

Dream Catchers provides safe and therapeutic services to women and transgender individuals transitioning from the sex trade.

All information is kept confidential and private.

Intakes scheduled Fall and Spring

***For More Information, Contact:***

Chris Willette,  
Dream Catchers Coordinator  
Phone 204-784-4042  
E-mail cwillette@klinik.mb.ca

Kim Trossel,  
Dream Catchers Peer Counsellor  
Phone 204-784-4065  
E-mail ktrossel@klinik.mb.ca

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

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## KLINIC SERVICES

*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.*

- Information . . . . . 784-4090
- Health Services Appointments . . . . . 784-4090
- Teen Klinik ([teenklinik@klinik.mb.ca](mailto:teenklinik@klinik.mb.ca)) . . . . . 784-4090
- Public Education & Training . . . . . 784-4066
- Teen Talk . . . . . 784-4010
- Volunteer Information . . . . . 784-4006
- Drop-In Counselling ([dropin@klinik.mb.ca](mailto:dropin@klinik.mb.ca)) . 784-4067
- Family Violence Counselling (Evolve) . . . . 784-4070
- Dream Catchers . . . . . 784-4042
- Post Trauma Counselling Appointments . . 784-4059
- Sexual Assault Crisis Counselling  
Appointments ([sacpwpg@klinik.mb.ca](mailto:sacpwpg@klinik.mb.ca)) . . . . . 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
- 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)

# Dream Catchers



## *Dream Catchers*

A Program for Women and  
Transgender Individuals  
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
- Finding help with employment and education in the community
- Connecting with cultural traditions that create well-being

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 body and strengthen spiritual connection:

- Aboriginal drumming, singing and smudging
- Auricular acupuncture
- Qigong: slow, gentle movements to help group members relax

### *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

***“No Woman Gets Left Behind”***