



MEN'S THERAPY CENTRE
SUPPORTING SURVIVORS OF TRAUMA

The Men's Therapy Centre offers mental health support for any man, masculine identifying, or gender non-conforming community members 16+ who have experienced emotional, physical, or sexualized trauma as a child or an adult.

OUR SERVICES

Victim Services
Individual Counselling
Group Counselling
Youth Trauma Counselling
Community Outreach

HOW TO BOOK AN INTAKE APPOINTMENT

Call: 250-381-6367

Drop-in: between 9AM - 5PM

Email: info@menstherapycentre.ca

Intakes are completed either over the phone or in-person.

If you require urgent mental health support please call the Vancouver Island Crisis Line: [1-888-494-3888](tel:1-888-494-3888)


COUNSELLING FEES (PER HOUR)

Registered Counsellor: \$120-\$80)*
Post-Graduate Intern: \$40 (when available)
Practicum Student: \$20 (Sept - April)
Group Counselling: \$20

***Fees are based on a sliding scale.**

In some cases funding is available to cover the cost of counselling. Please inquire with Victim Services.

CONTACT INFORMATION

 Address: 847 Fisgard Street
Victoria, B.C. V8W 1R9

 **Office Phone: 250-381-6367**

 Email: info@menstherapycentre.ca

 Website: www.menstherapycentre.com

 facebook.com/menstherapycentre

 [@menstherapycentre](https://twitter.com/menstherapycentre)

Hours of Operation:

Monday to Friday: 9:00 am – 5:00 pm

Extended hours – Wednesday: 9:00 am – 7:00 pm

Closed Saturdays, Sundays, Holidays, and from 12pm-1pm daily for lunch



The Men's Therapy Centre acknowledges that we work on the unceded traditional lands of the Lekwungen and W̱SÁNEĆ peoples and we commit to being allies in healing inter-generational trauma caused by colonization.



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VOLUNTEER WITH US

We are currently looking for volunteer Board Members. Please apply via our application form online and send a resume and cover letter to:
nick@menstherapycentre.ca

DONOR PARTNERS

The Men's Therapy Centre is a non-profit organization that relies on community partners and donors like you! To keep our services available, please make a donation by visiting our website and clicking on the 'DONATE' button. Donations can also be dropped off in-person or sent by mail.

INCLUSION COMMITMENT

The Men's Therapy Centre acknowledges that race, gender, sexual orientation, and ability have a substantial impact on accessing our services. We do our best to provide services that are safe and equitable for our community. If you have feedback about our commitment to these practices please contact our Executive Director, Nick Sandor:
nick@menstherapycentre.ca

OUR FUNDERS



VICTORIA
FOUNDATION



United Way
Greater Victoria



BRITISH COLUMBIA
Supported by the Province of British Columbia

VICTIM SERVICES

- Our Victim Services provide an initial intake appointment for clients seeking out services at the Men's Therapy Centre.
- Victim Services can provide information about our services and short-term emotional support. They are also able to assist clients with:
 - Navigating the criminal justice system regarding historical/current sexualized abuse.
 - Accessing community resources.
 - Acquiring financial support for counselling services.
- To book an intake appointment with Victim Services please contact:
info@menstherapycentre.ca

INDIVIDUAL COUNSELLING

- Our Individual Counselling services begin after a client completes an intake with Victim Services and is placed on the counselling waitlist.
- A counsellor will contact the client when an opening is made available to begin individual counselling.
- Scheduling and session frequency are arranged between the client and the counsellor. Sessions may take place in-person, by phone, or video call.
- There is no limit to the number of counselling sessions in most cases.*
*Subsidized counselling programs may have a set number of sessions.

GROUP COUNSELLING

- Our group counselling services currently offer a 10-week group for men who have experienced trauma.
- Our Groups Coordinator provides an interview appointment for clients prior to joining a group.
- For Group Counselling inquiries please contact:
info@menstherapycentre.ca

YOUTH TRAUMA COUNSELLING

- Our Youth Trauma Counselling program supports youth (ages 16-30) who have experienced trauma and are at-risk for or involved in the criminal justice system.
- Our Program Manager provides an initial intake appointment for clients who may be eligible for this program.
- This program is fully funded for up to 15 sessions per client.
- For Youth Trauma Counselling inquiries please contact Simon at:
simon@menstherapycentre.ca

COMMUNITY OUTREACH & EDUCATION

- Our Community Outreach & Education program provides a variety of services including:
 - Information regarding Men's Therapy Centre services.
 - Community education regarding trauma-informed counselling.
 - Providing presence at table community events.
- For Community Outreach & Education inquiries please contact:
outreach@menstherapycentre.ca