



March 2020



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.	2 Health Care 1-4 PM. Bingo 2 PM. Red Road to Healing Group 5:30 PM.	3 Sobriety Support 3 PM. International Woman's Day Dinner Theater Performance 5 PM.	4 Baking 2 PM. Art Therapy 3 PM.	5 Hairstylist 1 PM. Massage Therapist 1 PM. SWAT Group 3 PM. Swwac Art Workshop 5:30 PM.	6 Health Care 1-3 PM. Drum Group 2 PM.	7
8 Happy International Woman's Day Drop-in open 11-3 PM. Turn Clocks Forward 1 hour!	9 Health Care 1-4 PM. Bingo 2 PM. Volunteer Meeting & Orientation 3 PM. Red Road to Healing Group 5:30 PM.	10 Sobriety Support 3 PM. Full Moon Ceremony 5:30 PM.	11 Baking 2 PM. House Meeting 3 PM.	12 Hairstylist 1 PM. SWAT Group 3 PM. Karaoke 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. Red Road to Healing Group 5:30 PM.	17 Happy St. Patrick's Day Party EIA Worker 2 PM. Sobriety Support 3 PM. Sharing Circle 5:30 PM.	18 Baking 2 PM. Art Therapy 3 PM.	19 Hairstylist 1 PM. SWAT Group 3 PM. Spring Solstice Ceremony & Feast 5:30 PM.	20 Health Care 1-3 PM. Drum Group 2 PM.	21
22 Drop-in open 11-3 PM.	23 Health Care 1-4 PM. Bingo 2 PM. Red Road to Healing Group 5:30 PM.	24 Sobriety Support 3 PM. Sharing Circle 5:30 PM.	25 Baking 2 PM. Birthday Celebration 3 PM.	26 Hairstylist 1 PM. Harm Reduction Presentation & STI testing 1:30 PM. SWAT Group 3 PM.	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. Red Road to Healing Group 5:30 PM.	31 Sobriety Support 3 PM. Sharing Circle 5:30 PM. Pizza Supper	Niso Mistikwaskihkwak * Two Drums Community Drum Circle and Teachings every Thursday at Mount Carmel Clinic 886 Main Street 5-7:30 pm. For Women, Men & Youth Everyone is Welcome!			

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.



Street Women's Health, Outreach and
Resource Services
204-943-6379
A Program of Mount Carmel Clinic



Working together for
a healthy community

Information to Know, Events and Happenings March 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 Klinkic.**

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.

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 March 10, 2020 at 5:30 pm.

Spring Solstice Ceremony & Feast Thursday March 19, 2020 at 5:30 pm.

THE VOLUNTEER PROGRAM AT MOUNT CARMEL CLINIC HAS CHANGED!

IF YOU ARE INTERESTED IN VOLUNTEERING AT SAGE HOUSE, OR IF YOU ARE AN EXISTING SAGE HOUSE VOLUNTEER, PLEASE JOIN US

MONDAY March 9, 2020 FROM 3:00 to 4:00 PM FOR A VOLUNTEER ORIENTATION SESSION.

IN ORDER TO VOLUNTEER AT SAGE HOUSE, YOU MUST ATTEND AN ORIENTATION.

ORIENTATIONS WILL BE HELD ONCE-A-MONTH So if you miss this one you can go to the next one.

For more information you can call Claire The Community Engagement Coordinator at Mount Carmel Clinic at 204-589-9418.

International Women's Day Dinner Theater Performance **Tuesday March 3, 2020 at 5 pm.** Come for a special dinner & dessert and see performances by Sarasvati Productions to celebrate International Women's Week.

Harm Reduction Presentation **Thursday March 26, 2020 at 1:30 pm.** Bryce a Nurse from Street Connections & Tamara Public Health Nurse will be at Sage to present on Drug use and Harm Reduction and offer STI testing, snacks & bus tokens available.

SWWAC Sex Workers of Wpg Action Collation **Thursday March 5, 2020 at 6 pm.** Johnny from SWWAC will be at Sage Dropin to collaborate and work on an art project and have conversation around safer sex work.

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.