



Counselling at WHC gives me a safe place to talk and a place to learn skills for coping through hard times.

Counselling

Individual & group counselling
for ages 13 and up

Free & by donation

Every donation makes a difference

You can positively impact a woman's life. Our feminist counselling services offer support and empowerment to women.

Help us continue our work. Please donate today.

Donate online

www.givewhc.com
or www.canadahelps.org

Donate by phone

Call 204-947-2422 ext. 129

Donate in person or by mail

Women's Health Clinic
419 Graham Ave., Unit A
Winnipeg, MB R3C 0M3

Make all cheques payable to:
Women's Health Clinic

Charitable Registration #
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women's
health clinic



204-947-1517
1-866-947-1517



419 Graham Avenue
Winnipeg, MB R3C 0M3



women's
health clinic

www.womenshealthclinic.org

About us

We are a feminist, non-profit community health clinic in Winnipeg, Manitoba. Our values of choice, inclusion, social justice, innovation and integrity are at the heart of everything we do.

We offer in-person counselling for girls, women, transgender, non-binary, intersex, and Two-Spirit people ages 13+ who are unable to pay for private counselling, and don't have access to private or 3rd party health insurance plans like Blue Cross, EAP, or student insurance.

We offer

- adult counselling (age 19 and up)
- teen counselling (ages 13-18)

You do not need a referral, or permission from a parent or guardian to see a counsellor.

Our qualified and experienced counsellors can help you:

- make goals that work for you.
- identify and work through problems.
- find new ways of dealing with your concerns.

Getting started

Please call 204-947-2422 ext. 204. Our intake counsellor can answer your questions, tell you about wait times, and find other helpful resources for you.

Things to consider

Before you come for your appointment, think about:

- What are your hopes for counselling?
- What are your goals for counselling?
- What are your strengths and supports?

Groups and Workshops

We regularly offer groups on a variety of topics. For more information on current groups, please visit counselling services on **www.womenshealthclinic.org** or call **204-947-2422 ext. 204.**

Urgent Services

We do not offer emergency or crisis counselling services. If you need urgent help, please call:

Klinic Crisis Line (everyone)	204-786-8686
Mobile Crisis Unit (adults)	204-940-1781
Youth Emergency Crisis Stabilization Unit (18 or under)	204-949-4777
Crisis Response Centre (adults) Walk-in only	817 Bannatyne Ave.

For more information about
counselling groups and workshops visit:

www.womenshealthclinic.org

204-947-2422 ext. 204
Toll-free 1-866-947-1517



Contact us