

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 KLINIC?



- ◆ 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



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

24-Hour Telephone Services:

- Manitoba Suicide Line Toll Free . . . 1-877-435-7170
- Crisis Counselling 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

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KLINIC COMMUNITY HEALTH CENTRE



WHAT IS KLINIC?

Klinik 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 a member of Manitoba Association of Community Health (MACH)

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.klinik.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 4-8 PM)
 - Pap Test (Tuesday 4-8 PM)
 - STI Klinik (Monday 4-8 PM for teens only, Tuesday, Wednesday & Thursday 4-8 PM, (Saturday 10 AM-5 PM)

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
- ◆ Outreach and assistance 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

WHO CAN USE SERVICES?



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



KLINIC
Choose Community Health Centres