

I'm Here for You!

I'd be happy to:
Go for a walk/bike with you



**SURVIVOR'S
HOPE**
CRISIS
CENTRE

We all need help sometimes, additional support is available.

Survivor's Hope Crisis Centre

Provides free ongoing counselling to anyone in the Interlake Eastern region of Manitoba aged 16 and up who has experienced teen or adult sexual violence.

To book an appointment:

Call (and leave a message) 204-753-5353

Website: survivors-hope.ca/contact

24 Sexual Assault Crisis Line

1-888-292-7565

IERHA Mental Health Crisis Line

1-866-427-8628



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