



Community Crisis Counsellor Program



A free service for women who are involved in or are leaving an abusive relationship and who cannot or choose not to stay at a shelter. Counsellors help women and their children with safety, basic needs, emotional support, and access to community services.



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The **Community Crisis Counsellor Program** works with women, or women with children who have been turned away because all city shelters are full or if a woman chooses not to enter a shelter but still wants support dealing with issues of abuse.

A woman can be in a relationship, preparing to leave, or she may have already left.

What does a Community Crisis Counsellor do?

- Provides counselling and support, promotes empowerment, and supplies information about family violence in the community and/or by phone.
- Supports women to develop a safety plan.
- Advocates to help find a safe place to stay if shelters are full.
- Connects women to community resources (e.g. legal, medical and social services).

To access the service a woman can call the Helpline and request a Community Crisis Counsellor.

After initial contact, a Community Crisis Counsellor will be in touch with the woman within a 24-hour period, except on weekends.

A drop-in support group runs weekly at the Shelter for women affected by family violence. Here women can share their stories of struggle and healing. Activities for children are provided. Call the Helpline for information about the next meeting.

The Calgary Women's Emergency Shelter has twelve programs to help women, children, youth, and men build lives free of family violence. For emotional / advocacy support over the phone or to access a program call the **24/7 Family Violence Helpline**

403-234-SAFE (7233)