

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
- CFS Family Support Worker
- Safe Sex supplies
- Local phone, computer and fax access
- Printing and copying
- Referrals and resources for other community services
- Coffee and Hot meal (as available)
- Childcare during programs (appointment only)
- Clothing giveaways
- Care / Advocacy Support
- Financial Empowerment Worker
- ID assistance
- Birth Certificate
- Variety of Programs

Our Purpose Statement

We believe in the potential of every person and the strength of community. We provide inclusive and compassionate support to all, meeting people where they are on their unique path toward empowerment and growth. Together, we are building a thriving, sustainable community where every person has the opportunity to lead a fulfilling life.

Early Learning and Childcare Centre



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

Please reserve your spot as soon as your class or appointment is scheduled to ensure space is available.



Thrive

Community Support Circle



COUNSELLING AND WELLNESS

Reach Us



thrivecommunitysupportcircle.com



204-772-9091



info@thrivewpg.com



3-406 Edmonton Street. Winnipeg



THRIVEwpg

Specialized Therapist

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

I provide person-centred therapy and counselling, using a combination of different approaches (CBT, Mindfulness, EMDR, etc.) depending on the client's personality, desires, and mental health situation. My methods include mindfulness (such as engaging breathing techniques), solution-focused brief therapy, cognitive behavioural therapy, and EMDR (Eye Movement Desensitization and Reprocessing). I primarily use person-centred, strengths-based approaches, as I strongly believe that individuals are the best experts on themselves. Based on these principles, I guide people to develop a "recipe" that works best for them, using their own "ingredients." My role is to facilitate the process, supporting them through brainstorming, teaching relaxation techniques to create mental space, and offering subtle suggestions when needed after active, empathetic listening.



Counselling Service

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.

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, along with additional certifications and training in Crisis Intervention, Mental Health First Aid, Applied Suicide Intervention Skills Training, and Trauma-Informed Care. I am also dedicated to developing others to continuously grow and learn.

Everyone experiences problems and challenges, which vary for each person. I have been working in social services for over 15 years, providing guidance and support to individuals. I help others by understanding their problems through attentive listening, showing empathy, exploring options and resources, incorporating self-care, and being non-judgmental and sensitive to others' cultural and spiritual needs.

I strongly believe that every individual is an expert in their own life. As a counselling therapist, I take a client-centred, strengths-based approach to help people navigate life's challenges. This includes setting and achieving goals to foster a sense of satisfaction and success. I strive 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)

Advocacy Support

Our trained staff will ensure you are well-prepared to address and respond to any issue you wish to discuss. We approach each conversation with empathy and a genuine desire to help.

We will check in on how you're doing and ensure you feel safe. Our staff will assess any potential risks by asking specific questions, but they will never make assumptions. Your safety is always the top priority. They will listen to you carefully to understand your experiences. Our primary role is to actively listen and provide support. We may ask what prompted you to reach out and what solutions you've tried so far. All of this will be done with respect and acceptance.

We will work with you to create a safety plan to guide you in the days and weeks ahead. This could include discussing self-care options, identifying a friend to connect with, or finding resources and services that can assist you. If your issue is more complex, we may complete an intake and schedule ongoing therapy.

Our goal by the end of your conversation is that you feel heard, have a plan, and are in a better position to manage your crisis than when you first reached out to 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.reasontolive.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