

Evolve Men's Program

Domestic Abuse Counselling

**Become
The Person,
Partner
And Parent
You Want To Be**

*“I realized my behaviour
could be hurting me
and my relationship.”*

Klinik Services

- General Information(204) 784-4090**
- Dream Catchers(204) 784-4042
- Drop-In Counselling(204) 784-4067
- Family Violence Counselling (Evolve)(204) 784-4070
- Health Services Appointments(204) 784-4090
- Manitoba Farm & Rural Support Services
(Brandon)1-866-367-3276
- Manitoba Trauma Information
& Education Centre(204) 784-4099
- Project Choices(204) 784-4072
- Public Education & Training(204) 784-4066
- SPEAK (Suicide Prevention Education
Awareness Knowledge)(204) 784-4064
- Sexual Assault Crisis Counselling
- Appointments(204) 784-4049
- Speakers / Education(204) 784-4048
- Teen Klinik(204) 784-4090
- Teen Talk(204) 784-4010
- Trauma Counselling(204) 784-4059
- Volunteer Information(204) 784-4006

24-Hour Telephone Services:

- Crisis Line(204) 786-8686
- Toll Free1-888-322-3019
- Manitoba Suicide Line1-877-435-7170
- Seniors Abuse Support Line1-888-896-7183
- Sexual Assault Crisis Line(204) 786-8631
- Toll Free1-888-292-7565
- TTY Deaf Access Counselling(204) 784-4097

If you have comments or concerns please call
and leave a message at (204) 784-4018



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www.klinik.mb.ca | E-mail: klinik@klinik.mb.ca

Your Privacy

Klinik adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinik to access their personal health information.



Do any of these statements sound like you?

- Your relationship seems to always have conflict or struggle?
- You are quick to anger at little things or your anger seems to “come out of nowhere?”
- You regret how you handled yourself in a conversation?
- You find it hard to control yourself at times?
- You are always “in a funk” or on an emotional “roller coaster?”
- You find it hard to let go of being right, or of needing to even the score?
- Your kids or partner have told you they are afraid or scared of you at times?
- You are afraid that your partner or the neighbours may call the police?
- You are afraid of what your partner or kids might say about you to someone else?
- You have threatened to physically hurt your partner and you may have done so?

The purpose of the Evolve Men’s Program is to support men who want to stop behaving abusively with their partners. You may still be with your partner, or your relationship may have ended and you do not want to make the same mistakes with a new partner.

“I wanted to take responsibility for my actions and not use my childhood as a crutch.”

- past participant

The Evolve Men’s Program offers both individual and group counselling. Group counselling offers you the chance to be with other men who are working towards behaving respectfully with their partners and children on a consistent basis. You will find this a supportive and caring environment.

“A safe place to go and talk about feelings without feeling judged. All week I look forward to coming to group to sort out some sort of feeling.”

- past participant

The Evolve Men’s Program is open to anyone who is concerned that their behaviour is hurting their relationship and the people they care about. If anything you have read in this pamphlet sounds familiar, you may benefit from attending this program.

Men who are interested in joining this program will be offered a consultation session with a counsellor to discuss the program in more depth and to determine whether the program is a good fit for you.

If you are interested in more information please call (204) 784-4070.

“I was labelled an emotional abuser, and group helped me recognize it and lead me on the path of change I wanted so badly.”

- past participant