

Become The Person, Partner And Parent You Want To Be

*“ I realized my
behaviour could be
hurting me and
my relationship. ”*

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 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



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Evolve Men's Program Domestic Abuse Counselling

Just Care. For Everyone.

Do any of these statements sound like you?

- Your relationship seems to always have conflict or struggle?
- You are quick to anger at little things or your anger seems to “come out of nowhere?”
- You regret how you handled yourself in a conversation?
- You find it hard to control yourself at times?
- You are always “in a funk” or on an emotional “roller coaster?”
- You find it hard to let go of being right, or of needing to even the score?
- Your kids or partner have told you they are afraid or scared of you at times?
- You are afraid that your partner or the neighbours may call the police?
- You are afraid of what your partner or kids might say about you to someone else?
- You have threatened to physically hurt your partner and you may have done so?

The purpose of the Evolve Men’s Program is to support men who want to stop behaving abusively with their partners. You may still be with your partner, or your relationship may have ended and you do not want to make the same mistakes with a new partner.

“ I wanted to take responsibility for my actions and not use my childhood as a crutch. ”
- past participant

The Evolve Men’s Program offers both individual and group counselling. Group counselling offers you the chance to be with other men who are working towards behaving respectfully with their partners and children on a consistent basis. You will find this a supportive and caring environment.

“ A safe place to go and talk about feelings without feeling judged. All week I look forward to coming to group to sort out some sort of feeling. ”
- past participant

The Evolve Men’s Program is open to anyone who is concerned that their behaviour is hurting their relationship and the people they care about. If anything you have read in this pamphlet sounds familiar, you may benefit from attending this program.

Men who are interested in joining this program will be offered a consultation session with a counsellor to discuss the program in more depth and to determine whether the program is a good fit for you.

If you are interested in more information please call (204) 784-4070.

“ I was labelled an emotional abuser, and group helped me recognize it and lead me on the path of change I wanted so badly. ”
- past participant