

Low Cost Resources

Salvation Army Thrift Stores:

1050 Leila Ave. 586-2556
Monday-Friday 9:30am -9pm, Saturday 9am- 6pm

3511 Roblin Blvd. 889-1018
Monday-Friday 10am -8pm, Saturday 10am- 6pm

1080 Nairn Ave. 661-8194
Monday-Friday 9:30am -9pm, Saturday 9am- 6pm

145 Goulet St. 233-7897
Monday-Friday 9:30am -7pm, Saturday 9am- 6pm

1030 Empress Ave. 772-2050
Monday-Friday 9:30am -9pm, Saturday 9am- 6pm

97 Sherbrook St. 772-9003
Monday-Friday 10am -6pm, Saturday 10am- 6pm

The Goodwill Stores:

62 Princess St. Electronics and household goods

70 Princess St. Clothing and furniture
Monday-Saturday 10am-5pm 943-6435

317 St. Anne's Road 257-3644
Monday-Friday 10am-8pm, Saturday 9am-5pm,
Sunday 12pm-5pm

1540 Pembina Hwy. 261-6221
Monday-Friday 9am -9pm, Saturday 9am-6pm

110-701 Regent Ave W. 475-6438
Monday-Friday 10am-8pm, Saturday 9am-5pm,
Sunday 12pm-5pm

Low Cost Resources

Value Village Stores:

1695 Ellice Ave. 774-1315
Monday-Saturday 9am-9pm, Sunday 12-6pm

1560 Regent Ave. 661-9045
Monday-Saturday 9am-9pm, Sunday 12-6pm

942 Jefferson Ave. 694-6844
Monday-Saturday 9am-9pm, Sunday 12-6pm

1729 Pembina Hwy. 261-8719
Monday-Saturday 9am-9pm, Sunday 12-6pm

3629 Portage Ave. 831-7561
Monday-Saturday 9am-9pm, Sunday 12-6pm

Free online classified services:

www.usedwinnipeg.com

www.winnipeg.kijiji.ca

www.groups.freecycle.org/WpgFreecycle

Please use caution when buying or selling on these sites. When buying or selling, you should meet in-person to see the product and exchange funds.

Do not give personal information or bank information to anyone online, and consider meeting with the sellers or buyers in public places for your personal safety.

Never send or wire money to sellers or buyers. This includes never mailing a cheque or using payment services (PayPal, Western Union or Money Gram) to pay for items found on online classifieds.

Free/ Low Cost Household Items in Winnipeg

Compiled by:

Nine Circles Community
Health Centre
705 Broadway, WPG MB

www.ninecircles.ca
940-6000

Information may have changed.
Phone numbers are provided
so you can check before you go.

Information in this guide was
updated June 2012.

Free Resources

Adventist Community Services

95 Stadacona St. 663-2278

Free clothing, limited furniture.

Every second Monday 1pm - 4pm

Tues/ Wed/ Thurs/ Fri 9am - 12pm

Centre Flavie Laurent Center

164 Marion St. (on bus route #19) 233-4936

www.cflc.info

Monday - Friday 9am-1pm

If you would like to request an item(s), you must go to the centre (Monday - Friday 9am-1pm) and complete a registration form.

Please have your medical number and employment income assistance information with you.

They do their best to help you receive the items you need if you qualify. CFCL is for people in need only. CFCL will deliver for \$25.

Hands of Hope

www.handsofhope.ca 261-8607

50 Barnes St. (mailing address-not warehouse)

Hands of Hope provides free basic furniture (beds, couches, kitchen tables, chairs and dressers) to people in need.

Phone 261-8607 with your MB Health Card Number to register your name on the wait list. They will phone you when your name is next on the list.

If you do not hear from them in 2 weeks, you must phone again to keep your registration current.

Average wait time is 1-3months.

All furniture is delivered free by Hands of Hope.

North End Women's Resource Centre Up Shoppe

382 Selkirk Ave. 582-3494

Up Shoppe open Monday to Friday 9am - 4:30pm

Women's and children's clothing and household items available at low cost.

They hold a bag sale the weeks that child tax comes out.

Free items for women leaving domestic violence situations, fire victims or cases of families gaining custody on very short notice. Phone for more info.

Oyate Tipi Cumini Yape

606 Selkirk Ave. 589-2218

www.oyatetipi.com

Oyate Tipi Cumini Yape has a community based central depot with household items distributed to women and children who face poverty and/or are leaving abusive situations.

If you are interested in receiving household goods, you must speak with a counsellor from one of their ten partner agencies:

- Alpha House
- Elizabeth Fry Society
- Ikwe-Widdjiitiwin (Ikwe)
- L'Entre-Temps des Franco Manitobains
- Ma Mawi Wi Chi Itata Centre, Inc. Residential facilities only (Isobel's Place, Spirit of our Little Sisters, Circle of Care)
- Native Women's Transition Centre
- North End Women's Centre
- Osborne House
- Wabhung Abinoonjjiag
- W.I.S.H. (Women in Second Stage Housing)

Siloam Mission

300 Princess St. 956-4344

www.siloam.ca

Free wash cloths, bedding and toiletries as well as clothing and footwear.

4pm -7pm Monday

10am -1:30pm Tues/ Wed/ Thurs /Sat

Arrive early to get a number (limited numbers)

West Central Women's Resource Centre

640 Ellice Ave. 774-8975

ww.wcwrc.ca

Women only. Free clothing room has women's, children's clothing and small household items.

Monday, Wednesday, Friday 9am - 4:30pm

Tuesday 1:30 - 6:00 pm

Low Cost Resources

Mennonite Central Committee Thrift Stores:

MCC Furniture Thrift Shop

18 Keewatin St. 694-3669

Low cost furniture and household items for sale.

Monday, Tuesday, Wednesday 10am-5pm

Thursday 10am-8pm Friday, Saturday 10am-5pm

Kildonan Community MCC Thrift Shop

445 Chalmers Ave. 668-0967

Tuesday-Saturday 10am-4pm

Sargent MCC Thrift Shop

859 Sargent Ave. 783-8185

Tuesday-Saturday 10am-4pm

Selkirk MCC Thrift Shop

511 Selkirk Ave. 586-2527

Mon/ Tues/ Thurs/ Fri/ Sat 10am-4pm