

CONNECTIONS FOR WOMEN

Free services are available for women who are or have been abused by their male partners.



Centre de counselling de SUDBURY
SUDBURY Counselling Centre

260 Cedar Street, Sudbury ON P3B 1M7
705.524.9629

www.counsellingccs.com

Would you like to:

- Increase your self-esteem and independence?
- Stop feeling guilty or shameful?
- Stop feeling isolated and dependent on your partner?
- Gain an understanding of what is a healthy relationship?
- Develop a safety plan for you and your children?
- Stop blaming and doubting yourself?
- Develop strategies to improve your personal life?
- Better understand dynamics of abuse, power and control?



The Sudbury Counselling Centre can help you achieve these goals through:

- Individual counselling or,
- Our “Growth in Connection” group.

These services are part of our Violence Against Women Intervention Program which focuses on healing from the impact of abuse and rebuilding one’s life. Leaving or not leaving the relationship is not the focus of this Program.

There are many forms of abuse in intimate relationships and these can include:

- Physical violence
- Verbal abuse
- Emotional/psychological abuse
- Sexual abuse
- Spiritual abuse
- Coercion and threats
- Control and isolation
- Minimizing, denying and blaming you
- Using the children against you
- Demanding “male privileges”
- Financial abuse

- Being jealous and possessive
- Stalking and harassment
- Technology-related abuse

These behaviors are intentional and intimidating in order to control the other person’s behaviour and to induce fear. This abuse creates a power imbalance in the relationship.

Do you feel...

Afraid, angry, confused, alone, powerless and in need of help and support?

You Are Not Alone!

For more information about our program and services, please contact the Intake Worker at **524-9629** from Monday to Friday, 8:30 a.m. to 4:30 p.m. (4:00 p.m. during the summer).

Please note that an interview is required before attending the group. Groups are offered in January, April and September.

e-mail: info@counsellingccs.com



The Connections for Women program is funded in part by the government of Ontario and is offered at no cost to our clients.