

## Master Students

To help Thrive carry out this vital service we enlist students from various educational institutions from across Canada. This partnership allows both Thrive and student to achieve success through servicing the community and ensuring the next generation of therapist.

The Master of Arts in Counselling Psychology trains students to be mental health service professionals. The discipline focuses on addressing the emotional, social, work, school, and physical health concerns people may have at different stages in their lives, focusing on typical life stresses and more severe issues with which people may struggle as individuals and as a part of families, groups, and organizations.

Counselling Psychologists work to help people with mental health issues improve their sense of well-being, alleviate feelings of distress, and resolve crises using psychological principles and interventions. In Manitoba, Counselling Psychologists register with the Canadian Counselling and Psychotherapy Association (CCPA) and a working group called FACT (Federation of Associated Counseling Therapists) is currently advocating to regulate the profession provincially.

### Our Mission

Thrive Community Support Circle is a diverse agency dedicated to offering services that are inclusive to all persons, in all stages, to cultivate life, provide opportunities for empowerment, and to grow the community we serve.

### Our Vision

Thrive believes in the potential of people and communities to grow and create change in a positive way. Through our community services including the programming, therapeutic counselling, drop in, thrift shop and child care, we provide opportunities and support to individuals to create this change in themselves and the community as defined in their personal journey. By working in cooperation with partnerships of other community agencies; recruiting qualified, caring and like-minded staff, volunteers and donors, and by respecting each person's individuality, we provide community members with professional and supportive service within the context of our resources.

For more information please visit our website:

[thrivecommunitysupportcircle.com](http://thrivecommunitysupportcircle.com)

Follow us on facebook for all Thrive updates



A United Way  
Funded Agency

## Resource Centre

Our Resource Centre (TRC) is a safe, happy and warm-hearted environment where Thrive clients interact, seek out, and enroll in our

programs and resources. Clients accessing the TRC are actively involved with the supports and benefits of Thrive, including our parenting classes, childcare, 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:

- Food kits (appointment only / as available)
- Hygiene items (appointment only / as available)
- Pregnancy tests
- Layettes
- Baby supplies (appointment only / as available)
- Safe Sex supplies
- Local phone and fax access
- Printing and copying
- Referrals and resources for other community services
- Coffee and Lunches (as available)
- Childcare during programs (appointment only)
- Clothing giveaways
- Urgent support care

## Child Care

Located at 100-475 Sargent Street

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

Karen, Director of Thrive Childcare

204.779.5093

[karenbryce@thrivewpg.com](mailto:karenbryce@thrivewpg.com)



**406 Edmonton Street  
3rd Floor**



**Registration appointment  
please call: 204.772.9091**



*Together We Thrive*

## Counsellor

**Prabhjit (Penny) Gill**, BSW, RSW. I'm a registered Social Worker with the Manitoba College of Social Workers (MCSW). I completed my Bachelor of Social Work (BSW) from the University of Manitoba as well as additional certification and training in Crisis Intervention, Mental Health First Aid, Applied Suicide Intervention Skills Training, Being Trauma Informed, and in the midst of developing others to continuously grow and learn.

Everyone experiences problems and challenges which will vary. I have been working in the social services for over 15 years providing and guidance support to individuals. I help others by understanding their problems and issues through attentively listening, providing empathy, exploring options and resources, incorporating self-care while being non-judgmental as well as sensitive to others needs (culturally and spiritually).

I strongly believe every individual is an expert of their own life. As a counselling therapist, being client centered and strengths based I use a variety of approaches to navigate life's challenges such as, setting goals and achieving them to feel satisfied and successful. Also, to facilitate positive change, empower individuals to solve their own problems, promote recovery, and enhance well-being.

### AREAS OF FOCUS:

- ◆ Grief and loss
- ◆ Substance Use and Addictions
- ◆ Trauma
- ◆ Domestic Violence
- ◆ Mental Health (anxiety, depression, suicide, self-harm, and injury)
- ◆ Mindfulness and Self-compassion
- ◆ Self-esteem
- ◆ Advocacy and Support
- ◆ Stress Management
- ◆ Life's choices, changes and transitions (work, home, school, and social)



## Specialized Therapist

**Sandakala (Sanda) Samarakone**. I have an Honors Degree in Psychological counselling (BA- Psy) from the University of South Africa and have been a member of CCPA since 2015.

I provide person-centered therapy and counselling using a combination of different approaches (CBT, Mindfulness, EMDR, etc.) depending on the client's personality, desires and the mental health situation. My methods include, mindfulness (engaging breathing techniques), solution focused brief therapy, cognitive behavior therapy and EMDR (Eye movement desensitisation and reprocessing). I primarily use person-centered, strength-based approaches, as I strongly believe that individuals are the best experts on themselves. Based on the above principles, I guide people to develop a recipe that works best for them using their own ingredients. My role is to facilitate the process and see them through it by brainstorming and teaching relaxation techniques to find space in their brain and provide subtle suggestions when needed after a very active listening process encompassed with empathy.

### AREAS OF FOCUS:

- ◆ Mindfulness based training
- ◆ Mental Health First Aid
- ◆ Applied Suicide Intervention skills training
- ◆ Trauma Informed Care
- ◆ Cognitive Behaviour therapy
- ◆ Dialectical Behaviour therapy
- ◆ EMDR
- ◆ Crisis Intervention
- ◆ Self Injurious Behaviour in youth

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

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

Our counselling 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.

## Urgent Support Care

Our trained staff will ensure you are well prepared to address and respond to any issue you have and want to discuss. We approach with empathy, and the desire to help.

We will see how you are and make sure you are safe. The staff will identify any risk by asking certain questions. They will never assume, and ensure your safety is always our priority. They will listen to you to get a better understanding of what you are experiencing. Our main role will be to actively listen and provide support. They may ask what caused you to contact us now, and what solutions you have tried so far. This will all be done with respect and acceptance.

We will help you form a safety plan that helps you move forward in the days and weeks ahead. This can be as simple as discussing self-care options, identifying a friend you can connect with or finding resources and services that can help you. If your issue is more complex, they may complete an intake and book you in for ongoing therapy.

Our goal at the end of your conversation is that you felt heard, you have a plan, and you are in a better position to handle your crisis than when you first contacted us.

### *The following list is for immediate crisis care:*

- **For immediate help call 911**
- Clinic Crisis Line: 1-888-322-3019 or 204-786-8686
- TTY: 204-784-4097
- Sexual Assault Crisis Line In Winnipeg: 204- 786-8631 / Toll Free in Manitoba: 1-888-292-7565 / TTY: 204-784-4097
- Mobile Crisis Unit: 204-940-1781
- Youth Mobile Crisis Team: 1-888-3832776
- Crisis Response Centre @817 Bannatyne Avenue (this is a drop-in service only)
- Reason to live – Manitoba Suicide and Prevention Support Line: 1-877-435-7170 and at [www.reasonstolive.ca](http://www.reasonstolive.ca)
- First Nations & Inuit Hope for Wellness Help Line (toll-free, 24 hours/day) Call 1-855-242-3310
- Kids Helpline 1-800-668-6868
- Manitoba Rural & Northern Support Line: 1-866-367-3276

**Thrive does not have a Crisis line.**

