

# KLINIC SERVICES

## EVOLVE

Klinik Community Health Centre  
870 Portage Avenue  
Winnipeg, MB R3G 0P1

[www.klinik.mb.ca](http://www.klinik.mb.ca)  
E-mail: [klinik@klinik.mb.ca](mailto:klinik@klinik.mb.ca)

Klinik offers Drop-In  
Counselling at  
545 Broadway

For times and information,  
Call: 784-4067

- Information ..... 784-4090
- Medical Appointments ..... 784-4090
- Community Services Outreach ..... 784-4090
- Volunteer Information ..... 784-4006
- Teen Klinik ..... 784-4090
  - E-mail ..... [teenklinik@klinik.mb.ca](mailto:teenklinik@klinik.mb.ca)
- Drop-In Counselling
  - Information ..... 784-4067
  - E-mail ..... [dropin@klinik.mb.ca](mailto:dropin@klinik.mb.ca)
- Post Trauma Counselling
  - Appointments ..... 784-4059
- Crisis Counselling
  - 24 Hour Crisis Line ..... 786-8686
  - Toll Free ..... 1-888-322-3019
  - TTY Deaf Access ..... 784-4097
- Sexual Assault
  - Counselling Appointments ..... 784-4049
  - 24 Hour Sexual Assault Crisis Line . 786-8631
  - Toll Free ..... 1-888-292-7565
  - TTY Deaf Access ..... 784-4097
  - Speakers/Education ..... 784-4048
  - E-mail ..... [sacpwpg@klinik.mb.ca](mailto:sacpwpg@klinik.mb.ca)
- Domestic Abuse Counselling (EVOLVE) 784-4070
- Public Education & Training ..... 784-4066
- Teen Talk ..... 784-4010

**IF YOU HAVE COMMENTS OR CONCERNS  
PLEASE CALL 784-4018**

870 Portage Avenue, Winnipeg, Manitoba R3G 0P1  
Admin. Fax: 772-7998  
Medical Fax: 784-4013  
[www.klinik.mb.ca](http://www.klinik.mb.ca)  
E-mail: [klinik@klinik.mb.ca](mailto:klinik@klinik.mb.ca)

**HAVE YOU  
EXPERIENCED ABUSE  
IN YOUR  
RELATIONSHIP?**

*"I felt alone,  
confused and embarrassed.  
All that's changed now."*



**EVOLVE PROGRAM  
784-4208**

*"You will get through this."*

Domestic abuse has many effects on us and our relationships. However, people are often unsure if what they are experiencing is abuse. Abuse is a pattern of behaviours that creates feelings of fear and may include:

- **Physical** (slapping, pushing, hitting, throwing objects or using a weapon, denying food or medications)
- **Verbal** (name-calling, threats, criticizing or humiliating partner, etc.)
- **Financial** (controlling how money is spent, not allowing partner to work or have money, etc.)
- **Sexual** (unwanted sexual touching, forcing partner into sexual acts, pressuring partner to get pregnant, etc.)

Someone who has experienced abuse often feels fearful, anxious and may feel like there is something wrong with them. They may not realize that these feelings could be a result of abuse in the relationship.

Over time abuse in a relationship can create feelings of:

- **Isolation**
- **Depression**
- **Anxiety**
- **Self Blame**
- **Lowered Self Esteem**
- **Powerlessness**
- **Loss of Security**
- **Uncertainty and Shame**

These feelings can stay with you for a long time even after the abuse has stopped. It often takes courage and strength to ask yourself whether some of what you are feeling may be related to your experience in an abusive relationship.

You can get help by calling the intake counsellors at Klinik. An intake counsellor will talk to you about how counselling with **Evolve** may be helpful to you.

**Evolve** services offer both individual and group counselling.

### **Evolve:**

- is open to anyone who has experienced abuse in an intimate relationship.
- helps people to understand and overcome the effects of domestic abuse.

All services are **free** and **confidential**.

All **Evolve** services are available to men, women, people in same sex or opposite sex relationships, and transgender persons. Counselling is also available to children who have witnessed domestic abuse.

For more information  
about **Evolve**,  
call the intake counsellor  
at **784-4208**.