.

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.