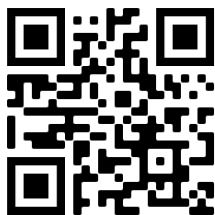




Women's Trauma Counselling

Our Women's Trauma Counsellor operates with a feminist analysis of violence against women while providing trauma informed counselling services. She is located at the Counselling and Support Centre at 4838 Lazelle Avenue in Terrace.



All women, transgender, two-spirit, and gender diverse are welcome to access in-person, phone, or video counselling with her. Going forward, we will refer to all persons served as (women) for simplicity to include all gender identities.

Funded as the Stopping the Violence Counselling program she primarily provides essential trauma-based counselling and support for (women) who have experienced sexual assault, violence in relationships, and/or childhood abuse.

Our counsellor may use a three-phase model of trauma counselling: finding the calm, working through the trauma, re-engaging in meaningful life. She works carefully to not retraumatize folks and to focus on the present. She assesses the safety of the (women) and their children and supports (women) in reducing safety risks.

She provides individual and group counselling to (women) from a feminist and trauma-based perspective and facilitates the creation of group counselling / therapeutic groups in shelters and in the community.

She provides information on and referrals to other community service providers, resources, and professionals as required and maintains current knowledge of issues and resources related to abuse and violence. And you may see her conducting presentations and public awareness activities about services and issues.

She actively participates on the Violence Against Women in Relationships (VAWIR) committee, that focuses on addressing systemic change for (women) and girls and consults on the Sexual Assault Response Advisory Committee. She holds a Graduate degree and accesses clinical supervision consultation to keep her practices relevant and current.

Our (Women's) trauma counsellor can be contacted by calling her directly at 250.635.2373 ext 23; by email stv@ksansociety.ca , or by a link on our website under the program description.

Referrals are accepted but not required, and this is a free, confidential service, funded by the Ministry of Public Safety and Solicitor General, Crime Prevention Division and supported by the Ending Violence Association of BC (EVABC)