

"This is the only place I can talk about all the chaos in my life"- MTC Client

Staff

All the therapists at the Men's Trauma Centre are professional counsellors with Masters degrees in Counselling or Social Work. The therapists are trained in different therapeutic approaches including EMDR, Somatic Experiencing, Cognitive Behavioural Therapy and Client Centred approaches.

You will receive supportive and confidential therapy in a safe environment. For over 10 years we have been working with men who have experienced trauma and are ready to listen to you.

Fees

Victim Services:
Free

Therapist:
\$110.00 - \$65.00

Student Therapist:
\$20.00 - \$0.00

Limited subsidies available

Donate Today

Your donation makes all the difference
Support the work of the MTC by:

- Making a donation in person or by mail
- Donate online at CanadaHelps.org
- Become a monthly donor
- Consider leaving a bequest in your will

For more information contact: Paula Greene,
Executive Director.

paula@menstrauma.com/[250.381.6367](tel:250.381.6367)



**102-1022 Pandora Ave
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info@menstrauma.com
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Ministry of
Justice



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**Offering help to anyone
who identifies as a man who
has experienced emotional,
physical or sexual trauma.**

Signs and symptoms of Trauma

When you survive a trauma as a child or an adult you may experience:

- Difficulty dealing with your feelings, (anger, stress, depression, anxiety)
- Trouble getting along with your partner and/or children
- Challenges at work, you may find it hard to be told what to do
- Trouble sleeping, bad dreams/insomnia
- Disturbing memories or 'flashbacks' of the traumatic event in your past
- Difficulty trusting other people
- Increased use or problems with alcohol or drugs



It is common to feel one or several of these symptoms when you've experienced a trauma. Call the Men's Trauma Centre and get help today - 250.381.6367.

Victim Services

Victim Services workers are here to offer you short-term emotional support and can give you information about reporting your abuse/assault to the police.

They can also help you prepare for court should you choose to pursue charges against your offender.

They may help you apply for Crime Victim Assistance funding for ongoing counselling and refer you to other social service agencies you may need.

Individual Therapy

A therapist can meet with you on a one-to-one basis. They are trained and experienced in helping men who have experienced trauma, including childhood sexual abuse.

Sessions are usually weekly and may be funded by another provincial agency, another organization or you can pay for therapy.

We offer a sliding fee scale to make therapy more affordable and accessible to as many men as possible.

Groups

Groups are offered when there are enough men who are ready to start one.

A therapist will talk with you about what group therapy is like and whether you are ready to join a group.

One of the benefits of being in a group is sharing with other men who have also experienced trauma.

For help outside of office hours call the
Vancouver Island Crisis Line
Text: 250.800.3806
Call: 1.888.494.3888

Facebook: MensTraumaCentre
Twitter: @Menstrauma
Website: www.menstrauma.com

Address: 102-1022 Pandora Ave,
Victoria, BC V8V 3P5

Email: info@menstrauma.com/ Phone: 250.381.6367