

Typical Flow of Services:

Initial Contact



Intake Appointment



Pre-Therapy Program



Long Term Therapy Program

Contact us:

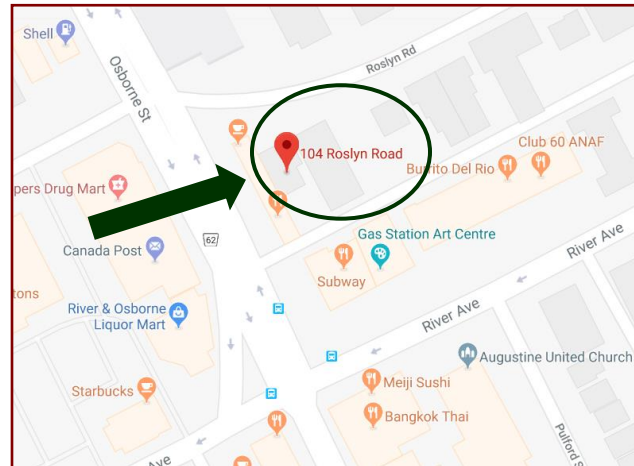
Phone: 204-783-5460

Fax: 204-774-2912

Email: info@thelaurelcentre.com

Website: www.thelaurelcentre.com

Where to find us:



**The Laurel Centre is located at
104 Roslyn Road in Osborne Village in
Winnipeg, Manitoba**

Please note that The Laurel Centre is **not** a **crisis center** and we are unable to see clients on a drop-in basis. If you are in crisis, please call any of the crisis contact numbers listed below:

Klinic Crisis Line: 204-786-8686

Mobile Crisis Unit TTY: 204-940-1781

Manitoba Suicide Line: 1-877-435-7170



THE
LAUREL CENTRE



**104 Roslyn Road
Winnipeg, Manitoba R3L 0G6**



What is The Laurel Centre?

The Laurel Centre is a not-for-profit that provides individual and group therapy, as well as support and referral services, to women whose lives have been impacted by childhood and/or adolescent sexual abuse. The Laurel Centre recognizes the long term effects from unresolved trauma, such as struggles with mental health, addictions, and other compulsive coping behaviours.

The Laurel Centre assists women in:

- Understanding the ways in which the abuse has affected their lives
- Identifying and dealing with feelings related to the abuse
- Examining beliefs about the abuse and about themselves
- Alleviating feelings of shame and guilt
- Identifying strengths and survival skills
- Identifying self-defeating behaviours in order to bring about change
- Developing and maintaining a healthy lifestyle

Who is eligible for services?

Any individual who identifies as a woman and is aged 16+ that is dealing with the long-term effects of childhood and/or adolescent sexual abuse.



How can I begin my healing process at The Laurel Centre?

You can contact The Laurel Centre by phone or email to set up an intake appointment. The wait time for this is approximately 1-3 months from the time of contact.

What will my initial intake appointment look like?

You will meet individually with one of our therapists here at The Laurel Centre. This appointment will be approximately 1-1.5 hours in length and will help us determine your current situation, clarify problem areas, and identify particular needs from therapy. We refer to this as the “Interview and Assessment” appointment.



What are the wait times like for Long Term Therapy at The Laurel Centre?

Our waitlists for Long Term Individual Therapy are quite lengthy. For our Youth Therapy Program (women ages 16-24) the wait is approximately 1 year. For our Adult Therapy Program (women ages 25+) the wait is approximately 2.5 years.

Are there any programs or services available for women who are on the waitlist?

Women on the waitlist have access to individual Support and Advocacy sessions as well as Pre-Therapy Groups.

Do I have to participate in Pre-Therapy Groups if I am on the waitlist?

We recognize that groups can be challenging for some, and that not everyone is suited for group settings. Your spot on the waitlist for Long Term Therapy will remain the same whether or not you take Pre-Therapy Groups. We welcome further conversation about groups when you come in for your Interview and Assessment appointment.