

Location and Hours

Klinik offers Drop-In Counselling on a first come, first served basis at our **167 Sherbrook Street** location.

Drop-In Counselling Hours

Monday, Friday, and Saturday*
(noon – 4 pm)

Tuesday, Wednesday, and Thursday (noon – 8 pm)

(*Closed on long weekend Saturdays)

Drop-In hours may change. Contact Klinik by phone or visit our website for up-to-date hours of operation.

Parking

Limited visitor parking is available behind the Klinik Community Health building. Limited street parking is also available.

Contact Information

Phone: (204)-784-4067

Email: dropin@klinik.mb.ca

Website: klinik.mb.ca/in-person-counselling/klinik-drop-in-counselling/

Please note: Klinik is a scent-free facility. Please limit fragrances (perfume, cologne, essential oils) when visiting.

Klinik Services

General Information.....	(204) 784-4090
Domestic Abuse (Evolve) Counselling.....	(204) 784-4059
Dream Catchers.....	(431) 478-0280
Drop-In Counselling Information.....	(204) 784-4067
Health Services Appointments.....	(204) 784-4090
Manitoba Trauma Information & Education Centre	(204) 784-4099
Project Choices.....	(204) 784-4072
Public Education & Training.....	(204) 784-4066
Teen Klinik.....	(204) 784-4090
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 Farm, Rural & Northern Support Services	1-866-367-3276
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



167 Sherbrook
Winnipeg, MB R2C 2B7

phone: (204) 784-4090

fax: (204) 772-7998

e-mail:

klinik@klinik.mb.ca

twitter and instagram:

@KlinikCHC

facebook: /KlinikCHC



Klinik
Community
Health Program

Community Drop-In Counselling Program



Drop-In Counselling...

If you have been thinking about getting help from a counsellor or going to therapy, Drop-In Counselling at Klinik is a great place to start. Drop-In Counselling is offered as a stand-alone session where you can focus on what you need most. Your counsellor can work with you on next steps including exploring resources and making referrals for longer-term counselling or therapy.

We Welcome...

- Families (children 13 years and older)
- Adults
- Teens (13 years and older)
- Seniors
- 2SLGBQIA+ (Two-Spirit, Transgender, Lesbian, Gay, Bi-Sexual, Queer and/or Questioning, Intersex, Asexual)
- **Anyone who needs help with a problem**

Our Counsellors...

- Are employees or students under staff supervision of Klinik.
- Have training in crisis intervention, family violence, and suicide prevention.
- Can work with you to help understand the problem causing you distress.
- Can help you find other resources.

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**

Life in Balance...

Klinik's Life in Balance activities provide group opportunities that promote mental health and wellbeing. For information about these groups, please visit:

klinik.mb.ca/wellness-support-groups/life-in-balance/

Confidentiality...

We take your right to confidentiality seriously. We will only share information about you outside of Klinik if we have your permission, or 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 an 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 needed to keep people safe. We may need to ask for help from emergency services 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.

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.