

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

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

*“I felt alone,
confused and embarrassed.
All that’s changed now.”*



Klinik
Community Health Centre

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**.