

## How Can I Get Involved?

There are many ways you can volunteer your time at Klinik:

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

## How Can I Support Klinik?

- Klinik is a non-profit, charitable organization
- We invite you to support Klinik by making a donation
- Call 784-4076 or visit our website for further information

## 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.

## 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 | E-mail: klinik@klinik.mb.ca



## What is Klinic?

**Klinic is your community health centre.**

### Our vision is:

- An inspiring, enduring community
- A voice of hope, opportunity and change
- A centre of healing, learning and thriving

### We:

- Provide services to our geographic population and populations of need
- Provide a full range of services including primary health care, counselling and education
- Promote health and quality of life
- Help people make choices about their own health
- Address the special needs of our neighbourhoods and help communities organize on issues of concern
- Look to our community for direction
- Provide respectful, non-judgemental services
- Are accredited by the Canadian Council on Health Services Accreditation (CCHSA)
- Are accredited by the American Association of Suicidology (ASS)
- Are a member of Manitoba Association of Community Health (MACH)

## Who Can Use Services?

- Families with children
- Adults
- Teens
- Seniors
- GLBTT (Gay, Lesbian, Bisexual, Transgender, Two Spirit)

## What Do Staff And Volunteers Value?

- All people and their individual uniqueness
- Community involvement and community development
- Quality care and service
- Collaboration and partnerships
- Teamwork and learning
- Open and effective communication

## What Services Are Available?

See our web site at [www.klinic.mb.ca](http://www.klinic.mb.ca)

### Health Services:

- Primary health care provided:
  - by multi-disciplinary team (ie, physician, nurse, dietitian, social worker, etc.)
  - some evening hours
- Counselling and health education
- Community outreach
- Reproductive health services
- Specialty Walk-In services:
  - Teen Klinik (Monday 4 - 8pm)
  - Pap Test (Tuesday 4 - 8pm)
  - STI Klinik (Monday 4 - 8pm for teens only, Tuesday, Wednesday & Thursday 4 - 8pm, Saturday 10am - 5pm)

### Counselling Services:

- 24 hour Manitoba Suicide line
- 24 hour Crisis line
- 24 hour Sexual Assault Crisis line
- Drop-In counselling
- Post Trauma Counselling for individuals and families who have experienced sexual assault, childhood abuse, suicide bereavement, and people affected by family violence
- Counselling and support for people leaving the sex trade

### Community Health and Education Services:

- Volunteer opportunities
- Support for groups working on community health concerns
- Health education workshops for youth and peer support training
- Public education on a variety of topics:
  - sexual abuse
  - sexual assault
  - suicide prevention
  - reproductive health
  - mental health
  - crisis intervention
  - dating violence
  - prenatal education
  - breast feeding support

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