

## CVTS Programs



*All services are confidential. All services are free with the exception of a small number of private pay beds at Amethyst House. With the exception of Amethyst House program, women are welcome to self-refer. Trans and gender non-conforming persons are welcomed.*

### Lilli House

- 14 bed transition house for women and their children and trans persons who are at risk or are fleeing abuse/violence in relationships
- Fully wheelchair accessible
- 24 hour support available
- Private rooms with locking doors
- All food and toiletries and some transportation supplied
- Limited child care
- Accessed through 24 hour crisis line: 250-338-1227

### 24 hour crisis line

- For women and trans persons experiencing abuse/violence in relationships
- Also support for families and friends
- 250-338-1227

### Amethyst House

- 12 bed recovery house for women and trans persons recovering from addiction
- Stabilization (Detox) beds are accessed through the Withdrawal Management Nurse: 250-339-1573
- Supportive Recovery beds are accessed through Island Health: 250-331-8524
- Private pay beds may be accessed directly by calling 250-871-2570

### Women's Counselling

- Individual short term counselling (8 – 10 sessions) for women and trans persons who have experienced abuse/violence in relationships and/or sexual assault and/or abuse in childhood
- Groups are offered throughout the year
- Appointments: 250-897-0511

### Denman Island Women's Counselling

- First and third Tuesday of every month
- Appointments: 250-897-0511

### Children Who Witness Abuse Counselling

- For children from birth to 19 who have witnessed the abuse of their caregiver and/or are dealing with separation/divorce of parents
- Parenting support provided to caregivers
- Appointments: 250-897-0511



### Bridging Employment Program

- For women and trans persons who have experienced abuse/violence in relationships and wish to prepare for the job market or continue their education
- Part of the Employment Program of BC (WorkBC)
- Appointments: 250-897-0511

### Aboriginal Outreach Program

- Provides support, accompaniment, advocacy and connection to cultural supports
- Appointments: 250-897-0511

### Homelessness Prevention Program

- Support with filling out forms for tenancy, BC housing and other government services.
- Ministry of Social Development advocacy and information
- Information on rights and responsibilities of tenants and landlords
- Liaison with landlords
- Limited transportation to viewings, food bank, and selective appointments for advocacy purposes and connection to other community resources
- Safety planning and information
- Appointments: 250-897-0511

### Drop-in Lunch Program

- Tuesdays, 11:30 – 1:30 at 625 England Ave., Courtenay
- Lunch provided
- Access to street nursing, legal information, homelessness outreach, Aboriginal outreach, harm reduction information, income tax service, free toiletries, access to free clothing and household goods,
- 250-897-0511 for more information or just drop in

### Men's Group

- For men including trans men who wish to work on their relationships with intimate partners, family, friends, co-workers or with themselves
- Mondays, 7:00 – 8:30, 280 2<sup>nd</sup> Street, Courtenay (please use downstairs entrance accessed through the driveway on 2<sup>nd</sup> Street)
- 250-897-0511 for more information or just drop in



### Girls Groups

- Age appropriate groups for girls aged 12 – 21
- Opportunities to explore issues impacting girls including self-image, mental health, substance use, media, self-care, communication skills and healthy relationships through discussion and creative activities
- Peer facilitation opportunities for girls who have completed groups
- For more information: 250-897-0511

### Violence is Preventable (VIP)

- Age appropriate school presentations on healthy relationships
- Can be requested by school counsellors or teachers
- For more information: 250-897-0511

### Grandparents Raising Grandchildren Support Circle

- For grandparents raising grandchildren
- Support and sharing of information about resources
- Mondays, 10:00 – noon, 625 England Ave., Courtenay
- 250-897-0511 for more information or just drop in

### Triple P Parenting Group

- 8 week Positive Parenting Program for parents of children 2-10 years old
- Provides strategies for parents to deal with almost any situation that might come up
- Groups run throughout the year
- 250-897-0511 for more information

### Triple P Family Transitions Group

- 7 week group for parents going through Separation or Divorce
- provides strategies to cope with day to day stress, resolve conflict & communicate better with your ex-partner
- create a positive outcome for your child and assists with managing changes in your family life
- Groups run throughout the year
- 250-897-0511 for more information