

MMF Supports for Citizens

- ∞ MMF Memorial Service Support Program
- ∞ MMF Bereavement Fund

**For more information contact the
Red River Métis Community Resource
Department in your Region**

Winnipeg: 204-451-0604

Interlake: 204-646-2706

Southwest: 204-725-7520

Southeast: 204-754-2721

Northwest: 204-638-9485

The Pas: 204-623-5701

Thompson: 204-667-1430

Community Navigation

Ph: 431-294-7462

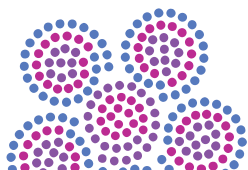
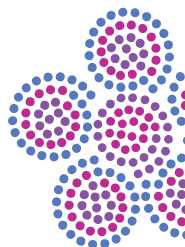
Mental Wellness Support Line

Ph: 1-833-390-1041 Ext 1

Grief and Loss Program

Email: mentalwellness@mmf.mb.ca

Ph: 204-599-0238



Additional Supports



[www.canada.ca/en/services/
life-events/death.html](http://www.canada.ca/en/services/life-events/death.html)

Government of
Canada guide
for after a loved
one's passing



www.virtualhospice.ca

Canadian
Virtual
Hospice

Counselling Supports for Families

Compassionate Friends

Ph: 204-787-4896

Association for Death Education and Counselling

Ph: 204-477-8188



You are not alone –
The MMF is here to support you.



Health & Wellness

mmf.mb.ca



HONOURING LIFE'S JOURNEY

Empowering End-of-
Life Care Choices for
Red River Métis Citizens



Health & Wellness

End-of-Life Care

End-of-life care for Red River Métis Citizens and their families can be guided by love, dignity, and tradition, with options rooted in comfort and compassion.

Choosing the right end-of-life care options for you can support a peaceful, comfortable death.

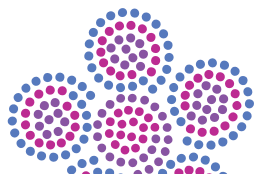
Discussing your end-of-life choices with your family and loved ones can help ensure your wishes are respected.

End-of-life care can include:

- ∞ Palliative care
 - At home
 - In a facility
- ∞ Medical assistance in dying (MAID)

"You want to give your family member care, support, and love as they're passing."

– Red River Métis Citizen



What is Medical Assistance in Dying (MAID)?

MAID is a legal and carefully regulated option in Canada for eligible adults experiencing intolerable suffering from a chronic illness.

MAID supports personal choice, allowing Citizens to maintain dignity, autonomy, and peace at the end of their lives.

There is one MAID team in Manitoba that services the whole province.

MAID Information and Resources



Shared Health
Manitoba



Government
of Canada MAID



Dying with
Dignity Canada

Healing in End-of-Life Care

Red River Métis Citizens and their families may choose to incorporate cultural and spiritual practices at the end-of-life, including:

- ∞ Seeking guidance from a Red River Métis Elder or Knowledge Keeper
- ∞ Engaging in spiritual connection and community

Having open conversations with Elders and loved ones can help you make informed choices.

