

Dream Catchers provides safe and therapeutic services to women and transgender individuals of all nations transitioning from the sex trade.

All information is kept confidential and private.

Ongoing Intakes - no more waiting; we are ready when you are!

### For More Information, Contact:

Dream Catchers Coordinator  
Phone (204) 784-4042  
E-mail [dcordinator@klinik.mb.ca](mailto:dcordinator@klinik.mb.ca)

Dream Catchers Peer Counsellor  
Phone (204) 226-9138  
E-mail [dcpeercounsellor@klinik.mb.ca](mailto:dcpeercounsellor@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](http://klinik.mb.ca)



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## Dream Catchers

Just Care. *For Everyone.*

# Dream Catchers

**“Dream Catchers is a sacred sisterhood of peer supported - strong - healing women - getting their power back”**

## **What Dream Catchers Women Say About the Program:**

“Dream Catchers saved my life.”

“Finally a place where I can belong.”

“There’s no other program like it - because it’s more than just a program - it’s a community!”

“A place of understanding, support and guidance - a journey that fits all.”

“Helps maintain my sobriety.”

“Taking prisoners of life and making them survivors.”

## **What Can You Expect From Dream Catchers?**

Dream Catchers provides a safe, supportive place to start your healing journey from trauma and sexual exploitation.

### **Weekly Groups:**

In our weekly support group we focus on the following skills:

- Managing overwhelming emotions
- Recognizing risky situations
- Setting boundaries
- Preventing relapse of harmful behaviours (using, cutting, unprotected sex)
- Building healthy relationships
- Achieving reasonable goals
- Supporting employment and educational goals in the community
- Connecting with cultural traditions that create well-being
- Empowering women to find their voice “to speak their truth”

These skills are explored in group through sharing experiences; discussing choices and taking our learning back to our lives.

We also provide opportunities for participants to practice skills that calm the mind, body and strengthen spiritual connection.

Through the heartbeat of our mother, we use traditional drums for healing, spirituality and ceremony.

### **Results:**

Participants experience new ways of coping with life’s challenges through:

- Trust, friendship, well-being
- Less harm from addictions, abuse and other dangers from life on the street
- Increased opportunities
- Achieving healthy pregnancies and positive parenting

**“No Woman Gets Left Behind”**

This document has been modified to plain language to benefit all readers.