



# Outreach Services

**Community-based, goal focused counselling, support and referral services for women ages 16 + who have experienced domestic violence.**

**All of our services are self-referral, free & confidential.**

**An Outreach Counsellor will provide:**

- Advocacy and rights information.**
- Referrals to community services.**
- Follow-up support and outreach.**

**Crisis and supportive counselling to assist women who have experienced abuse to gain a more in depth understanding of violence against women and empowerment to be able to cope with the effects of violence.**

- Support the development of a personal safety plan for women and their children who have experienced domestic violence.**



**To inquire about the Outreach Program call:  
613-966-3074 or toll-free at 1-800-267-0533**