

BEREAVEMENT SUPPORT PROGRAMS

Community Resource List

June 27, 2008

Prepared by:



**hospice &
palliative care
manitoba**

Price \$2.00

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Name: Aboriginal Health and Wellness Centre of Winnipeg

Address: 215-181 Higgins Ave.
Winnipeg MB R3B 3G1

Phone/ Fax Number: Phone: 925-3700 Fax: 925-3709

Email/ Website: info@abcentre.org www.abcentre.org/health.html

Contact: Darlene Hall

Services: "The Aboriginal Health & Wellness Centre provides access to those resources which will enable an enhancement of the lifestyles and living conditions of the urban Aboriginal people and facilitate the creation of a healthy self-determining community centre where healing is holistic, culture-based and accessible to all Aboriginal people regardless of beliefs and backgrounds."

- Elders/Teachers/Healers providing guidance through spiritual direction and ceremonies. By appointment.
- Women's/Men's/Children's healing programs
- Wellness Centre
- Indian Residential School Program

There are no specific bereavement support programs.

The nurse or community health worker will refer.

No fees

Name: Age & Opportunity

Address: 2nd Floor, 280 Smith Street
Winnipeg, MB R3C 1K2

Phone/ Fax Number: Phone: 956-6440 Fax: 946-5667

Email/ Website: smith@ageopportunity.mb.ca www.ageopportunity.mb.ca

Contact: Stacey Miller

Services:

- Non-denominational, for persons 55 years of age and over
- Widowed Persons' Bereavement Support Group in Downtown and North Kildonan.
- admission through interview; admission criteria apply
- Individual bereavement counselling by appointment
- *Bereavement Support Groups are offered at various times throughout the year.*

No fees

Name: Aurora Family Therapy Centre

Address: Room 2S03, Sparling Hall
University of Winnipeg
515 Portage Avenue
Winnipeg, MB R3B 2E9

Phone/ Fax Number: Phone: 786-9251 Fax: 772-2547

Email/ Website: m.boyd@uwinnipeg.ca www.aurora.uwinnipeg.ca

Contact: Marilyn Boyd

- Services:**
- To educate family therapists and provide therapy services to the community.
 - Individual and family grief counselling services by appointment.
 - personal referral
 - private counselling (not religious-based)
 - Fee: sliding scale based on ability to pay.

Name: The Beginning Experience

Address: c/o Archdiocese of St. Boniface
151 avenue de la Cathedrale
Winnipeg, MB R2H 0H6

Phone/ Fax Number: 275-3090 (information line)

Email/ Website: www.winnipegbe.ca

Contact: Michelle 254-8903

- Services:**
- 10 - Session grief program – Levels 1-4, based on stages of grief-Fee: \$40 - \$70
 - Personal Growth Weekends (for adults at Lauriat Landing – Formerly Villa
 - Maria- who are ready to move on following a loss due to divorce, separation, or death)- April and October-Fee: \$230
 - Call information line for dates
 - *Note: Support groups for single/divorced/widowed; not specific to bereavement*

Name: CancerCare Manitoba

Address: M R MacCharles Unit
675 McDermot
Winnipeg, MB R3E 0V9

St. Boniface Unit
O Block, 409 Tache
Winnipeg, MB R2H 2A6

Phone/ Fax Number: 787-2109 (MacCharles)

235-3141 (St. Boniface)

Email/ Website: www.cancercare.mb.ca

Contact: Psychosocial Oncology:
787-2109 (MacCharles)
237-2006 or 787-2109 (St. Boniface)

Fax: 786-0623
Fax: 237-6048

Services

- Individual / family grief counselling for family members of CancerCare clients who have died.
- individual children's counselling available; children's grief groups held at St. Boniface (see page 13)
- no fees
- staff assigned by disease site
- Bereaved Daughters' Support Group - for women who have lost their mothers to any cause of death
- held on an annual basis
- registration required
- admission by interview
- call Linda McKellar: 237-2449
- (Palliative Care Social Worker; Grief Program coordinator)

Name: Centre Renaissance Centre

Address: 844 Autumnwood Drive
Winnipeg, MB R2J 1C1

Phone/ Fax Number: Phone: 256-6750

Fax: 256-5504

Email/ Website: renais@mts.net

<http://www.mts.net/~renais/>

Contact: Jeanette Berard, Executive Director

Services

- Individual, group, and family counselling, in French or English
- Support groups organized if demand warrants
- Men's groups (English)
- Body work series (French)

*Note: There are no specific bereavement support programs.
Sliding-scale fees based on ability to pay*

Name: Centre de Renouveau Aulneau Renewal Centre Inc.

Address: 601 Rue Aulneau
Winnipeg MB R2H 2V5

Phone/ Fax Number: Phone: 987-7090 Fax: 987-8880

Email/ Website: aulneau.renewal@shawcable.com www.members.shaw.ca/aulneau.renewal

Contact: Monique Hutchison

Services A bilingual, non-profit organization founded by the Missionary Oblate Sisters.
Individual and group counselling in French or English.

- Offers grief counselling to adults on a one-to-one basis.
- "Grief, Courage and Its Journey": Eight-week workshop for adults on grieving, putting emphasis on the phases of the grieving process, how to process the feelings accompanying grief, the readjustments to a new life, transformation and healing.
- offered twice yearly
- limited enrolment, register early
- contact receptionist (987-7090)

Sliding-scale fees based on ability to pay

Name: Centre Youville Centre

Address: 6 - 845 Dakota St.
Winnipeg MB R2M 5M3

Phone/ Fax Number: Phone: 255-4840 Fax: 255-4903

Email/ Website: www.youville.ca

Contact: Jo Storonzinski and Cesar Gonzales

Services

- "Bereavement Walking Group" Bereavement Group in partnership with Hospice & Palliative Care Manitoba
- registration required
- Individual counselling by appointment for residents of St. Vital
- Bereavement support and some counselling. Assessment and referrals given.

No fees

Name: Childhood Cancer Foundation - Candlelighters Manitoba

Address: 11 Breton Bay
Winnipeg, Manitoba R3X 2H2

Phone/ Fax Number: Phone: 895-1614

Email/ Website: www.candlelighters.ca

Contact: Doug Schatz

Services Manitoba chapter of Childhood Cancer Foundation Candlelighters Canada, which supports parents of children who are living with or have died of cancer.

- Supportive and social evenings: monthly coffee night; annual family camp; special events approximately every two months
- Access to resource material through Candlelighters Canada national library
- Quarterly newsletter
- Information meetings 3-to-4 times per year
- Parent to Parent Visitations

No fees

Name: Circle of Life/ Thunderbird House

Address: 715 Main St.
Winnipeg, MB R3B 3N7

Phone/ Fax Number: Phone: 940-4240 Fax: 940-4243

Email/ Website: www.thunderbirdhouse.com

Services A community development organization that offers spiritual and social support, particularly to members of the Aboriginal community.

- PAAPIIWAK support for ex Gang Members
940-4247
- Men's & Women's Healing Sessions (held separately)
- Individual or family counselling with Resident Elder (drop-in or by appointment)
- no fees

Note: Currently there is no grief/loss support group, but groups are established according to needs expressed by the community, so grief/loss may be offered in future

Name: The Compassionate Friends - Winnipeg Chapter

Address: 685 William Avenue
Winnipeg, MB R3E 0Z2

Phone/ Fax Number: 787-4896 (Volunteer Self-Help) 1-866-823-0141 (National Office)

Email/ Website: smtaylor@hsc.mb.ca www.tcfwinnipeg.org

Contact: Dolores Belot

Services

- Group meetings third Thursday of every month at 7 pm.
- "Telephone Friends"
- Drop-in program Mondays 1-3 pm except statutory holidays
- Extensive library
- Newsletter published six times per year
- Communication with professionals involved with bereaved parents

No fees

Name: Family Centre of Winnipeg

Address: 401-393 Portage Avenue (Portage Place)
Winnipeg, MB R3B 3H6

Phone/ Fax Number: Phone: 947-1401 Fax: 947-2128

Email/ Website: staff@familycentre.mb.ca www.familycentre.mb.ca
a

Contact: Russ Chambers

Services

- Individual, couple, family, and group counselling.
- In-home family support including respite when a family member is ill or disabled or where there are special needs.

*Note: There are no specific bereavement/grief support programs.
Fees assessed on a case-by-case basis.*

Name: Fort Garry Women's Resource Centre

Address: 1150-A Waverley St.
Winnipeg, MB R3T 0P4

Phone/ Fax Number: Phone: 477-1123 Fax: 475-9127

Email/ Website: www.fgwrc.ca info@fgwrc.ca

Contact: Shileen Smith

Services * Programs and Services for Women Only.

- One to one counselling service is available (bereavement counselling included).

The following programs are offered on an annual basis:

- Grieving and Memorial Ceremony for Lesbian Women who have lost their partner through death.
- Grief and Loss Group focusing on loss through death.
- Hosting of a Grieving and Memorial Service for Motherless Daughters.
- One to one Bereavement Counselling is available.
- Children's Counselling Program –NEW-
- Free Legal Clinic first Friday of each month.

Name: Grant Memorial Baptist Church Grief and Loss Support Group

Address: 877 Wilkes Avenue
Winnipeg, MB R3P 1B8

Phone/ Fax Number: Phone: 989-6740 Fax: 488-6952

Email/ Website: charz@grantmemorial.mb.ca www.grantmemorial.mb.ca

Contact: Carrie Lynn Harz 989-6737
Support Group Ministries Coordinator

Services Support group *Dealing with Grief and Loss* on weekday evening (10-12 weeks), if demand warrants.

- Fee: cost of book
- Evangelical Christian-based only.

Name: The Grief Support Group

Address: Sturgeon Creek United Church
207 Thompson Drive
Winnipeg, MB R3J 3E2

Phone/ Fax Number: Phone: 832-1000

Email/ Website: www.members.shaw.ca/scuc_web/ sturgeonunited@shaw.ca

Contact: Janet Banks, Coordinator 888-4248

Services 10-week non-denominational grief support groups
(single/divorced/widowed)

- twice/year - spring and fall
- no fees

Name: Health Sciences Centre Grief Support Programs

Address: 820 Sherbrook Street
Winnipeg, Manitoba
Canada R3A 1R9

Phone/ Fax Number: Phone: 787-3661

Email/ Website: <http://www.hsc.mb.ca/>

Contact: Patricia Frayne: 787-3884; (fax) 787-1517. pfrair@hsc.mb.ca Director of Health Science Centre's Spiritual Care Department.
Staff provides spiritual care, including grief counselling and bereavement support to patients, staff, and families connect to the Health Science Centre.

Services

- Support for women after pregnancy loss (any circumstance) or death of an infant in early neo-natal period
- Seasonal Memorial Services
- Consultation and referral for bereaved parents

Name: Hope Centre Health Care Inc. (A non-profit program funded by WRHA)

Address: Counselling Unit
240 Powers Street
Winnipeg, MB R2W 5L

Phone/ Fax Number: Phone: 589-8354 Fax: 586-4260

Contact: Giselle Lamy, Executive Director

Services Christian Based counselling.

- Individual/group and family, grief/loss counselling.
- Serves mainly North End Winnipeg community (Pt. Douglas)
- By appointment, Monday to Friday 9-5 pm
- Women's grief support group
- Offered on an annual basis.

Note: There are no specific bereavement support programs.
No Fee.

Name: Hospice & Palliative Care Manitoba

Address: 2109 Portage Avenue
Winnipeg, MB R3J 0L3

Phone/ Fax Number: Phone: 889-8525

Fax: 888-8874

Email/ Website: www.manitobahospice.ca

Contact: Mary Ann Rosenbloom, Program Coordinator (ext. 229)
marsonbloom@manitobahospice.mb.ca

Services

- One-on-One bereavement telephone support by volunteers
 - Resource library
 - Bereavement series
 - "Grieving During the Holidays" Session in November
 - Hospice Memory Tree in St. Vital Centre, December
 - "Beyond the Holidays" session, January
 - "Bouquet of Memories" Memorial evening in June
- No Fees, but donations are welcomed*
- One-on-one counselling to link clients with appropriate community services.
 - Bereavement Walking Programs, in partnership with: Centre Youville Centre, Jewish Child and Family Service, Good Neighbours Senior Centre.
 - Walk and Talk at Assiniboine Park and Kildonan Park- Summer drop in programs runs by HPCM bereavement volunteers. Call for dates, times and meeting point location.
 - Educational monthly and quarterly Grief Seminars in partnership with funeral homes.
 - New Beginnings- Pilot program for younger teenagers facing grief and loss in partnership with Elmwood Community Resource Centre.

Name: Jewish Child and Family Services

Address: C-200-123 Doncaster
Winnipeg, MB R3N 2B2

Phone/ Fax Number: Phone: 477-7430

Email/ Website: www.jcfswinnipeg.org

Contact: Emily Shane

Services Non-profit organization, established for the Jewish community, but whose services are available to all, regardless of ethnic, cultural, or religious background or affiliation.

- Individual, couple, and family counselling by appointment
- Fee: Sliding scale based on ability to pay
- Seniors' Counselling- Regular visits in office or in client's home-available to all.

Name: Jewish Child & Family Service/The Rose and Max Rady Jewish Community Centre

Address: C-200 - 123 Doncaster
Winnipeg MB R3N 2B2

Phone/ Fax Number: 477-7430 (Social work, JCFS) 477-7510 (Rady Centre; for registration)

Email/ Website: <http://www.radyjcc.com/>

Contact: Emily Shane

Services

- "Taking Steps" Bereavement Walking Group - Rady Centre in partnership with Hospice & Palliative Care Manitoba
- registration required

Name: Klinik Community Health Centre - Crisis Counselling Services

Address: 870 Portage Avenue
Winnipeg MB R3G 0P1

Phone/ Fax Number: 784-4090 (info line) 784-4067 (drop-in hours)
784-4059 (trauma intake line) 786-8686 (crisis line)

Email/ Website: www.klinik.mb.ca klinik@klinik.mb.ca

Services

- 10-to-12-session support group for adults who have lost loved one to suicide
- Drop-In support offered at two locations in Winnipeg, up to 6 times per week
- 845 Regent Avenue West (Effective June 6th)
- Tuesday Noon to 7:00 p.m.
- 545 Broadway
- Monday and Wednesday Noon to 7:00 p.m.
- Friday and Saturday Noon to 4:00 p.m.
- Call drop-in information line to confirm times and locations
- Individual counselling by appointment

No fees

Name: Manitoba Organization of Victim Assistance (MOVA)

Address: 23-845 Dakota Suite 184
Winnipeg MB R2M 5M3

Phone/ Fax Number: Phone: 831-8950 Fax: 831-8956 1-877-596-0095

Email/ Website: www.mova.com help@nova.ca

Contact: Shelley Marshall

- Services**
- Resource library for victims and victim workers.
 - Crisis and long-term emotional support via one-on-one and group contact.
 - Support group outreach to survivors of victims of homicide and their friends and family.
 - Information line for victims in distress or in need of support.
 - Assistance with court procedures.

No fees

Name: Men's Resource Centre

Address: 301-321 McDermot Avenue at Adelaide
Winnipeg, Manitoba R3A 0A3

Phone/ Fax Number: Phone: 956-6560 Phone: 956-6562 Phone: 956-9528 Phone: 1-866-672-3422

Email/ Website: www.elizabethhill.ca ehill@umanitoba.ca

- Services**
- Counselling, community and support services for men in a manner that encourages the positive involvement of men in relationships.
 - Drop in referral service (except holidays)
 - Mondays 1:00 p.m. – 4:00 p.m., Thursdays, 1:00 p.m. – 8:00 p.m.
 - Couple's Project- 956-6563

No fees

Name: Nine Circles Community Health Centre

Address: 705 Broadway Ave.
Winnipeg, MB R3G 0X2

Phone/ Fax Number: Phone: 940-6000 1-888-305-8647 (Toll free in Manitoba)

Email/ Website: www.ninecircles.org

Contact: Michael Payne

- Services**
- AIDS & STD Information Line @ 945-2437 or 1 800 782-2437 (Toll Free in Manitoba)
 - HIV Primary Care Services, Advocacy Counselling and Supports to community members living with HIV or at risk. Individual and community education on HIV, HCV and Sexually Transmitted Infections (STI).

- Weekly STI Testing, through drop in, from 1:00 to 7:00 p.m. Wednesdays only

Name: North End Women's Centre

Address: 394 Selkirk Avenue
Winnipeg, MB R2W 2M2

Phone/ Fax Number: Phone: 589-7347 Fax: 586-9476

Email/ Website: info@newcinc.org www.newcinc.org

Contact: Janice Lavallee

- Services**
- Individual counselling by appointment
 - The grief and loss program is for women who have experienced loss. We ask that women wait six months after a loss has occurred before participating in the program. The program provides an opportunity to explore grief and loss issues within a confidential, supportive environment. We assist women in developing healthy ways to deal with emotions that accompany the grief process.
 - The grief and loss program is a ten week closed group, which runs 1-2 times annually. Sessions included: exploring the stages of grieving, honour each other losses, discussion, imagery, sharing, journaling, art therapy.

No Fees

Name: Renaissance Mental Health Services

Address: 571 Academy Rd.,
Winnipeg MB R3N 0E4

Phone/ Fax Number: Phone: 487-0559 Fax: 888-6055

Contact: Patricia van Aggelen, Mental Health Practitioner

- Services** Family bereavement counselling by appointment, one-on-one private.
- fee: sliding scale based on family income
 - private counselling; no groups

Name: River East Bereavement Walking Group

Address: Good Neighbours Senior Centre
755 Henderson Hwy.
Winnipeg MB. R2K 2K5

Phone/ Fax Number: Phone: 669-1710 Fax: 661-0750

Email/ Website: GNSC@mts.net

Contact: Susan Sader

Services "Taking Steps" Bereavement Walking Group in partnership with Good Neighbours Senior Centre, W.R.H.A. River East Access Centre and Hospice & Palliative Care Manitoba

- registration required

No fees

Name: River East and Transcona Seniors Health Resource Team and Age and Opportunity Centre

Address: Good Neighbours Senior Centre
755 Henderson Hwy.
Winnipeg MB. R2K 2K5

Phone/ Fax Number: Phone: 940-2114 (general Info) Phone: 938-5555 (Transcona)
Phone: 938-5000 (River East)

Contact: Sonja Lundstrom

Services Group conversation for recent widows and widowers, 55 years of age and over, to share the experience of grieving, to find help and comfort in the process, and to explore changes in roles and lifestyles that result from the loss of a spouse- twice a year.

- Six weekly sessions held at various times of the year.
- Admission through interview, admission criteria apply.
- Follow-Up Support Available.

Grief mentorship program- for peer support to share similar experience and support. By phone or by contact.

Name: Riverview Health Centre

Address: 1 Morley Avenue
Winnipeg, MB R3L 2P4

Phone/ Fax Number: Phone: 478-6174 Phone: 478-6238 Fax: 478-6251

Email/ Website: www.riverviewhealthcentre.com enquiries@rhc.mb.ca

Contact: Jane Van Dam Ina Baas-Penner

Services Spring Session Bereavement Group- 2009- Feb 18th until April 1st.
Fall Session Bereavement Group- 2008- Oct 1st until Nov 5th.

- Six week program that will be co facilitated by Spiritual care and Social Work.

- Registration is required prior to first session. Call Jane.
- *No Fee*

Name: **St. Boniface Grief Support**

Address: Social Work Department
St. Boniface General Hospital
409 Taché Avenue
Winnipeg, MB R2H 2A6

Phone/ Fax Number: Phone: 237-2449 Fax: 235-3880

Email/ Website: www.saintboniface.ca info@saintboniface.ca

Contact: Linda McKellar Phone: 237-2344
(Palliative Care Social Worker; Grief Program coordinator)

Services Children/youth

- 8-week support group for those aged 5-17 who have experienced the death of someone significant to them
- Offered twice yearly - spring and fall
- Admission by interview
- No fee

Surviving the Death of a Parent

- 8-week group for adults who have had a parent die
- Offered once per year

Bereaved Daughters' Support Group

- For women who have lost their mothers to any cause of death
- Held on an annual basis
- Registration required
- Admission by interview

Name: **St. John Brebeuf Church**

Address: 1707 John Brebeuf Place
Winnipeg, MB R3N 2A2

Phone/ Fax Number: Phone: 488-4467

Email/ Website: www.sjbcommunity.ca

Contact: Peter Sheridan

Services

- Informal bereavement support group held most Thursday mornings following the 9:15 am mass.
- Christian-based
- Calling ahead to confirm attendance suggested, but not required

No fee. Book used as a resource may be purchased, if desired.

Name: St. Raphael Centre

Address: 820 Cottonwood Rd.

Phone/ Fax Number: Phone: 255-1951 ext 10 Fax: 255-1083
office admin- ext.24

Email/ Website: stbernpc@mb.sympatico.ca stbernadette@shawbiz.ca stbernpc@shawbiz.ca
www.stbernadette.ca

Contact: Father Fred Olds

Services

- One-on-one grief support
- Yearly retreats
- On going grief groups
- Affiliated with St. Bernadette's Parish, but not religious based counselling.

Sliding-scale fees based on ability to pay.

Name: Suicide Prevention Education Awareness Knowledge (S.P.E.A.K.)

Address: 100 - 4 Fort Street
Winnipeg, MB R3C 1C4

Phone/ Fax Number: Phone: 831-3610

Email/ Website: www.SPEAK-OUT.ca speak@mts.net

Contact: Elaine Bennett 888-0995

Services S.P.E.A.K. offers a Survivors of Suicide support group.

- Last Monday of each month from September to June
- 7-8:30pm at Harrow United Church, 955 Mulvey
- No fees, no registration
- Please call for more information.

Name: Wellness Institute - Seven Oaks General Hospital Taking Steps Bereavement Walking Group

Address: 1075 Leila Avenue
Winnipeg MB R2P 2W7

Phone/ Fax Number: Phone: 632-3900 Fax: 697-2412

Website: www.wellnessinstitute.mb.ca

Contact: Karen Whalen- 632-3921

Services: "Taking Steps" Bereavement Walking Group in partnership with

Hospice & Palliative Care Manitoba

- registration required
- fee

Name: Women's Health Clinic

Address: 419 Graham Avenue – 3rd floor Unit A
Winnipeg, MB R3C 0M3

Phone / Fax Number: Phone: 947-1517

Fax: 943-3844

Email/web site: www.womenshealthclinic.org

marina@womenshealthclinic.org

Contact: Jennifer Howard

Services: Women's Health Clinic is a community health clinic that offers counselling, health education and medical services for women.
Counselling services include:

- Free teen counselling for girls ages 13-19 which can be accessed by calling the clinic for an intake appointment.
- Low cost adult counselling at \$35.00 per session.
- Free adult counselling which can be accessed by calling the clinic to place your name on a waiting list. The Clinic also maintains a resource centre and lending library on women's health issues.

PET GRIEF

RIVERVIEW HEALTH CENTRE

MARTI BAYDAK 654-8804

Websites:

This list includes reputable websites which have been useful to HPCM staff. Descriptions come from the websites.

www.chpca.net	Canadian Hospice Palliative Care Association is the national charitable association which provides leadership in hospice palliative care in Canada. Links to provincial associations and local resources may be found here.
www.cnpcc.ca	Canadian Network for Palliative Care for Children site includes information on paediatric hospice palliative care in Canada.
www.virtualhospice.ca	The Canadian Virtual Hospice is an interactive network for people dealing with life-threatening illness and loss.
www.hospicecare.com	International Association for Hospice & Palliative Care
www.centerforloss.com	Center for Loss publishes books, articles and other resources to help people who are grieving. We are also an educational and training center for bereavement caregivers. If you are grieving or want to help others in grief, we invite you to explore our website. (Dr. Alan Wolfelt's site)
www.griefworksbc.com	Griefworks BC's main objective is to provide grief support to those in need of information and resources. Sections for Kids (12 and under), Teens (13 and older), and Adults.
www.growthhouse.org	Growth House, Inc. provides this <u>award-winning</u> portal as your international gateway to resources for life-threatening illness and end of life care. Our primary mission is to improve the quality of compassionate care for people who are dying through public education and global professional collaboration. Our <u>search engine</u> gives you access to the Internet's most comprehensive collection of reviewed resources for end-of-life care.
www.hospicecare.com	International Association for Hospice & Palliative Care
www.living-lessons.org	Living Lessons[®] is a national initiative to increase awareness of hospice palliative care and end-of-life care services in Canada. The campaign is presented in partnership with the Canadian Hospice Palliative Care Association (CHPCA) and The GlaxoSmithKline Foundation. By encouraging and enabling open dialogue, information exchange and service provision we hope to enhance quality of life for individuals facing the last stages of life.
www.palliative.info	<i>Palliative info</i> strives to provide an organized collection of links to palliative care resources on the internet that are active and maintained, including some which were developed locally in Manitoba, Canada. (Dr. Mike Harlos' site)