

## Drop-In Counselling Services

Klinik offers Drop-In Counselling on a first come, first serve basis at our location at 870 Portage Avenue.

Current hours for Drop-In Counselling are:

Monday, Friday & Saturday\* noon – 4 pm  
Tuesday & Thursday noon – 7 pm  
(\* closed on Saturday's of long weekends)

Drop-In hours are subject to change.

To confirm hours of operation, please call (204) 784-4067 or visit our website at [klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling](http://klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling)

There is limited assigned visitor parking available.

Klinik is a fragrance free agency.

For additional inquiries, please e-mail [dropin@klinik.mb.ca](mailto:dropin@klinik.mb.ca).

Klinik's Life in Balance activities provide opportunities that promote mental health and well-being. For information, visit the web page at [klinik.mb.ca/wellness-support-groups/life-in-balance](http://klinik.mb.ca/wellness-support-groups/life-in-balance).

## 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](http://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](mailto:klinik@klinik.mb.ca)  
**twitter:** @KlinikCHC



## Community Drop-In Counselling Program

Just Care. For Everyone.

## Drop-In Counselling...

- Free
- No appointment needed
- First come, first seen
- Donations gratefully accepted

## You Can Talk About...

- Relationships
- Family violence
- Depression
- Anxiety
- Anger
- Sexuality and sexual orientation
- Childhood abuse
- Sudden life changes
- Grief or loss
- Alcohol use, drugs or gambling
- Children or parenting issues
- Suicidal thoughts
- Any problem that is affecting your life

## We Welcome...

- Families
- Adults
- Teens (ages 13+)
- Seniors
- GLBTT (Gay, Lesbian, Bisexual, Transgender, Two Spirit)
- Anyone who thinks we can help them with a problem

## Our Counsellors...

- Are employees or volunteers of Klinik Community Health.
- Have training in crisis intervention, family violence and suicide prevention.
- Can work with you to help you understand the problem.
- Can help you find community resources.

## Volunteers...

Our trained volunteers gain career related experience and make an important contribution to the community.

### Volunteer Opportunities:

- Board member
- Committee member
- Crisis Line counsellor
- Sexual Assault Line counsellor
- Suicide Line counsellor
- Teen Talk peer supporter

To get more information on volunteering with Klinik, please visit our website at [klinik.mb.ca/education-training/volunteering-with-klinik](http://klinik.mb.ca/education-training/volunteering-with-klinik) or call (204) 784-4006.

## Confidentiality...

We take your right to confidentiality seriously. We will only share information about you outside of Klinik if we have your permission except in the following situations:

### Child Welfare

The law requires all citizens to report child abuse and neglect. If we believe that a child is at risk, we will ask the appropriate agency for help.

### Threats of Harm

If we believe that you or someone else may suffer serious harm or death, we will do what is necessary for safety. We may need to ask for help from emergency services and/or other professionals.

### Justice System

In rare instances, the court or police may ask to see client records.

We will always try to tell you about any actions we may need to take to keep everyone safe.

Please call (204) 784-4067 for Drop-In times and locations or visit our website at [klinik.mb.ca/in-person-counselling/klinik-dop-in-counselling](http://klinik.mb.ca/in-person-counselling/klinik-dop-in-counselling)