

What Women Say

Our participant voices:

“The most profound aspect of my healing was being able to put pieces of my life in a place of safety.”

“It’s ok to express my feeling without feeling ashamed...”

“I stopped turning to alcohol. Now I journal and do more self-care”

“I have regained custody of my children”

“I am more confident and more able to look past my issues.”

“My experience in the group was enlightening and safe.”



How To Find Us



For more information about Counselling program call Nina

Address: 394 Selkirk Ave
Winnipeg, MB R2W 2M2

Phone: (204) 589-7347

Fax: (204) 589-0784

Email: nina@newc.mb.ca

Web: www.newcentre.org

Work Hours: Mon - Thurs 8:30am – 4:30pm
Fridays 8:30am – 4:00pm



Counselling Program

“I don’t want to hide anymore or keep the secrets of abuse, addiction, trauma or mental health issues”

There is hope!




Who We Are

The Counselling Program is for:

- ◆ Women and children who are affected by domestic violence
- ◆ Women who are dealing with multiple barriers including poverty, isolation, addiction, exploitation or mental health
- ◆ Women of all cultures and socio-economic backgrounds

All our services are confidential and free of charge!



Bus Tickets
Healthy Snacks
Children's Program



What We Offer

Individual Counselling (up to 1 year)

We will work with you on:

- ◆ Healthy relationships
- ◆ Domestic Violence
- ◆ Parenting
- ◆ Self-esteem
- ◆ Grief & Loss
- ◆ Trauma
- ◆ Addictions
- ◆ Mental health
- ◆ Other concerns you may be dealing with in day to day life

Basic Life Skills Counselling

We will help you with:

- ◆ Housing Applications
- ◆ Parenting
- ◆ Advocacy
- ◆ Community support such as going with you to appointments, meetings
- ◆ Job Search and Resume writing

Drop in /Crisis Counselling:

Women can drop in or call to talk to a counsellor Monday to Friday 8:30 -4:00pm

What We Offer

8 week Counselling Groups on:

- ◆ Preventing Domestic Violence
- ◆ Parenting skills
- ◆ Healthy Anger
- ◆ Grief and Loss
- ◆ Healthy Relationships
- ◆ Shattered Souls
- ◆ Self-esteem

Workshops on topics such as:

- ◆ Understanding the Legal System
- ◆ Income assistance awareness
- ◆ Blood Pressure clinic
- ◆ Self-Care Day
- ◆ Laughter

