



We are a non-profit society that provides programs and services for individuals and families who are affected by social issues, with emphasis on addressing violence against women, youth, and children.

Tamilik Status of Women was incorporated December 1976 and began as a grass-roots organization with women who shared their lived experiences and supported each other.

Now, TSW is an active agency that provides programs and services focused on intervention and prevention of violence and poverty issues in our community.

Women's Counselling Program

We are committed to promoting a healthy community by offering ongoing support, programs, education, and opportunities while prioritizing, equality and safety.



Tamilik Status of Women

Tel: (250) 632-8787
Text: (250) 279-0358
Fax: (250) 632-2022

350-370 City Centre
Kitimat, BC V8C 1T6

tamitik@citywest.ca
www.tamitik.ca

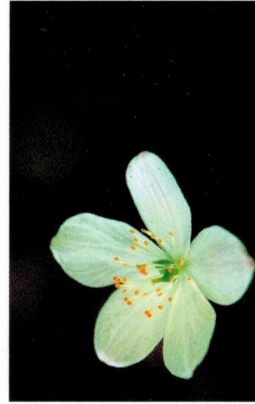
TSW core funding is provided by the Province of BC and BC Housing. We are thankful for the community support and financial assistance donated to TSW by individuals, local businesses,

Women's Counselling Program - Stopping the Violence Counsellor

Individual or group counselling for women aged 19 and older. If you are under the age of 19 and are living an adult lifestyle you are considered eligible for this service. The program:

- Specializes in support for women who are experiencing a power imbalance in intimate relationships, or have experienced historical abuse
- Promotes safety, voice and choice
- Knows that women are the experts of their lives and works with you to build on your strengths
- Has a foundation of respect, connection, hope and healing

The length of service is based on the specific needs and issues presented. There is no cost to access this program and all our employees observe strict confidentiality guidelines.



INDIVIDUAL COUNSELLING

- Relationship abuse, past or current
- Childhood abuse or neglect
- Sexual assault
- Physical abuse
- Emotional or psychological abuse

WOMEN'S GROUP

Support for women who have or are experiencing abuse or violence in their lives.

Transportation and childcare subsidies are available.

WHAT YOU CAN EXPECT

- Naming types of abuse
- Identifying coping strategies
- Honouring strengths
- Safety planning
- Reducing self-blame
- Improving self-care
- Building positive way to live and to love

TO SET UP AN APPOINTMENT

Phone: (250) 632-8787
Text: (250) 279-0358
Email: cheryl.tsw@citywest.ca

Wednesday 9am - 4:30pm
Thursday 9am - 4:30pm
Friday 9am - 4:30pm

Times can be flexible to accommodate school or work schedules.

We look forward to working with you.

