

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 jarmatas@klinik.mb.ca

Dream Catchers Peer Counsellor
Phone (204) 784-4065
E-mail ktrossel@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

Information	(204) 784-4090
Health Services Appointments	(204) 784-4090
Teen Klinik	(204) 784-4090
Public Education & Training	(204) 784-4066
Teen Talk	(204) 784-4010
Project Choices	(204) 784-4072
Volunteer Information	(204) 784-4006
Drop-In Counselling	(204) 784-4067
Family Violence Counselling (Evolve)	(204) 784-4070
Manitoba Farm & Rural Support Services Toll Free (Brandon)	1-866-367-3276
Dream Catchers	(204) 784-4042
SPEAK (Suicide Prevention Education Awareness Knowledge)	(204) 784-4064
Trauma Counselling	(204) 784-4059
Sexual Assault Crisis Counselling Appointments	(204) 784-4049
Speakers / Education	(204) 784-4048

24-Hour Telephone Services:

Manitoba Suicide Line Toll Free	1-877-435-7170
Crisis Line	(204) 786-8686
Toll Free	1-888-322-3019
Sexual Assault Crisis Line	(204) 786-8631
Toll Free	1-888-292-7565
Senior's Abuse Support Line	1-888-896-7183
TTY Deaf Access Counselling	(204) 784-4097

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



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Dream Catchers

A Program for Women and
Transgender Individuals of all Nations
Transitioning from the Sex Trade

What Can You Expect From Dream Catchers?

Dream Catchers provides a safe, supportive place to start your healing journey.

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.”

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”

Illustration by Amber, age 6

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.

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.