

A Guide to

# INTIMATE PARTNER VIOLENCE and SEXUAL VIOLENCE RESOURCES

in Rural, Remote, and Northern Manitoba



BRANDON  
UNIVERSITY



CENTRE FOR CRITICAL STUDIES OF  
RURAL MENTAL HEALTH



MANITOBA ASSOCIATION  
OF WOMEN'S SHELTERS



Klinik COMMUNITY  
HEALTH

Last Updated 11/04/25

# Land Acknowledgement

Brandon University's Rural, Remote & Northern Gendered-Violence Research team honours the ancestry, heritage, and gifts of the Indigenous Peoples of Turtle Island. We acknowledge that Brandon University is on Treaty 1 and Treaty 2 land, which is the shared territory of the Dakota Oyate, the Anishinaabeg, and the National Homeland of the Red River Metis. We also acknowledge that many other Indigenous peoples call Brandon home, including the Ininew, Anisininewuk, Denesuline, and Inuit.

We recognize that Canada is currently in crisis due to the ongoing effects of colonization which dismantled Indigenous leadership and dissolved the stature of Indigenous women. This continued form of oppression and discrimination has led to the ever-growing incidences of Missing and Murdered Indigenous Women, Girls and Two-Spirited individuals across the country. We stand by the Calls for Justice from the National Inquiry into Missing and Murdered Indigenous Women and Girls delivered to the Canadian government in 2019.

Brandon University's Rural, Remote & Northern Gendered-Violence Research team remains committed to working in partnership with First Nations, Inuit and Métis people in the spirit of truth, reconciliation and collaboration. We hope that this resource serves to remind us of the increasing need for services related to sexual and partner violence, which disproportionately affects our Indigenous women's and girls.

# Background

## About the Project

According to Statistics Canada, in 2018, 44% of women in Canada who were ever partnered reported experiencing intimate partner violence (IPV) in their life and 4.7 million women in Canada have experienced sexual violence (SV) from the age of 15<sup>1</sup>.

Women in rural, remote, and Northern areas have a significantly higher risk of experiencing IPV and SV than their urban counterparts<sup>2</sup>.

Additionally, women in these areas have more barriers to receiving timely and appropriate services<sup>3</sup>.

It is statistics like this and the stories of those who have escaped/overcame IPV and SV that drives the Rural, Remote & Northern Gendered-Violence Research Program at Brandon University to continue their work and efforts to bring awareness to Gender-based Violence. This guide started out of a need and desire

to determine which resources in rural, remote, and Northern Manitoba provide services to individuals that are experiencing IPV and SV, as well as details of what those services can offer victims/survivors.

The scan was conducted through Google searches of available resources in rural, remote, and northern Manitoba. After the resources were identified, our research assistant, Hillary Derewianchuk contacted the organizations to discuss the services that they offer.

The final guide was designed by a local Brandon artist, Merissa Mayhew, and the maps created by Research Assistant David Vo.

The rest of the team included Dr. Candice Waddell-Henowitch, Professor Nadine Smith, Professor Andrea Thomson, Rainer Schira, and Research Assistants Savannah Torres and Krista Murray.



## With thanks to...

This project was made a reality by funding from the Centre for Critical Studies of Rural Mental Health and the Brandon University Research Committee Knowledge Mobilization Grant and the Margaret Lawrence Endowment Fund from Gender and Women's Studies. The Rural, Remote & Northern Gendered-Violence Research Team would like to thank the funders and all the community partners that contributed to this project.

For more information about the project, please contact  
Candice Waddell-Henowitch at [waddellc@brandonu.ca](mailto:waddellc@brandonu.ca)

# How to Use This Guide

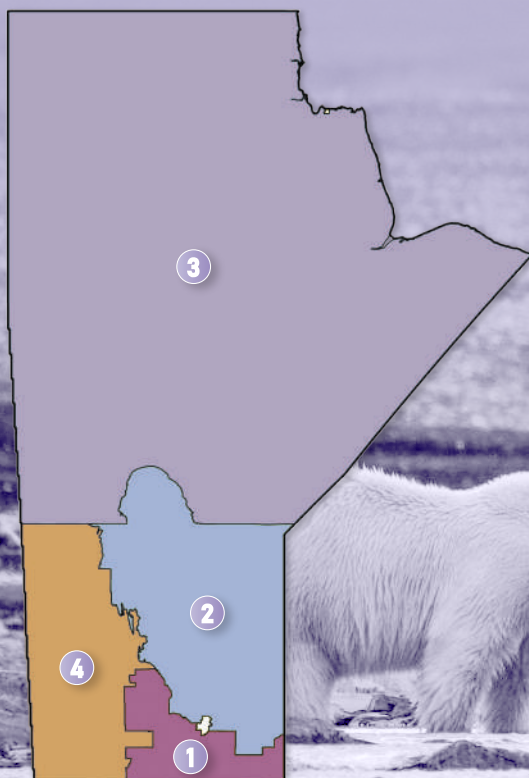
This guide is intended to be used as a quick reference to the various shelters and resource centres across rural, remote and northern Manitoba.

Manitoba has been divided into sections based on the provincial health authority boundaries. For each region (Northern Health Region, Prairie Mountain Health, Interlake-Eastern Regional Health Authority, and Southern Health-Santé Sud), you will find a map at the beginning of each section that visually demonstrates where each resource is located with major cities included as reference points.

There is a written description of each resource along with a key that indicates what that resource can offer and contact details. Lastly, each section has a table that explains all the services that each resource confirmed.

Please note that resources across the province communicate with one another so reach out and if one can not assist, another will be able to help you.

We hope that this guide is helpful in guiding individuals to a happy and healthier future.



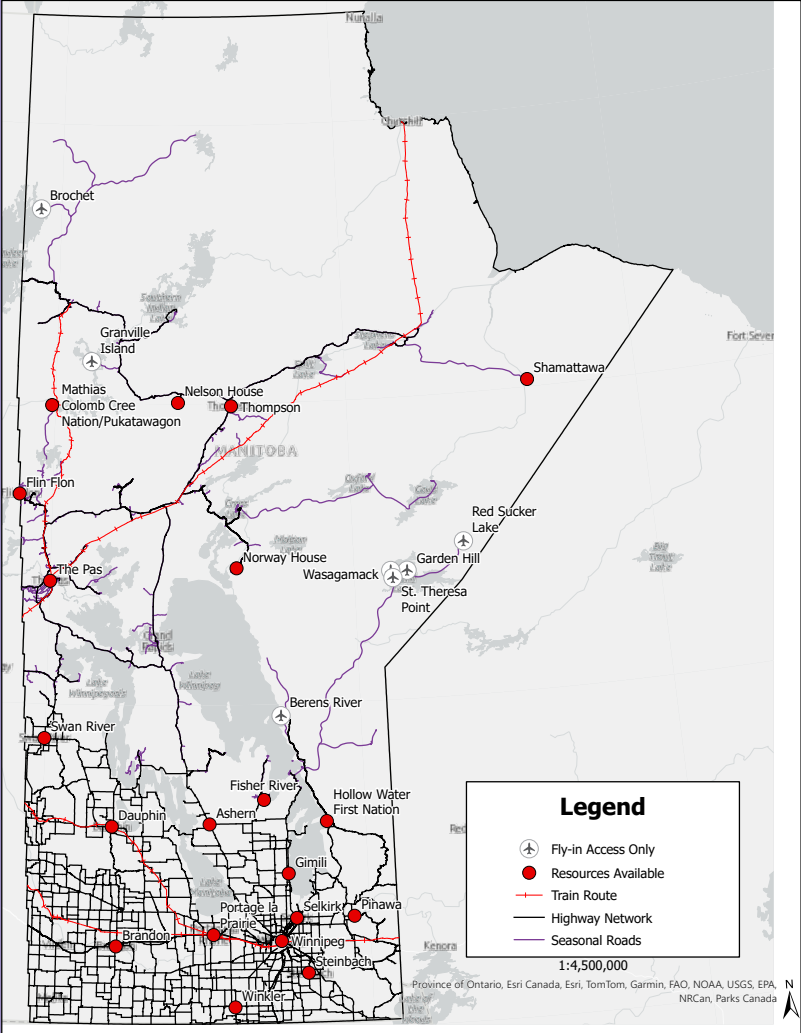
**1** Southern Health - Santé Sud

**2** Interlake-Eastern Health

**3** Northern Regional Health

**4** Prairie Mountain Health

# Transportation Map



## RESOURCE LEGEND

Shelter	IPV	SV	Advocacy	Counselling
Protection Order Designate	Virtual Care	Transitional Housing	Transportation	Childcare

# SOUTHERN HEALTH - SANTÉ SUD



- 1** Agape House  
*Steinbach*
- 2** Prairie Harbour Inc.  
*Portage la Prairie*
- 3** Genesis House  
*Winkler*
- 4** Healthy Muslim Families  
*Winkler*

# SOUTHERN HEALTH


## Resources


### 1 Agape House

Steinbach

Agape House is an emergency shelter for women and children fleeing intimate partner violence, and offers support for those who have experienced sexual assault. They provide counselling, referral services and have a protection order designate. Childcare can be provided during appointments and for shelter users dependent on staff availability. Some of these services can be provided virtually if clients need.

Agape House can work with local taxi companies to ensure the safe arrival of clients who need to use the shelter. Additionally, they can help cover the cost of a kennel stay for any pets that need temporary housing while clients stay in shelter. Agape house has two units of transitional housing across Manitoba to help clients transition into a healthy future.

 (204)-326-6062  
Main Phone Line

 (204)-326-6062  
Text Line


 [info@agapehouse.ca](mailto:info@agapehouse.ca)



### 2 Prairie Harbour Inc.

Portage La Prairie

Prairie Harbour provides emergency shelter for women and children escaping abuse. This organization provides referral services, counselling and has a protection order designate. In addition, childcare is available. If needed, transportation to the shelter can be arranged. The shelter is also able to house small pets.

 (204)-239-5234

 [director@prairieharbourinc.ca](mailto:director@prairieharbourinc.ca)




### 3 Genesis House


Winkler

Genesis House is a 16 bed emergency shelter for women and children fleeing gender-based/intimate partner violence. They provide counselling, support groups, parenting support, referral services and can provide assistance with protection orders. Childcare may be provided during appointments and for shelter participants dependent on staff availability. We provide follow up services, children's counselling, Cultural/Indigenous supports, Housing Outreach, and Sexual Assault Intervention programming. Some of these services can be provided virtually if clients need.

Genesis House works with local taxi companies to ensure the safe arrival of clients who need to use the shelter. Additionally, they have a Pet Safe Program – they can house pets on site for short term and arrange for fostering or boarding of pets during shelter stays at no cost.

Genesis House has one transitional housing unit to help clients transition into a healthy future.

 1-(204)-325-9800  
Local Crisis Line

 (204)-325-9957  
General Inquiries




### 4 Healthy Muslim Families

Winkler

2-385 Mountain Ave.

Healthy Muslim Families is an organization that aims to empower families with guidance from Islamic Values. They provide general translation services in Arabic and Urdu, have a mental health practitioner who can provide services in English and Urdu/Hindi in addition to many other services available to the public listed on their website.

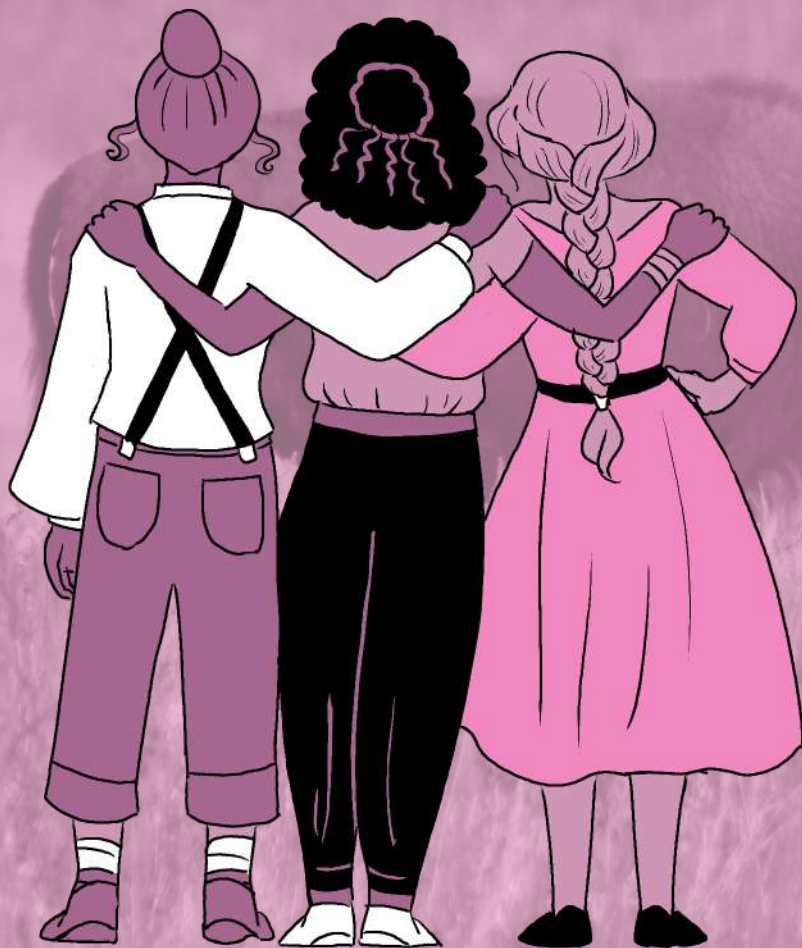
They can provide referral and advocacy services to women and children escaping violence.

 (204)-202-3782

 [winkler@healthymuslimfamilies.ca](mailto:winkler@healthymuslimfamilies.ca)



# SUMMARY



	1	2	3	4
	Agape House	Prairie Harbour Inc.	Genesis House	Healthy Muslim Families
Shelter	✓	✓	✓	-
Care Provided	IPV SV	IPV	IPV SV	IPV
Advocacy	✓	✓	✓	✓
Counselling	✓	✓	✓	✓
Protection Order Designate	✓	✓	✓	-
Virtual Care	✓	✓	✓	-
Transitional Housing	✓	-	✓	-
Transportation	✓	✓	IW	-
Childcare	✓	✓	IW	-

IPV Intimate Partner Violence    SV Sexual Violence    IW Inquire Within

# INTERLAKE EASTERN HEALTH



- 1** Nova House  
*Selkirk*
- 2** Pearl Smith Memorial Emergency Women's Shelter  
*Hollow Water First Nation*
- 3** Survivor's Hope Crisis Centre  
*Pinawa*
- 4** Interlake Women's Resource Centre  
*Gimli*
- 5** LakeShore Family Resource Centre  
*Ashern*
- 6** Fisher River Cree Nation: First Nation Healing Centre  
*Koostatak / Fisher River*

# INTERLAKE EASTERN Resources

## 1 Nova House Selkirk

Nova House is an emergency shelter for women and children escaping intimate partner violence as well as supports individuals who have experienced sexual violence. They provide childcare to individuals using the shelter and are able to work with the local humane society to secure a safe place for pets to stay.

Nova House has many outreach services including adult counselling either individually (by phone or in person) or in a group centre, referrals to community services, help with protection order forms, support for transitional housing and job skills and development.

 **(204)-482-1200**  **(204)-805-NOVA**  
Local Crisis Line Nova House Text Line

 **(204)-482-7882 ext 0**  
General Inquiries Phone

 **info@novahouse.ca**  
General Inquiries Email

### Outreach Services


 **(204)-485-1711**  **(204)-482-7882 ext 446**  
Outreach Phone Line Outreach Cell Phone

 **outreach@novahouse.ca**  
Outreach Email



## 2 Hollow Water First Nation: Pearl Smith Memorial Emergency Women's Shelter Hollow Water First Nation

Pearl Smith Memorial Emergency Women's shelter is open for women escaping intimate partner violence.

 **(204)-363-7320**



## 3 Survivor's Hope Crisis Centre Selkirk 10-24 Aberdeen Ave

Survivors Hope Centre provides support to all individuals 13+ who have experienced sexual assault in the Interlake-Eastern Region through their SARAH (sexual assault recovery and healing) program. If an individual who has had an experience of sexual assault goes to the RCMP or their local hospital, they can request for these service providers to call a SARAH volunteer to provide emotional support and advocacy.

Counselling is available in person, over zoom and by phone call to anyone who has experienced sexual assault regardless of if they sought legal action or hospital care. For women who want to seek shelter, Survivors is a member of Manitoba Association of Women's Shelters and can provide assistance to get to a shelter safely.

Additionally, Survivors Hope Centre runs a program for members of the Canadian Armed Forces (CAF) or individuals whose partner (current or previous) is in the CAF. This program, project SMOKE (Sexual Misconduct Outreach Knowledge and Empowerment), provides support to those who have been impacted by "misconduct and military sexual trauma" that are 16+. They are able to provide individual counselling, land-based healing, support for medical appointments and reporting abuse to appropriate authorities as well as court support. Other services offered within the SMOKE program are healing groups, education sessions, and consultation.

 **(204)-753-5353**  **(204)-272-8835**

 **support@survivors-hope.ca**



## 4 Interlake Counselling and Resource Centre Gimli 87 - 5th Avenue

Interlake Women's Resource Centre is open 9:00am-4:00pm every day and provides services to all individuals that have experienced or been affected by abuse. They provide individual counselling in person, over Zoom or by phone within the Interlake region. Group counselling and support groups are offered when there is a need or interest in communities. They can provide referral services and have a protection order designate on staff. In addition, Interlake Counselling and Resource Centre offers community programs and educational workshops focused on empowerment, healing and mental health awareness.

 **(204)-642-8264**  **info@referral@iwrc.ca**




5

## LakeShore Family Resource Centre

**Ashern**

#9 Main Street

The Lakeshore Family Resource Centre provides individual or group counselling in person or by phone, referral services, and food bank registry for all individuals. Lakeshore Family Resource Centre can provide transportation to shelters for people fleeing intimate partner violence in addition to having a protection order designate.

 (204)-768-3016

 [lwrcethird@gmail.com](mailto:lwrcethird@gmail.com)



6

## Fisher River Cree Nation: First Nation Healing Centre Inc


**Koostatak / Fisher River**

First Nation Healing Centre Inc-Fisher River Cree Nation provides an emergency shelter for women, children and members of the 2SLGBTQ+ community who are fleeing intimate partner violence.

They provide counselling to individuals over the phone, Zoom or in-person with childcare being provided during these appointments if needed. Women who have had an experience of sexual assault can also access counselling services and stay in house if in immediate danger.

The Healing Centre has many other great programs such as their Family Violence & Anger Management Program, which is offered over 10 sessions individually or in a group.











First Nation Healing Centre also offers a 4 week life skill program, Rekindling My Spirit Journey that is offered 4 times a year. The program aims to empower women physically, emotionally and spiritually through a holistic approach, for the next chapter of their life. Childcare is provided if desired.

 (204)-645-2751

 [directorfnhc@mymts.net](mailto:directorfnhc@mymts.net)



# SUMMARY

	1 Hallow Peal Smith Memorial Emergency Women's Shelter Nova House	2 Interlake Women's Hope Crisis Centre	3 LakeShore Family Resource Centre	4 Fisher River Cree Nation: First Nation Healing Centre	5 Fisher River Cree Nation: First Nation Healing Centre	6 Fisher River Cree Nation: First Nation Healing Centre
 Shelter	✓	✓	-	-	-	✓
  Care Provided	IPV SV	IPV	SV	IPV	IPV	IPV SV
 Advocacy	✓	-	✓	✓	✓	✓
 Counselling	✓	-	✓	✓	✓	✓
 Protection Order Designate	-	-	-	✓	✓	✓
 Virtual Care	✓	-	✓	✓	✓	✓
 Transitional Housing	-	-	-	-	-	✓
 Transportation	-	-	IW	-	✓	-
 Childcare	✓	-	-	-	-	IW

IPV Intimate Partner Violence    SV Sexual Violence    IW Inquire Within

# NORTHERN REGIONAL HEALTH AUTHORITY



- 1** Women's Safe Haven/Resource Service Inc.  
*Flin Flon*
- 2** Noosi Muskwa Women's Shelter  
*Nelson House*
- 3** Thompson Crisis Centre  
*Thompson*
- 4** Aurora House  
*The Pas*
- 5** Wechihin Waskkahikan Women's Centre  
*Shamattawa*
- 6** Jean Folster Place  
*Norway House*
- 7** Mamawehetowin Crisis Centre  
*Mathias Colomb Cree Nation/Pukatawagan*
- 8** Thompson YWCA  
*Thompson*

# NORTHERN REGIONAL Resources

1


## Women's Safe Haven/Resource Service Inc.

### Flin Flon

#228-35 Main Street

Women's Safe Haven/Resource Centre Inc. is both an emergency shelter (open 24 hr/day) and resource centre (open 9-5 M-F) open to all individuals regardless of gender identity or sexuality that have been impacted by intimate partner violence. If the individual(s) seeking shelter need to be transferred to another shelter, transportation can be provided.

Within the resource centre individuals can seek out 1 on 1 counselling, group programming, access referral services and work with staff to navigate social services such as Child and Family Services. Some services can be accessed via Zoom calls, Microsoft Teams or by phone appointment if necessary.

 **(204)-681-3105**

Daytime Business

 **wrc.execdirector@gmail.com**




2

## Noosi Muskwa Women's Shelter


### Nelson House

20 Otetiskiwin Drive

Noosi Muskwa Women's Shelter in Nelson House provides emergency shelter to women and children facing intimate partner violence. They provide childcare services to the women using the shelter and offer referral services to local community resources such as mental health therapist and counsellors.

 **(431)-354-1840**

Emergency On-Call

 **(204)-484-2634**

24/7 Landline

 **womensshelter@ncncree.com**



3


## Thompson Crisis Centre

### Thompson


Thompson Crisis Centre provides emergency shelter, transitional housing and counselling services to women, children and members of the 2SLGBTQ+ who are victims of intimate partner violence.

Counselling is available for adults and children in the shelter/housing or through their outreach program. Childcare can be provided if needed during a person's stay at the shelter and for outreach appointments.

The shelter refers individuals to community resources as needed and has a protection order designate. Individuals who are unable to access the shelter on their own can arrange transportation through a taxi service paid for by the shelter.

 **1-(877)-977-0007**

Toll-Free Crisis Line

 **1-(204)-778-7273**

Local Crisis Line

 **help@thompsoncrisiscentre.org**

 **info@thompsoncrisiscentre.com**




4

## Aurora House


### The Pas

Aurora House is an emergency shelter in The Pas. In addition, they are a resource centre and provide transitional housing to self identified women and children fleeing intimate partner violence.

Counselling is provided to children and women in person, over Zoom and over phone call. Aurora House is able to provide referral services to community resources and has a protection order designate. Transportation can be provided through the shelter as well as through the local nursing station.

 **(204)-623-5497**

Crisis Line

 **(204)-623-7427**

Administration Line

 **auroatp@mts.net**



5

**Wechihin Waskkahikan Women's Centre****Shamattawa**

M-F 830-430

Wechihin Waskkahikan Women's Centre is located in Shamattawa, MB and provides emergency shelter to women and children.



IPV

6

**Jean Folster Place****Norway House**

Jean Folster Place in Norway House Cree Nation is a 24/7 shelter for women and children needing a safe place to stay in situations of intimate partner violence. They also offer counselling and referral services.

**(204)-359-3446**

IPV



7

**Mamawehetowin Crisis Centre****Mathias Colomb Cree Nation/Pukatawagan**

Mamawehetowin Crisis Centre located in Mathias Colomb Cree Nation/Pukatawagan is a 24/7 shelter available for women and children (boys under the age of 14) who are fleeing intimate partner violence. They offer referral services as well as counselling for women and children.

**1-(866)-432-1041**

IPV



8

**Thompson YWCA****Thompson**

39 Nickel Road

Thompson YWCA is a feminist organization that strives to make Thompson a safer community for women and children. They provide programs, resources, advocacy, and support to individuals experiencing intimate partner violence. Additionally, essential baby items and harm reduction supplies are available on a regular basis. YWCA Thompson has a protection order designate on staff and can provide virtual support if required.

**(204)-778-6341**

IPV



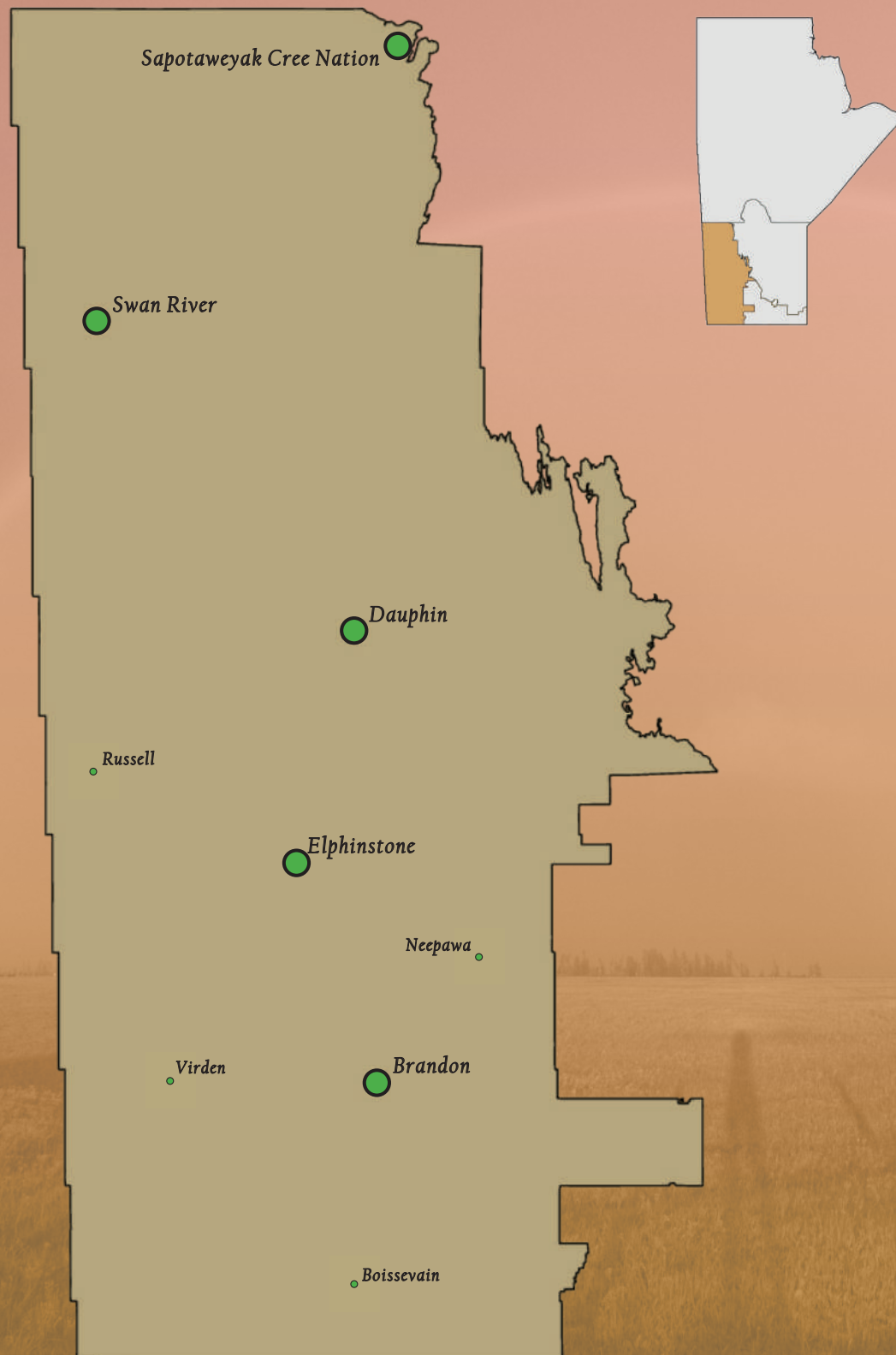
# SUMMARY

	1	2	3	4	5	6	7	8
	Women's Safe Haven/Resource Service Inc.	Noosi Muskwa Women's Shelter	Thompson Crisis Centre	Wechihin Waskkahikan Women's Centre	Aurora House	Jean Folster Place	Mamawehetowin Crisis Centre	Thompson YWCA
Shelter	✓	✓	✓	✓	✓	✓	✓	✓
Care Provided	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV SV
Advocacy	✓	✓	✓	✓	-	✓	✓	✓
Counselling	✓	-	✓	✓	-	✓	✓	✓
Protection Order Designate	-	-	✓	✓	-	-	-	✓
Virtual Care	IW	-	✓	IW	-	-	-	✓
Transitional Housing	-	-	✓	✓	-	-	-	✓
Transportation	✓	-	✓	✓	-	-	-	✓
Childcare	-	✓	✓	-	-	-	-	✓

IPV Intimate Partner Violence

SV Sexual Violence

IW Inquire Within



# PRAIRIE MOUNTAIN HEALTH



- 1** Swan Valley Crisis Centre  
*Swan River*
- 2** Parkland Crisis Centre  
*Dauphin*
- 3** YWCA Westman  
*Brandon*
- 4** Western Manitoba Women's Centre  
*Brandon*
- 5** Mary's House  
*Brandon*
- 6** Migiziwazison Healing Lodge  
*Elphinstone*
- 7** Iskwe Mino Yawagamik  
*Sapotaweyak Cree Nation*

# PRAIRIE MOUNTAIN Resources

## 1 Swan Valley Crisis Centre


### Swan River

119 9th Avenue North

Swan Valley Crisis Centre is open weekdays 9am-4pm with evening hours as needed in addition to having a 24/7 crisis line and shelter.

Services are available for women, 2SLGBTQ+ individuals and children who are victims of intimate partner violence. In-person counselling services are available for adults and children, with virtual options available on a case-by-case basis. Childcare can be provided during this session if needed.

Additionally, the crisis centre offers support groups. The centre has a protection order designate and provides courses on parenting, healthy relationships and general information on intimate partner violence.

 (204)-934-9368

 [crisis@svcrisis.ca](mailto:crisis@svcrisis.ca)




## 2 Parkland Crisis Centre

### Dauphin

Parkland Crisis Centre is open all day, every day. They provide a 24/7 crisis line and residential shelter for women and children. They provide non-residential services to all individuals regardless of gender and sexual orientation.

Non-residential services include individual counselling in person or over the phone and support groups. Parkland Crisis Centre can also provide referral services to community services on a case-by-case basis as well as having a protection order designate available.

Additionally, other programs run such as Anger Solutions for Men and Women, Healthy Relationships, Domestic Violence Awareness, Self-Esteem, Nobody's Perfect Parenting and Triple P Parenting throughout the year.

 (204)-638-9484

Local Line




## 3 YWCA Westman


### Brandon

158 - 11th Street


YWCA provides emergency shelter to women and children escaping intimate partner violence and supports individuals who have experienced sexual violence. They provide referral services, counselling, transportation, childcare during appointments, and have a protection order designate. Residential support programming is available with a housing coordinator leading the residential programs. Follow up services are available for individuals once they complete programming.

 1(877)-977-0007

Phone Crisis Line

 (204)-400-4007

Text Crisis Line

 (204)-571-3680

Administration Line

 [info@ywcawestman.ca](mailto:info@ywcawestman.ca)




## 4 Western Manitoba Women's Centre

### Brandon

1233 Rosser Avenue

Western Manitoba Women's Centre (previously The Women's Resource Centre Brandon) is located in Brandon Manitoba and is open 9:30am-3pm Monday-Wednesday, Thursday and Friday by appointment. The clinic provides a safe space for LGBTQ+, women and children with advocacy services, counselling, and a breakfast program. The centre offers a monthly family law and sexual assault legal clinic.

 (204)-726-8632

 [reception@wmwc.ca](mailto:reception@wmwc.ca)



## 5 Mary's House

### Brandon

Mary's House is a confidential and compassionate space dedicated to supporting women and children healing from the impacts of domestic violence. Their goal is to provide safety, understanding, and empowerment through a range of counselling and support services. In addition, Mary's House host women's healing groups designed to build connection, resilience, and hope through shared experiences and guided discussions. At Mary's House every woman and child is treated with dignity and respect. Their confidential location ensures safety and privacy while offering a space to rebuild, heal, and move forward toward a life free from violence.

 (204)-727-1268 Ext 4



6


## Migiziwazison Healing Lodge

Elphinstone

PO Box 433

Migiziwazison Healing Lodge is an emergency shelter that supports women, children, and gender-diverse individuals fleeing intimate partner violence. The lodge offers counselling, referrals, transportation, and a range of in-house programming focused on healing and personal growth. Staff assist residents with applications for housing and Employment and Income Assistance (EIA) and provide advocacy throughout these processes. A Protection Order Designate is available to assist individuals in applying for protection orders. Childcare is provided during scheduled programming and appointments.

The lodge honors Indigenous traditions by providing opportunities for smudging, sharing circles, medicine picking, full moon ceremonies, sweat lodge access, and teaching beading, and ribbon skirt making.

 (204)-625-2100

 [ADirector@kmhl.ca](mailto:ADirector@kmhl.ca)




7

## Iskwé Mino Yawagamik

Sapotaweyak Cree Nation











Iskwé Mino Yawagamik is a new women's shelter that offers safe accommodations, support to help find permanent housing, counselling, educational workshops and job skills training for women and children in need. The environment around the shelter serves as a space for land-based healing.

 (204)-731-4488

 [scnimy@scnha.com](mailto:scnimy@scnha.com)



# SUMMARY

	1	2	3	4	5	6	7
	Swan Valley Crisis Centre	Parkland Crisis Centre	Western Manitoba YWCA Westman	YWCA Women's Centre	Mary's House	Migiziwazison Healing Lodge	Iskwé Mino Yawagamik
 Shelter	✓	✓	✓	✓	-	✓	✓
  Care Provided	IPV	IPV	IPV SV	IPV SV	IPV	IPV SV	IPV SV
 Advocacy	✓	✓	✓	✓	-	✓	✓
 Counselling	✓	✓	✓	✓	✓	✓	✓
 Protection Order Designate	✓	✓	✓	✓	-	✓	✓
 Virtual Care	-	✓	✓	IW	-	IW	IW
 Transitional Housing	✓	-	-	-	✓	-	-
 Transportation	IW	-	✓	-	-	IW	IW
 Childcare	IW	✓	✓	-	-	IW	IW

IPV Intimate Partner Violence    SV Sexual Violence    IW Inquire Within

# MANITOBA-WIDE SPECIALISED SERVICES

1

## Pluri-elles (Manitoba) Inc.

### Winnipeg

UnitC 114, 420 Des Meuron Street

**Counseling and Support Services:** At Pluri-elles (Manitoba) Inc., we believe that everyone deserves to live a balanced, safe, and emotionally fulfilling life. Our professional counsellors offer confidential support to help you overcome life's challenges, strengthen your relationships, and deepen your self-awareness.

Whether you are experiencing personal difficulties, family conflicts, or situations of violence, our team is here to guide and support you every step of the way. We assist with developing safety plans, connecting to community resources, and finding solutions tailored to your individual needs.

#### Our Services Include:

- Individual, group, and online counseling
- Support groups and peer programs for teenagers
- Information and awareness sessions
- Community Action Program for Children (CAPC) — a program that helps parents and adults working with children strengthen their parenting and mentoring skills

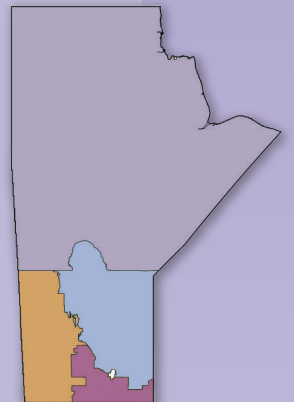
**Services de counseling et de soutien:** Chez Pluri-elles (Manitoba) inc., nous croyons que chacun mérite de vivre une vie équilibrée, sécuritaire et empreinte de bien-être émotionnel. Nos conseillères professionnelles offrent un accompagnement confidentiel pour vous aider à surmonter les défis de la vie, à renforcer vos relations et à mieux vous connaître.

Que vous viviez des difficultés personnelles, des conflits familiaux ou une situation de violence, notre équipe est là pour vous soutenir et vous guider à chaque étape. Nous offrons de l'aide pour élaborer des plans de sécurité, accéder aux ressources communautaires et trouver des solutions adaptées à vos besoins.

#### Nos services comprennent :

- Counseling individuel, de groupe et en ligne
- Groupes de soutien et programmes de pairs pour les adolescentes
- Séances d'information et de sensibilisation
- Programme d'action communautaire pour les enfants (PACE) — un programme qui aide les parents et les adultes en contact avec des enfants à renforcer leurs compétences parentales et relationnelles

☎ (204)-233-1735



“When girls are valued less than boys, women less than men, they face multiple risks throughout their lives – at home, at work, at school, from their families and from strangers. Gender-based violence is a major consequence of gender inequality. It is a worldwide phenomenon.”

– Bukky Shonibare  
Nigerian activist

**IF YOU ARE IN IMMEDIATE DANGER, CALL 9-1-1**

## **CRISIS NUMBERS**

If you are not in immediate danger, and you want to talk about your situation, call one of these 24-hour domestic violence information/crisis line to discuss options and get information about services available in your area.

**Government Toll Free Crisis Line (24/7)**

**1-(877)-977-0007**

**Klinik Sexual Assault Crisis Line (24/7)**

Phone: **(204)-786-8631**

Toll Free: **1-(888)-292-7565**

**Klinik Crisis Line (24/7)**

Phone: **(204)-786-8686**

Toll Free: **1-(888)-322-3019**

**“Call the Line”**

**Trafficking Line (24/7)**

**1-(844)-333-2211**

**Suicide Crisis Helpline (24/7)**

Call or Text: **988**

**Manitoba Suicide Prevention & Support Line (24/7)**

Toll Free: **1(877)-435-7170**

<sup>1</sup>Statistics Canada, (2023). *Trends in police-reported family violence and intimate partner violence in Canada*. Retrieved May 1, 2024 from: <https://www150.statcan.gc.ca/nl/en/daily-quotidien/231121/dq231121b-eng.pdf?st=YriKRvSy>

<sup>2</sup>Faller, Y.N., Wuerch, M.A., Hampton, M.R., Barton, S., Fraelich, C., Juschka, D., Milford, K., Moffitt, P., Ursel, J., & Zederayko, A. (2021). *A web of disheartenment with hope on the horizon: Intimate partner violence in rural and northern communities*. *Journal of Interpersonal Violence*, 36(9-10), 4058-4083. <https://doi.org/10.1177/0886260518789/41>

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