

STOPPING THE VIOLENCE COUNSELLING



Cowichan Women Against Violence Society

STV offers longer term counselling to help women 19+ who have experienced trauma explore and understand how they have been impacted by abuse/violence, helping them move forward in their lives. CWAV Society's **Stopping the Violence (STV)** counselling is free and confidential.

How to Access STV Counselling

A referral from our Community-Based Victim Services (CBVS) program is required. The CBVS counsellor will assist you in filling out a STV referral. To book an appointment, call the office to talk to a counsellor or leave a message.

Call 250.748.7000 Ext 102 or 107



Ministry of
Justice

Accessing Services

Due to high demand, there may be a delay in accessing services. Our community based victim services workers, and weekly drop-in group offer support during your wait for STV counselling services.

How STV Can Help

Our experienced counsellors work from a feminist perspective using a trauma informed approach.

Individual counselling includes:

- Honouring Strengths
- Identifying Types of Abuse
- Identifying Coping Strategies
- Regaining a Sense of Safety and Control
- Reducing Self-Blame
- Improving Self Care
- Building Positive Ways to Live and Love

The length of service is based on the specific needs and goals of each person

Relationship/Family Violence Resources

- VictimLink BC 1.800.563.0808
- Crisis Text 250.800.3806
- Crisis Chat www.vicrisis.ca
- Kwan'atsustul Services 778.422.3122
- RCMP Victim Services Duncan 250.746.2160
- Victim Safety Unit 1.877.315.8822
- Vancouver Island Crisis Line 1.888.494.3888
- Family LawLINE 1.888.577.2525



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