

KLINIC SERVICES

EVOLVE

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

www.klinik.mb.ca
E-mail: klinik@klinik.mb.ca

Klinik offers Drop-In
Counselling at
545 Broadway

For times and information,
Call: 784-4067

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) 784-4090
- Public Education & Training 784-4066
- Teen Talk 784-4010
- Volunteer Information 784-4006
- Drop-In Counselling (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) 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 / E-mail: klinik@klinik.mb.ca

March 2008

*“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.*

Klinik
Community Health Centre

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**.