

Training:

We offer a wide range of workshops on trauma recovery, trauma-informed care and practices. For more information please visit klinik.mb.ca.

Trauma Toolkit:

The Trauma Toolkit is a resource for service organizations and providers on delivering services that are trauma-informed. The toolkit provides recommended practices that assist providers and/or organizations to enhance their capacity to deliver trauma-informed services. The toolkit includes both a service provider and organizational self-assessment.

The toolkit is available on our website: trauma-informed.ca.

Trauma-Informed Websites:

For more information on trauma, trauma recovery and trauma-informed care and practices, please visit our websites: trauma-informed.ca and trauma-recovery.ca.

To Contact Us:

Telephone: (204) 784-4099
E-mail: mtiec@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.

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 & Northern 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 Postvention Education Awareness Knowledge)	(204) 784-4064
Sexual Assault Crisis Counselling Appointments	(204) 784-4049
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 Free	1-888-322-3019
Human Trafficking Hotline	1-844-333-2211
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

klinik.mb.ca



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Klinik
Community
Health Program



The Manitoba Trauma Information and Education Centre (MTIEC)



Just Care. *For Everyone.*

What Is The MTIEC?

The Manitoba Trauma Information and Education Centre began as a community initiative and was established in 2011 with funding from the Department of Health, Government of Manitoba.

Goal:

To facilitate the establishment of trauma-informed care and practices as an integral component to health care and all human services within Manitoba.

What we do:

- Promote knowledge exchange and translation on trauma, trauma recovery and trauma-informed care and practices.
- Educate and train service providers on trauma-informed care and practices.
- Develop resource material, both print and online, for people affected by trauma.
- Promote collaboration and networking across systems.
- MTIEC does **not** provide a direct or therapeutic service to people affected by trauma.

“Everyone has the right to have a present and future that are not completely dominated and dictated by the past.”

~ Karen Saakvitne

What Is Trauma?

“Trauma is when we have encountered an out of control, frightening experience that has disconnected us from all sense of resourcefulness or safety or coping or love.”

~ Tara Brach

It is estimated that within the general population 1 in 4 Canadians has experienced a traumatic event, and 1 in 10 experiences post traumatic stress. Left unaddressed, the lasting and painful effects of trauma can place a heavy and enormous burden on individuals, families and communities, creating challenges for virtually every public institution and service system.

Trauma is often the underlying cause of many of the most pressing problems of our communities including but not limited to: poverty, crime, violence, domestic abuse, sexual exploitation, low academic achievement, mental health problems and addiction.

Although trauma may be central to many people's difficulties, in health care and social service settings, their trauma is often not identified or acknowledged. Frequently those affected by trauma do not receive the care or understanding they need, and are at risk of being re-traumatized by the very systems they are seeking help from, which in turn increase their involvement within the system. Every organization plays a role in supporting trauma recovery.



What Is Trauma-Informed Care?

Trauma-informed care provides a new paradigm that views trauma as an **injury** under which the basic premise for organizing and delivering services is transformed from “What is wrong with you?” to “What has happened to you?”

Trauma-informed care provides the foundation for a basic understanding of the psychological, neurological, biological, social and spiritual impact that trauma and violence have on the individuals we serve.

To be trauma-informed means:

- To adopt universal precautions by assuming everyone seeking service has been affected by trauma thereby allowing for a more holistic, integrated and compassionate service.
- To understand the role trauma plays in the lives of most people using human services and using that understanding to design services to be delivered in a way that facilitates their involvement in service planning.
- To recognize symptoms as the creative and necessary adaptations to the effects of trauma.

We believe everyone has the fundamental right to receive services that are trauma-informed.