

# I'm Here for You!

I'd be happy to:  
Cook a meal/bake 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](http://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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