

# Professional

We offer the services of two qualified therapists specializing in:

- PTSD
- Grief and Loss
- Substance Abuse/Addictions
- Relationship Issues
- Parenting Concerns
- Unplanned Pregnancy
- EMDR Trained (Eye Movement Desensitization Reprocessing)
- Mindfulness
- Creative Art
- Play Therapy
- Mental Health
- Trauma
- Anxiety
- Stress
- Depression
- Family Conflicts



Thrive strongly believes every individual is an expert of their own life.



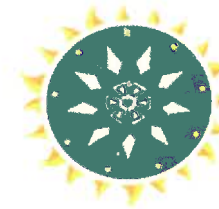
## Resource Centre

TRC is located at 555 Spence Street.

Our Resource Centre (TRC) is a safe, happy and warm-hearted environment where Thrive clients interact, seek out, and enroll in our programs. Clients accessing the TRC are actively involved with the supports and benefits of Thrive, including our parenting classes, child-care, volunteering, job search & training, baby supplies, layettes, computer access, basic need supplies, and work experience programs. We support our clients with enthusiasm, compassion and acceptance.

We also offer:  
Health & nutrition workshops  
Men groups  
Local phone & fax access  
Printing & copying for a limited fee  
Referrals & resources from other community services

Beverages and light snacks  
Summer & Annual Activities  
Information Sessions  
Craft days  
Thrift Shop



# Thrive

Community Support Circle

5-505 Sargent Avenue



Intake appointment please call: 204.772.9091



When human beings experience trauma or severe life stressors, it is not uncommon for them to feel as though their lives are unraveling. The role of the therapist is to explore avenues to healing. The work in therapy is to assist clients, who include children, adolescents, couples, adults and families, to find healthy perceptions of themselves and strengthen their relationships so they can know themselves as peaceful, complete, whole and safe.

The most important and key part is that it is client led, meaning each person/couple/family will take the lead in deciding the path of their journey



KidsHelpPhone.ca  
1 800 668 6868  
Kids Help Phone

## For Individuals, Couples & Families

Intake Appointment call:  
204.772.9091  
Our office is open 9:00 am to 12:00 pm  
Reopening at 1 pm to 4:00 pm

If you require childcare, Drop in spots are available for parents who are attending Thrive programs such as; therapy, classes or workshops. Care is for children 2-5 years of age.

Child drop in hours  
are from  
9:00-12:00 Morning  
1:30-4:00 Afternoon  
To ensure space is available please reserve your spot as soon as your class or appointment is scheduled.



Call or E-mail  
Jessica, Director of TCC  
204.779.5093  
jesssmith@thrivewpg.com

Our childcare facility is located on the main floor at 100-475 Sargent Ave.  
For more information please visit our website:  
thrivecommunitysupportcircle.com  
Like us on facebook

Our therapy service is offered free of charge, however, we do bill \$25 for missed appointments should you fail to call prior to your appointment to cancel/reschedule.

## Our Mission

"Thrive Community Support Circle is an inner-city agency dedicated to offering services that support women, men, pregnant women, children; in all stages, to cultivate life, to empower individuals and to grow community".

## Our Philosophy

"We believe in the potential of people and communities to grow and create change in a positive way. Through our work, we offer programs to empower and support individuals to create this change in themselves and their community."

## Our Mandate

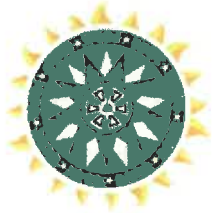
Thrive Community Support Circle Inc. operates as its core services:

Resource Centre

Therapy Department

Childcare Centre

Thrive Thrift Shop



Celebrating  
45 years  
1973 - 2018