

# 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)

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

**BECOME THE PERSON,  
PARTNER AND PARENT  
YOU WANT TO BE**



**EVOLVE PROGRAM  
784-4208**

*It's within your grasp.  
You can do it.  
We can help.*

Most people want and need certain things in their lives and relationships. These include:

- **An intimate relationship**
- **A feeling of being important**
- **A feeling of security and belonging**

When you feel that these things are missing in your life, you may feel:

- **Frustrated**
- **Confused**
- **Angry**
- **Powerless**
- **Misunderstood**

These feelings can sometimes lead a person to behave in a way that is hurtful. This behaviour may stop you from getting the things you want in life.

This behaviour may also cause your partner and children to feel scared and confused.

It takes courage and strength to ask yourself if your behaviour might be causing problems for you, your partner and your children.

You can get help by calling the intake counsellor at Klinik. The 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 is concerned that their behaviour might be hurting their relationship and those they care about.
- helps people better 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**.