

Male Childhood Sexual Abuse Program

The Men's Resource Centre provides long term individual and group counselling to men who have experienced childhood and/or adolescent sexual abuse (CSA). The CSA program at the MRC strives to respond concurrently to child sexual abuse and compulsive coping behaviours (such as addictions), recognizing that many compulsive behaviours grow out of the survivors attempts to cope with the pain of the abuse.

Please call the intake line to book an intake & assessment appointment.

Education, Training & Outreach Program

The Men's Resource Centre offers education and consultation to Social Services, Business and other community groups on men's issues. MRC's educators have experience working with men around many issues including: domestic violence, substance use, childhood traumas including sexual abuse, mental health, relationship and suicide prevention.

Please call the MRC for more information at 204.415.6797 ext. 201

Hours of Operation:

MONDAY	1 – 9 PM
TUESDAY	9 AM – 4:30 PM
WEDNESDAY	NOON – 10 PM
THURSDAY	9 AM – 4:30 PM
FRIDAY	9 AM – 4:30 PM

CLOSED ON HOLIDAYS

To access our free services contact us at:

204.415.6797 | general line
204.415.6797 ext.250 | intake line

1.855.MRC.MRCS | toll-free
1.855.672.6727 | toll - free
www.mens-resourc-centre.ca

Suite 200 - 321 McDermot Avenue
Winnipeg, MB R3A 0A3

Men's Resource Centre

A program of


LAUREL CENTRE

The **mission** of the MRC is to enable the provision of counselling services for men who have experienced trauma and stressors in their lives and want to resolve related issues, recognizing that challenges to mental health as well as addictions are among the long term consequences related to unresolved trauma and stressors.

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Men's Resource Centre

The Men's Resource Centre provides a wide range of services to a variety of men in Manitoba. Services are free of charge.

Counselling Services

Counseling services provide men with the opportunity to address issues and to receive support through drop in, individual and group counseling.

Drop-In Counselling

Drop-in counseling is available to men year round. Drop in is offered once a week, on Monday, from 1 – 9 pm. (except holidays).

Individual Counselling

The MRC provides individual counselling from 1 to 8 sessions. To access individual counselling services please attend drop in or contact our intake line: 204.415.6797 ext.250.

Group Counselling/Workshops

Groups are offered on a wide variety of topics of interest to men. Check out the MRC webpage or contact by phone for more information on our upcoming groups.

Emergency Shelter

Men experiencing violence within intimate relationships and abuse are eligible for emergency shelter through The Men's Resource Centre Emergency Shelter. The major focus is to enable abused men to access emergency accommodation and to ensure their physical safety. During business hours call 204.415.6797 ext. 200 or come to the centre.

After business hours call:

The Provincial Domestic Abuse Line at:

1.877.977.0007

Osborne House at: 204.942.3052 or

Volunteer Counselling Program

The Volunteer Program provides men with the opportunity to support other men and to be supported through sharing experiences.

The MRC screens, trains, and supports volunteers. Please contact the intake line or drop in to inquire about this or to register for the next training.

Volunteers are an important part of the Men's Resource Centre. Please contact us at 204.415.6797 ext. 250 to inquire about volunteer training and opportunities.

University Student Placement

The MRC accepts social work practicum students from various universities in Manitoba and throughout Canada. Students often are working towards completing their undergraduate or graduate studies in social work, psychology/counselling and marriage and family therapy.

Please contact the MRC if you are interested in completing a practicum requirement:
mrc@mens-resource-centre.ca

Services

At the MRC, we strive to be sensitive to the cultural, economic, gender, and sexual orientation of men, as well as to the unique personal and situational difficulties.

MRC staff, volunteers and students provide confidential and competent counselling services.

How can I help?

Financial donations are welcome and greatly appreciated. Please make cheques payable to The Laurel Centre. A tax receipt will be mailed to you.

Make a donation

Yes! I want to contribute to the important work the Men's Resource Centre is doing for men.

Enclosed my tax-deductible donation

- \$10
- \$25
- \$50
- \$100
- Other _____

Name _____

Address _____

Postal code _____

Telephone _____

Email _____

*All cheques payable to:
The Laurel Centre; donation designated to: The Men's Resource Centre