

# Community Drop-In Counselling Program

## Drop-In Counselling Services

In partnership with the Winnipeg Regional Health Authority, and the Family Violence Prevention Program, Klinik offers Drop-In Counselling at the following locations:

- Klinik on Broadway  
545 Broadway  
Assigned visitor parking available.
- Access Transcona  
845 Regent Avenue West

For hours of operation, PLEASE CALL 784-4067

Drop-In hours subject to change.

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

## Klinik Services

Information .....	784-4090
Health Services Appointments .....	784-4090
Teen Klinik .....	784-4090
Public Education & Training .....	784-4066
Teen Talk .....	784-4010
Volunteer Information .....	784-4006
Drop-In Counselling .....	784-4067
Family Violence Counselling (Evolve) .....	784-4070
Dream Catchers .....	784-4042
SPEAK (Suicide Prevention Education Awareness Knowledge) .....	831-3610
Post Trauma Counselling Appointments .....	784-4059
Sexual Assault Crisis Counselling Appointments .....	784-4049
Speakers / Education .....	784-4048

## 24-Hour Telephone Services:

Manitoba Suicide Line Toll Free .....	1-877-435-7170
Crisis Line .....	786-8686
Toll Free .....	1-888-322-3019
Sexual Assault Crisis Line .....	786-8631
Toll Free .....	1-888-292-7565
Seniors Abuse Support Line .....	1-888-896-7183
TTY Deaf Access Counselling .....	784-4097

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



870 Portage Avenue, Winnipeg, MB R3G 0P1  
Administrative 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)

## 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.

## Drop-In Counselling...

- Free
- No appointment needed
- First come, first seen basis
- Donations gratefully accepted

## 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

## We Welcome...

- Men
- Women
- Transgender
- Youth (ages 13+)
- Seniors
- People with family violence related charges
- Anyone who thinks we can help them with a problem

## Klinik Philosophy...

Klinik is a pro-choice agency. We will offer you respectful, non-judgmental support. We welcome people of any gender, appearance, culture, religious background or sexual orientation.

## Our Counsellors...

- are employees or volunteers of Klinik Community Health Centre.
- have training in crisis intervention, family violence and suicide prevention.
- can work with you to help you understand the problem.
- can help you find community resources.

## Volunteers...

Our trained volunteers gain career related experience and make an important contribution to the community.

Volunteer Opportunities:

- Board member
- Committee member
- Crisis line counsellor
- Drop-In counsellor
- Reproductive health educator
- Sexual assault line counsellor
- Suicide line counsellor
- Teen Talk peer supporter

To get more information on volunteering with Klinik, please call our Volunteer Development & Resource Worker at 784-4006.

## Confidentiality...

We take your right to confidentiality seriously. We will only share information about you outside of Klinik if we have your permission except 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 the 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 necessary for safety. We may need to ask for help from emergency services and/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.

Please call 784-4067 for Drop-In times and locations or visit our website at [www.klinik.mb.ca](http://www.klinik.mb.ca)

This document has been modified to plain language to benefit all readers.