

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

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

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
Domestic Abuse (Evolve) Counselling	(204) 784-4059
Dream Catchers	(204) 784-4042
Drop-In Counselling Information	(204) 784-4067
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
Teen Klinik	(204) 784-4090
Teen Talk	(204) 784-4010
Trauma Counselling	(204) 784-4059
Volunteer Information	(204) 784-4006

24-Hour Telephone Counselling Services

Crisis Line	(204) 786-8686
Toll Free	1-888-322-3019
Human Trafficking Hotline	1-844-333-2211
Manitoba Suicide Prevention & Support 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

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

klinik.mb.ca



November 2018

870 Portage Avenue,
Winnipeg Manitoba R3G 0P1
phone: (204) 784-4090
admin. fax: (204) 772-7998
e-mail: klinik@klinik.mb.ca
twitter: @KlinikCHC



**Evolve Women's
Program**
Domestic Abuse Counselling

Just Care. For Everyone.

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: klinik.mb.ca/balance.htm

If you are interested in the Evolve Women’s Program please call (204) 784-4059.

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 Willow Place - (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.