

Morning Star Exchange Business Centre

Meeting & Event Guide

100 - 93 Lombard Ave



FLEXIBLE SPACES

From executive meetings to games night, our rooms adapt to your event—not the other way around.



PROFESSIONAL SUPPORT

Optional technology, administrative, facilitation, catering coordination, and hybrid meeting support are available.



DOWNTOWN WINNIPEG

Located in the historic Exchange District, surrounded by restaurants, hotels, entertainment, and convenient parking.

www.morningstarexchange.ca



Hello there!

At Morning Star, we believe spaces should do more than hold meetings.

They should create opportunities to learn, connect, collaborate, celebrate, and grow.

Located in Winnipeg's historic Exchange District, the Morning Star Business Centre offers flexible space for everything from board meetings and strategic planning sessions to workshops, training events, book clubs, trivia nights, networking gatherings, celebrations, and community events.

Whether you're bringing together a team, an organization, a community group, or a group of friends, our goal is simple: provide a welcoming space where people can gather, share ideas, build relationships, and create meaningful experiences.

We look forward to welcoming you.

Lisa Goss
Founder.



Accessibility Note: The Morning Star Business Centre is a unique multi-level heritage space. The Meeting & Event Suite is located on a lower level and is accessed by several steps. The Smart Board Collaboration Room is situated within a distinctive suspended boardroom overlooking the collaborative space below and is also accessed by stairs.

Guests with mobility challenges may have limited access to these spaces. Wheelchair-accessible meeting options are available within the Business Centre, including the Executive Boardroom, lounge area, and select office spaces. We encourage guests with accessibility requirements to contact us in advance so we can help identify the most suitable space for their meeting or event.

Spaces & Rates



01 MEETING & EVENT SUITE

Perfect for board meetings, workshops, training sessions, networking events, celebrations, and community gatherings.

Features & Capacity

- Total capacity of 40+ guests across the event space
- Boardroom seating for 12 + participants, plus flexible bench and chair seating for up to 8 additional guests
- Lounge and collaboration area accommodating 8–10 guests
- Private meeting or breakout room accommodating up to 8 participants
- Comfortable couch and soft seating for informal conversations, networking and breaks
- High-top collaboration area ideal for brainstorming and small-group work
- Flexible configurations for board meetings, workshops, training sessions, retreats, presentations and social events
- Kitchenette access
- High-speed Wi-Fi and presentation capabilities
- Room layouts can be customized to suit your meeting or event needs

RATES

Client	Half Day M-F	Full Day M-F
Non-Profit & Charity	\$225	\$375
For-Profit	\$300	\$500
93 Lombard Tenants	\$200	\$350

Day/Time	Rate
M-T Eve	\$225
Fri Eve	\$275
Sat	\$375
Sun	\$325

Spaces for Every Conversation



02 EXECUTIVE BOARDROOM

Whether you're hosting a board meeting, meeting with a client, facilitating a workshop, or connecting virtually, we offer a variety of professional spaces to support your needs.

A professional boardroom ideal for executive meetings, interviews, consultations, and virtual discussions.

Features

- Seating for up to 8+ participants
- Large presentation screen
- Wi-Fi access



RATES

Client	Half Day M-F	Full Day M-F
Non-Profit & Charity	\$175	\$250
For-Profit	\$250	\$300
93 Lombard Tenants	\$150	\$225

Day/Time	Rate
M-Th Eve	\$175
Fri Eve	\$225
Sat	\$300
Sun	\$250

Interactive Meeting & Learning Spaces

03 COLLABORATION ROOM

A technology-enabled space designed for interactive learning and collaboration.

Features:

- Seating for up to 8+ participants
- 96-inch Smart Board
- Wi-Fi access
- Presentation and collaboration capabilities

Ideal for:

- Team planning
- Brainstorming
- Presentations
- Training sessions
- Workshops



RATES

Client	Half Day	Full Day
Non-Profit & Charity	\$200	\$350
For-Profit	\$275	\$400
93 Lombard Tenants	\$225	\$300

Day/Time	Rate
M-Th Eve	\$200
Fri Eve	\$250
Sat	\$350
Sun	\$300

04 PRIVATE OFFICES

Private office space may be available for client meetings, virtual calls, interviews, and focused work sessions.

Please contact us for availability.



Beyond the Boardroom

05 LOOKING FOR SOMETHING DIFFERENT?

The Morning Star Business Centre is more than just a meeting space.

Whether you're hosting a workshop, launching a learning series, leading an early morning yoga session, facilitating a mastermind group, recording a podcast, gathering your association's book club, or bringing entrepreneurs together for networking, our flexible spaces are designed to help people connect, learn, and grow.

Our space is also available for select evening and weekend private gatherings, including:

- Birthday celebrations
- Family gatherings
- Board game nights
- Book clubs
- Interest groups
- Watch parties for the big game
- Club meetings
- Hobby and craft groups
- Small celebrations and milestone events



If you have something different in mind, we'd love to hear about it. Contact us to discuss your event and find the space that's right for you.

Includes exclusive use of the Meeting & Event Suite.

A \$250 refundable damage deposit is required for all social and community event bookings.

Refreshments & Catering Options

Guests are welcome to bring their own food, beverages, and catering at no additional charge. Prefer to keep things simple? We can help coordinate refreshments for your meeting or event.

01 COFFEE & TEA BAR

Includes:

- Fresh coffee and assorted teas
- Hot water station
- Cream, milk, & dairy-free options (upon request)
- Sugar, sweeteners, & sugar-free flavoured syrups
- Cups, stir sticks, napkins, & supplies

\$4 per person

03 COFFEE, TEA & BEVERAGE PACKAGE

Includes:

- Coffee and tea station
- Soft drinks
- Sparkling water
- Bottled water

\$7 per person

Flexible & Convenient - Bring your own refreshments or let us help coordinate food and beverages for your event.



02 BEVERAGE PACKAGE

Includes:

- Assorted soft drinks
- Sparkling water
- Bottled water

\$4 per person

04 SNACKS & TREATS

Available upon request:

- Fresh fruit trays
- Vegetable trays
- Assorted dessert trays
- Muffins and pastries
- Cookie and baking trays
- Snack assortments

Pricing based on group size and selection.



More Than Just a Space

Need more than a room? Our team can provide a range of professional services to help make your meeting, event, or training session a success.

ADMINISTRATIVE & EVENT SUPPORT

Planning a meeting or event takes time. Our team can help with as much—or as little—as you need.

Services include:

- Meeting and event coordination
- Registration management
- Agenda and document preparation
- Meeting package distribution
- Room setup and coordination
- General administrative support
- On-site event assistance

Contact Us

TECHNOLOGY & HYBRID MEETING SUPPORT

Whether participants are joining in person or online, we'll help ensure your meeting runs smoothly.

Services include:

- Zoom or virtual platform setup
- Registration and attendee management
- Meeting link creation and distribution
- Audio and visual testing
- Presentation support
- Meeting recording
- Hybrid meeting coordination
- On-site technical assistance
- Laptop and presentation equipment (subject to availability)

Contact Us



Meeting & Event Resources

Contact Us

Enhance your meeting or event with optional equipment, supplies, and support services or rentals. Contact us for pricing and availability.

Technology & Presentation

- Laptop computers
- Ring lights
- Multimedia projector
- HD webcam
- Portable speaker / PA system
- Handheld microphone
- Wireless lapel microphone
- Yeti USB microphones
- Keyboards & mouse
- Selfie stick / tripod
- Presentation clicker
- HDMI adapters and cables
- Extension cords and power bars
- Various digital products

Meeting Supplies

- Flip charts
- Easels
- Whiteboards
- Dry erase markers
- Sticky notes
- Sticky flags
- Pens and notepads
- Name tents
- Name badges
- Binder clips
- Paper clips
- Scissors
- Tape
- Stapler
- Printer and photocopying (available upon request)

Virtual & Hybrid Meetings

- Zoom meeting setup
- Microsoft Teams support
- Hybrid meeting support
- Event registration management
- Meeting recording
- AGM and board meeting technology support
- Electronic polling
- QR code registration
- Livestream support
- Survey setup
- Virtual moderator
- Eventbrite setup
- Meeting transcripts

Training & Facilitation

Looking for more than just a meeting space?

Morning Star offers a variety of professional training, facilitation, and leadership development opportunities designed to help organizations strengthen their people, teams, and operations.

POPULAR TOPICS INCLUDE:

- Governance and board development
- Leadership and management
- Team building and communication
- Strategic planning and facilitation
- Front-line service worker training
- Business operations and finance
- Privacy and information management
- Private practice and clinic start-up
- Clinic and practice management
- Small business start-up
- Custom workshops and training
- Mindfulness
- Psychological safety
- Nutrition
- Wellness
- HR (from recruitment to management)
- New managers boot camp
- Documentation
- Boundaries
- Social media management
- Quickbooks navigation
- Tax solutions

BOOK A TRAINING SESSION & RECEIVE THE SPACE AT NO CHARGE

Organizations that engage Morning Star to deliver a training session, facilitated workshop, or leadership development program receive complimentary use of the meeting space for the duration of the event.

Additional charges apply for:

- Refreshments, catering or other services
- Specialized facilitators, key note or guest presenters

CUSTOMIZED LEARNING EXPERIENCES

Whether you're planning a lunch-and-learn, leadership retreat, board development session, manager boot camp, HR workshop, or multi-day training program, we can help create a learning experience that meets your organization's goals.

Contact us to discuss available topics, facilitation options, and customized training solutions.

Event Planning & Coordination

Need a little extra help? We've got you covered.

Planning an event should be exciting—not overwhelming.

Whether you're organizing a milestone celebration, gathering of friends, or special event, our trusted event planning partner can help bring your vision to life.

Morning Star proudly recommends Define Your Fabulous Events, led by Staci Bailey, who specializes in creating memorable experiences tailored to your goals, style, and budget.

Whether you need a little guidance or complete event coordination, we're happy to connect you.



Define Your Fabulous

Event Planning & Coordination

From initial ideas to the final details, we'll help create an event that's organized, memorable, and uniquely yours.

Event Logistics & Coordination

Need help with invitations, catering, entertainment, décor, vendors, setup, or teardown? We can coordinate every detail so you can enjoy your event.

Customized Event Experiences

Every event is different. Whether you're celebrating, learning, networking, or bringing people together, we'll work with you to create an experience that fits your vision and budget.

Contact us for a personalized consultation. Events@morningstarexchange.ca

Testimonials



Massage Therapy Association of Manitoba Executive Director

"Morning Star has become a trusted partner to our organization. Their knowledge, professionalism, and responsiveness give us confidence that we have expert support whenever our business, advocacy, or member engagement needs evolve.

Their leadership during our 2026 Annual Conference was invaluable—from planning and organization to engaging educational programming—and they continue to add tremendous value to the services we provide our members."

Oyate Tipi Cumini Yape Inc. Executive Director

"It's reassuring to know we always have someone we can call. Morning Star is responsive, knowledgeable, and easy to work with. Whether we need support with strategic planning, policies, training, project management, or running a major organizational events like an AGM, we know we'll receive practical advice and dependable support when we need it most."



FAQ's

Do I need to purchase additional services when I book the space?

No. You're welcome to book the space on its own and manage your own meeting, event, refreshments, and technology. Additional services are available if you'd like support.

Is parking available?

Yes. There is ample street parking and several nearby surface lots and parkades. Parking in the Exchange District is managed through the PayByPhone app. After 5:30 p.m. and on Sundays, street parking is free. On Saturdays, pay for two hours and receive up to four hours of parking. We also provide a walking map highlighting nearby restaurants, cafés, hotels, and attractions.

Will someone be available if I need assistance?

Yes. A Morning Star team member will be available on-site or nearby during your booking to assist with questions, access, or support needs.

Do you offer technology and administrative support?

Absolutely. If you need assistance with Zoom, hybrid meetings, registration management, technical support, or professional minute taking, we're happy to help. Services can be added to any booking.

Is the space only for business meetings?

Not at all. While the space is ideal for meetings, training, and workshops, it can also be used for networking events, community gatherings, book clubs, trivia nights, celebrations, learning series, and other special events.

Is the space pet friendly?

Yes. Well-behaved pets are welcome for pet-friendly events. A \$75 pet fee applies to support additional cleaning and upholstery treatment between bookings to accommodate guests with allergies.

How long can I rent the space?

Half Day: Up to 4 hours. Full Day: Up to 8 hours. Evening (after 5:30 p.m.): Up to 5 hours. Additional hours can be discussed. Weekend: Up to 8 hours. Additional time may be available upon request and subject to additional charges.

Why Choose Morning Star?



The Morning Star Business Centre offers more than just a place to gather. We've created a flexible, welcoming space designed to support connection, learning, collaboration, celebration, and growth.

Whether you're planning a board meeting, hosting a workshop, launching a training program, gathering your team, celebrating a milestone, or bringing people together around a shared interest, our space is designed to adapt to your needs.



Flexible Space

Our space can be configured for a variety of activities and group sizes, including:

- Board and committee meetings
- Strategic planning sessions
- Professional development and training
- Workshops and facilitated discussions
- Networking events
- Community gatherings
- Book clubs and learning circles
- Team retreats and appreciation events
- Celebrations and special occasions
- Custom courses and educational programming
- Yoga
- Paint night

With multiple meeting areas, lounge seating, breakout space, and flexible room configurations, you can create the experience that works best for your group.

Let's Get Started!

Whether you're planning a board meeting, training session, workshop, strategic planning retreat, community gathering, networking event, celebration, or learning opportunity, we'd love to help.

At Morning Star Business Centre, we believe great things happen when people come together to learn, connect, collaborate, and grow.

Our flexible spaces, optional support services, and central Exchange District location make it easy to create an experience that works for your group, your goals, and your budget.

No two events are exactly alike, and we are always happy to discuss customized space, training, facilitation, and support options.

[EMAIL US](#)

[LEARN MORE](#)

Ready to Start Planning?

Contact us to discuss availability, book a tour, or explore how we can support your next meeting or event.

Morning Star



Morning Star Business Centre

100 - 93 Lombard Avenue

Winnipeg, Manitoba

☎ **431-807-9679 ext. 800 (messages)**

✉ **events@morningstarexchange.ca**

🌐 **morningstarexchange.ca**

