



GENDER-BASED VIOLENCE PREVENTION SUPPORT

A safe space to heal, feel heard, and strengthen family relationships

PROGRAM DETAILS

This program provides confidential counselling and support to help immigrant women and their families heal, manage stress, and build stronger relationships. Our team understands the experiences of people adjusting to life in a new country and provides respectful, culturally sensitive support.

Supports Available:

- Private counselling for individuals, couples, and families with trained counsellors
- Support to help you deal with stress, trauma, and emotional challenges
- Opportunities to learn healthy coping skills and connect with others
- Help finding and accessing community programs and services
- Support with parenting and building confidence
- Help finding safe shelter and protection if you or your family feel unsafe

ELIGIBILITY

- Immigrant women and their family members (14+)
- Permanent residents

First-language support may be available
Free childcare may be available (some conditions apply)

CONTACT

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