

Teaching to help others.

Klinik is a teaching facility. For example, students from the University of Manitoba School of Social Work do some of their training at Klinik. They are supervised by a staff counsellor.

Working Together

At Klinik, we work with other health care providers to meet client needs. Normally, we consult other helpers with the client's consent. Sometimes, in emergencies, we must contact them even without the client's consent.

Klinik is accredited by the Canadian Council on Health Services Accreditation. Klinik is funded by the Winnipeg Regional Health Authority.

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) 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

THE POST TRAUMA COUNSELLING PROGRAM



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

What is the Post Trauma Counselling Program?

The Post Trauma Counselling Program can help people with traumas related to abuse, violence and/or the loss of a loved one by suicide.

This program can help you cope with emotional pain and recover from the affects of trauma by offering one-on-one and group counselling.

What is a trauma?

A trauma is a frightening, threatening and abnormal event or series of events. Trauma can cause you to be anxious and afraid long after the event. You may not feel the affects of the trauma right away.

What is counselling?

Choosing to talk to a counsellor is a smart thing to do when you feel that help is needed. Counselling is a process that can help you:

- Understand how you have been affected by a traumatic event
- Understand the emotional and interpersonal aspects of your life
- Re-affirm your strengths, self worth and value
- Help you make changes to your life that are important to you

What are the signs of trauma?

The signs of trauma can be both physical and emotional and may include:

- Difficulty sleeping
- Poor concentration
- Low energy
- Change in appetite
- Always feeling on guard
- Easily startled
- Intense feelings of sadness, fear, horror or helplessness
- Avoiding strong emotions
- Feeling detached or isolated from people
- Repeated, distressing memories, or dreams associated with the event(s)
- Problems in relationships, trouble feeling love, trust or other strong emotions
- Frequent feelings of anger or irritation
- Feelings of guilt or shame
- Intense feelings of responsibility and blame

These are all normal reactions to a traumatic or abnormal event.

Who can get counselling?

Both women and men can get counselling at Klinik as long as they are over 18 years of age.

What types of counselling are offered?

- Individual and group counselling are available.
- Group counselling for survivors of all forms of childhood abuse (separate groups are offered for women and men)
- Suicide bereavement groups
- Klinik offers some fee-for-service counselling on many issues including relationships.

What can I expect when I meet with a counsellor?

At your first meeting, you will discuss your needs and your personal goals for counselling. Then you will talk about how to reach these goals.

How do I find a counsellor?

If you wish to see a counsellor, call **784-4059**. Leave a message with your name and a phone number where you can be reached and the Intake Coordinator will return your call between Monday and Friday, 9:00 A.M. to 4:00 P.M.

If you are in crisis, call the **Crisis Line at 786-8686** or the **Manitoba Suicide Line at 1-877-435-7170**.