



Proudly serving the Robson Valley since 1980

CONTACT

1-844-324-2004 (toll-free)

(250) 566- 9107 (Valemount)

(250) 569- 2266 (McBride)

info@rvcsbc.org

PROGRAM HOURS

| | |
|-----------|---------------|
| Monday | 8:30am-4:00pm |
| Tuesday | 8:30am-4:00pm |
| Wednesday | 8:30am-4:00pm |
| Thursday | 8:30am-4:00pm |
| Friday | 8:30am-4:00pm |

THIS PROGRAM IS FUNDED BY

The Ministry of Public Safety
Solicitor General



Ministry of
Public Safety and
Solicitor General

STOPPING THE VIOLENCE COUNSELLING PROGRAM INFORMATION



The Stopping the Violence Program at Robson Valley Community Services offers free one-on-one and group counselling for self-identifying women who have experienced violence and/or abuse in their lifetime or are at risk of abuse. It provides a safe space to address issues that arise from their experiences and strives to empower women to make decisions that feel right for them.

THE SERVICES WE PROVIDE

- Crisis intervention and safety planning.
- A safe, confidential place to talk about your experiences.
- A chance to discuss questions, confusion, fears or other feelings.
- One on one support to help understand the nature of the violence experienced
- Opportunity to participate in group-based sessions to share experiences and learn about violence and healthy coping techniques.
- A non-judgmental environment to explore options.
- Space to discuss current coping strategies. Learn new assertive skills, strengthen self-confidence and self-worth.
- Information, resources and support to help you make your own decisions.
- Referrals to other agencies or services as needed.

The program and staff provide individual and group counselling to women and transwomen over the age of 19 or for those under 19 that are leading an adult lifestyle, who have experienced current or past relationship abuse, sexual assault, or physical, emotional or sexual abuse at any age. Services are provided free of charge and are approached with a strengths-based, trauma informed, feminist, anti-oppressive & harm reduction perspective to support survivors in their healing journey.

HOW TO ACCESS OUR SERVICES

- Referrals can be self-directed by contacting our office and filling out a request for service form, offered by community partners or from agency staff with client consent.
- Referrals may come from and be guided by MCFD and its set criteria.

WHAT TO EXPECT

- Once a referral has been made to the Stopping the Violence program the client will be contacted by program staff to complete the intake process and ensure program suitability.
- The program initially works with self-identifying women to recognize the nature of their current challenge and/or needs, then identify the woman's goals in sessions, and ascertain available service options.
- Feminist and trauma informed counselling is available to help facilitate a woman's understanding of her own experiences, exploration of past and present coping skills in order to develop new or strengthen existing ones, and to address issues arising from experiences of trauma; such as anxiety, depression, self-esteem, and self-worth.
- Goals are reviewed and updated as necessary on an ongoing basis, with full file reviews taking place every three months.

ENDING SERVICES

- Services may be concluded for a variety of reasons including but not limited to client goal completion, client needs are no longer a good fit for the program or is no longer interested in services offered through this program.

**If you have any questions or concerns, please let the
STV Counsellor know or email feedback@rvcsbc.org.**

Valemount: PO Box 1171, Valemount, BC, V0E 2Z0

McBride: PO Box 430, McBride, BC, V0J 2E0