

Mission

To enable the provision of counselling services for women who have experienced childhood or adolescent sexual victimization and want to resolve long-term effects of the abuse. The agency recognizes addictions as one of the long-term consequences related to unresolved trauma.

To address the issue of societal denial – of the seriousness and prevalence of the problem of child sexual abuse – and the detrimental long-term effects (one of which is addiction).

Who is eligible for this service?

Any woman who is experiencing the traumatic effects of childhood sexual abuse.

“Alcohol also becomes a part of my life – a great stress reliever. But the pills, especially the straight codeine tablets are my main source of help for some sort of peace. I stop from time to time, but when I stop there is so much anger and fear inside me I feel crazy. I need pills so I will feel normal.” – Megan

History of The Laurel Centre

In the early 1980’s those working in the addictions field realized that many addicted women – up to 80% – were also struggling to overcome the trauma resulting from childhood sexual abuse. Many were unable to deal with their addictions because their lives were too painful.

At the time there were no services for women that treated addictions and abuse together. To meet this need The Women’s Post Treatment Centre changed its name to The Laurel Centre.

The Centre has evolved and grown into one of the most respected organizations of its kind and has gained recognition across the country for its unique contribution to women’s health.

The Laurel Centre assists women to:

- Understand the ways in which the abuse has affected their lives (consequences of victimization);
- Identify and deal with feelings related to the abuse;
- Examine their beliefs about the abuse and about themselves to alleviate guilt and shame;
- Identify their strengths and survival skills and celebrate them;
- Identify self-defeating behavior and bring about change;
- Develop and maintain a healthy lifestyle;
- Feel better about themselves and develop a sense of dignity and self worth.



A United Way Member Agency

Effects of unresolved trauma

The Laurel Centre recognizes compulsive coping behaviors, including addictions as being some of the long-term consequences of unresolved trauma.

Many adult women have mixed feelings about talking to anyone about their childhood – because it hurts too much. Adult survivors of childhood sexual abuses often experience difficulties in later life, including: depression, anxiety, drug and / or alcohol problems, gambling, feelings of worthlessness, loneliness, isolation of being ‘different’, ‘bad’ or ‘evil’.

Nightmares and flashbacks may be experienced. Problems related to anger and sexuality are common, as are negative feelings about men and women.

Victims of childhood sexual abuse may find it difficult to trust others. When the abuse occurred within the family as it often does, or when the abuser was a trusted friend or baby-sitter, extreme shame is felt and the victim may feel responsible for the abuse.

Funding and Sponsorship

The Laurel Centre receives 75% of its funding from the Manitoba Government and The United Way of Winnipeg.

Short-term grants, fundraising and individual donations make up the balance of the budget. Your donation is both welcome and necessary to ensure the important work of the centre can continue. .

Make a donation

Yes!

I want to contribute to the important work The Laurel Centre is doing for women.

Enclosed is my tax-deductible donation.

- \$10
 \$25
 \$50
 \$100

Other:

Address:

Postal Code:

Telephone:

Email:

“I want to be me.”



Programs and Services

The Laurel Centre is centrally located in Osborne Village and offers a number of services including:

- Individual Adult Counselling
- Group Counselling
- Couples Counselling
- Youth Counselling Program
- Training and Awareness Raising
- Girls Outreach Program
- Short-term Crisis Intervention Program
- Capacity Building Program
- Follow-up Program
- Parenting Program

Did you know?

- 1 in 3 girls and 1 in 7 boys are sexually assaulted by age 18.
- 3 in 5 sexually abused females have been physically coerced and threatened by their assailant.
- 62% of sexual offences reported to police were children and youth under 18 years of age. 85% of these children and youth were female.
- Victims of sexual offences knew the accused in 80% of cases.
- Children under 11 are most often victimized by family members.
- 95% of child sexual abuse victims know their perpetrators.
- 70-80% of child sexual abuse survivors report excessive drug and alcohol abuse.
- 62% of teen pregnancies are preceded by experiences of molestation, rape, or attempted rape.
- Young girls who have been sexually abused are 3 times more likely to develop psychiatric disorders or drug and alcohol abuse in adulthood than girls not sexually abused in childhood.
- 46% of women in prison are survivors of child sexual abuse.
- Approximately 20% of child sexual abuse victims suffer significant long-term effects, with: high rates of depression, anxiety, substance abuse, dissociative disorders, interpersonal dysfunction, sexual problems, and suicidal tendencies.

The Laurel Centre facts

- On a yearly basis, The Laurel Centre admits an average of 100 women in the long-term individual counselling program.
- 61% of admitted clients live in poverty.
- 79% of clients who complete the program at The Laurel Centre are free from substance use or reduced substance use.
- 86% of clients who complete the program are able to gain employment, volunteering and / or go back to school.
- On a yearly basis, The Laurel Centre provides services to over 300 clients.

The Laurel Centre

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“I don't want to hide anymore.”

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THE LAUREL CENTRE

The Laurel Centre provides individual and group counselling to women who have experienced childhood and / or adolescent sexual abuse. The agency is unique in its approach of responding concurrently to child sexual abuse and compulsive coping behaviours (such as addictions), recognizing that many compulsive coping behaviours grow out the survivors' attempts to cope with the pain of the abuse.