



We are a non-profit society that provides programs and services for individuals and families who are affected by social issues, with emphasis on addressing violence against women, youth, and children.

Tamitik Status of Women was incorporated December 1976 and began as a grass-roots organization with women who shared their lived experiences and supported each other.

Now, TSW is an active agency that provides programs and services focused on intervention and prevention of violence and poverty issues in our community.

Outreach Worker & Supportive Counsellor

We are committed to promoting a healthy community by offering ongoing support, programs, education, and opportunities while prioritizing, equality and safety.



350-370 City Centre
Kitimat, BC V8C 1T6

tamitik@citywest.ca
www.tamitik.ca

Tamitik Status of Women

Tel: (250) 632-8787
Text: (250) 279-0462
Fax: (250) 632-2022

TSW core funding is provided by the Province of BC and BC Housing. We are thankful for the community support and financial assistance donated to TSW by individuals, local businesses,

Outreach Worker & Supportive Counsellor

The Outreach program is for women aged 19 and older. If you are under the age of 19 and are living an adult lifestyle you are considered eligible for this service. The program:

- Offers supportive counselling to women who have been abused or are currently in an abusive relationship
- Offers support for women who want help in their lives
- Utilizes a women-centered approach promoting safety, voice, and choice
- Empowers women to build healthy relationships where women are equal partners with equal voice

All services of the Outreach Program are women positive, women centered, and free. All our employees observe strict confidentiality guidelines.

INDIVIDUAL SUPPORTIVE COUNSELLING

Provides the opportunity for women to discuss their situation, problem solve and work on safety plans.

WOMEN'S SUPPORT GROUP

Group is an excellent tool for breaking isolation and building self-esteem.

The series of co-facilitated workshops provide information and education through video, presentations, guest speakers and sharing common strengths and experiences.

WHAT YOU CAN EXPECT

- Naming types of abuse
- How to manage emotions
- Developing self-awareness
- Increasing self-esteem
- Life strategies
- Making decisions and goal setting
- Sexuality issues
- Advocacy for you to government agencies, medical professionals, etc.

The Outreach Workers are sensitive to cultural and sexual diversity. We can provide information, resources and referrals for housing, legal, financial, medical, parenting and employment matters.

The Outreach Workers also provide services to the residents at Dumore Place, Kitimat's Transition House

TO SET UP AN APPOINTMENT

Phone: (250) 632-8787

Text: (250) 279-0462

Email: michelle.tsw@citywest.ca

We look forward to working with you.

