







- Professional, first-language, culturally-sensitive counselling for immigrant/refugee women and their families
- Individual, couple and family counselling as well as support groups for men and women
- Clients may be referred to a specific counsellor based on their cultural background and language; clients fluent in English may be referred to any of the counsellors
- Services are available for all immigrant women and their families, including those who are Canadian citizens
- Relationship challenges, help with parenting issues, depression, stress management, domestic violence and conflict, anxiety, cross-cultural issues, self esteem, support groups, workshops, and external referrals for resources
- Community locations are only available certain days therefore appointments are required
- · Services are provided free of charge

## Locations:

Clients may see counsellors at CIWA's main office in downtown, or at the following community locations:

- Genesis Centre
- Village Square
- Chinese Cultural Centre
- Southwest Community Centre

## To register, please contact:

Zahra Jessa | zahraj@ciwa-online.com | 403-263-4414 ext. 172

**Funder:** 

