



Minwaashin Lodge - Aboriginal Women's Support Centre

1155 Lola Street, Suite 100

Ottawa, Ontario

K1K 4C1

Crisis Counseling & Intake

Are you feeling overwhelmed, anxious, fearful, sad, angry or fed up?

Call us or come in to speak with our counselor.

We provide:

- One on One Support for Crisis and Walk in
- Short term counseling (3 months/as needed)
- Bus Tickets
- Referrals and Intakes

We want to help you minimize the effects of further crisis situations.

By identify past and present coping strategies we will support you in developing new coping skills; strengthening existing ones; and eliminating those that are harmful to yourself and others.

For more information

please contact;

(613) 741-5590 extension 260

crisis@minlodge.com

