

# Evolve Women's Program

## Domestic Abuse Counselling

**Live a life  
free of  
violence  
and abuse**

*“I realized that  
love doesn't have to hurt.”*

### Klinic Services

<b>General Information</b> .....	<b>(204) 784-4090</b>
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 Klinic .....	(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 Free .....	1-888-322-3019
Manitoba Suicide Line .....	1-877-435-7170
Seniors Abuse Support Line .....	1-888-896-7183
Sexual Assault Crisis Line .....	(204) 786-8631
Toll Free .....	1-888-292-7565
TTY Deaf Access Counselling .....	(204) 784-4097

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



870 Portage Avenue, Winnipeg, MB R3G 0P1  
Administrative Fax: (204) 772-7998 | Medical Fax: (204) 784-4013  
www.klinic.mb.ca | E-mail: klinic@klinic.mb.ca

### Your Privacy

Klinic 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 Klinic to access their personal health information.



## Do any of these statements describe your situation?

- You watch what you say or do because you feel afraid or intimidated by your partner (“walking on eggshells”)
- You are denied access to money or have little say in how money is spent
- You feel hurt, humiliated, or worthless as a result of the way your partner treats you
- Your partner controls where you go or what you do and frequently checks up on you
- Your partner criticizes your family or friends or makes it difficult for you to have relationships with others
- You are concerned about how your relationship affects your children
- The police have been called to your home
- You feel reluctant to tell your family or friends about what is going on in your relationship
- You are afraid of what your partner might do if you leave the relationship
- Your partner has threatened or has been physically violent to you

If any of these statements sound familiar, you may benefit from attending the Evolve Women’s Program.

The Evolve Women’s Program offers counselling to women who have experienced physical, sexual, emotional, financial or verbal abuse in an intimate relationship. Women may be experiencing abuse by their current partner or the abuse may have occurred in the past.

*“I realized how the abuse impacted every area of my life. I wasn’t imagining this stuff...it was real. I stopped doubting myself.”*

- past participant

Counselling sessions can help women to explore their current safety/protection needs, develop coping strategies, overcome the effects of abuse and move forward with their lives in a healthy way.

*“The Evolve Program literally changed my life. I learned that I didn’t have to wait for my partner to change in order to begin my own healing.”*

- past participant

In addition to individual counselling sessions, Klinic offers a variety of activities to enhance women’s recovery from abuse and violence. Sessions focusing on stress management and relaxation are available to clients who may be interested. Please see the following website for further information:  
[www.klinic.mb.ca/balance.htm](http://www.klinic.mb.ca/balance.htm)

**If you are interested in the Evolve Women’s Program please call (204) 784-4070.**

The Evolve Women’s Program does not provide safe housing for women who are in imminent danger. If you are concerned about your immediate safety, please contact the police or Osborne House - (204) 942-3052.

Evolve provides services to anyone who has experienced domestic abuse regardless of gender, sexual orientation, ethnicity or socioeconomic status. Counselling services are free of charge.