



**KAMLOOPS COMMUNITY
YMCA - YWCA**

We build strong kids, strong families,
strong communities.

Shelter Services

Y WOMEN'S EMERGENCY SHELTER

- provides safe supportive refuge for women, with or without children, who have experienced or are at risk of abuse, threats or violence.
- offers residential or phone support 24/7
- support and activities for children
- referrals to other agencies or other Transition Houses in Canada



**CALL
250-374-6162**



CHILDREN WHO WITNESS ABUSE

- is non crisis intervention
- is a community based program with the goal to interrupt or break the cycle of intergenerational abuse
- has both group and individual counselling for children and youth ages 5-19
- provides individual support, parent education and parallel groups for non offending caregivers

**CALL
250-376-7800**



OUTREACH SERVICES

Provides a mobile response to women and their dependant children who have experienced or are at risk of experiencing abuse. Response is based on the needs of the women referred. This program serves Kamloops and communities in the metro area.

**CALL
250-320-3110**



Y WILLOWTREE SERVICES FOR WOMEN

- A Community Bridging Program

Do you agree with these statements?

- I am a woman living with road blocks to success as a result of violence, abuse or trauma in my life.
- I want to make changes but I am struggling with how to.
- I have goals for my future, but I need assistance with creating the plan to get there.
- It's my turn!

Here is what you can expect:

- Individual and group counseling on-site or at a partnering agency.
- Workshops focusing on building skills for improved life management.
- Creation of action based individual plans for personal success.
- Book club, fitness days and craft days.
- Flexible schedule to meet individual needs.

WE ARE

- available for presentations on family violence and the effects on children

**CALL
250-376-7800
To book an
information session**



Ministry of
Housing and
Social Development

NO COST TO CLIENTS FOR PROGRAMS
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