

Our Guiding Principles

Community - Centred Support: We provide professional and individualized support that improves the sense of safety, belonging, well-being, and self-worth of every community member.

Collaborative Partnerships: Together, with like-minded community agencies, committed staff, dedicated volunteers and generous donors, we enhance our reach and impact.

Holistic Support and Equity: We provide comprehensive wrap-around support services that are inclusive, culturally sensitive, barrier-free, and equitable.

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.

204-772-9091
thrivecommunitysupportcircle.com



PROVIDING FREE COUNSELLING TO OUR COMMUNITY AND OFFERING STUDENT PRACTICUM OPPORTUNITIES REFLECTS OUR DEDICATION TO FOSTERING AN INCLUSIVE AND EQUITABLE COMMUNITY. THESE SERVICES ARE A TESTAMENT TO OUR BELIEF IN THE POTENTIAL OF EVERY INDIVIDUAL AND THE STRENGTH OF CONNECTION. BY OFFERING ACCESSIBLE, COMPASSIONATE CARE AND EMPOWERING THE NEXT GENERATION OF HELPERS, WE HONOUR THE DIVERSE EXPERIENCES OF OUR COMMUNITY AND WORK HUMBLY TO ADDRESS PAST AND PRESENT INEQUITIES. ROOTED IN RESPECT, DIGNITY, AND SHARED HUMANITY, WE ARE COMMITTED TO CREATING A THRIVING WINNIPEG WHERE EVERYONE HAS THE OPPORTUNITY TO HEAL, GROW, AND CONTRIBUTE.



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Thrive
Community Support Circle

FREE COUNSELLING & WELLNESS PROGRAMS



Healing, Growth & Support

Programs & Opportunities

"The programs have helped me with anxiety and depression, and I feel more grounded." Women's Support Circle, Artistic Empowerment Participant

- Artistic Empowerment – Creative self-expression and skill-building.
- Mind and Body Wellness – Holistic mental and physical well-being * Zoom.
- Men's Support Circle – Peer support and discussion for those who identify as men.
- Women's Support Circle – Peer support and discussion for those who identify as women.
- Recovery Support Circle – Peer-led recovery support. for everyone.

- Parenting Programs:
 - Circle of Security – Secure parent-child relationships.
 - Nobody's Perfect – Connect with other parents of young children.
 - Positive Discipline in Everyday Parenting – Building guiding strategies.
 - Grandparents, Aunties and caregivers are welcome!

- Empowerment and Advocacy Initiatives – Developing confidence and essential skills.

- Volunteer Opportunities – Support community programs.

- Community Outings – Engaging activities that foster connection.

Student Practicum Placement – Social Work & Counselling

- Thrive offers a practicum placement opportunity for social work and counselling students.
- Students gain front-line experience supporting our diverse community, developing clinical skills in a unique and dynamic setting.
- On-site peer mentors are available for guidance and support.
- Students may access an offsite clinical supervisor; supervision fees are the responsibility of the student.
- All students must adhere to their institution's policies regarding client support.



NEED CHILD CARE?

IF YOU REQUIRE CHILD CARE WHILE ATTENDING COUNSELLING SESSIONS OR PROGRAMS A SPOT IN OUR LICENSED EARLY LEARNING CENTRE MAY BE AVAILABLE FOR CHILDREN UNDER 6.

AFTER BOOKING YOUR APPOINTMENT, PLEASE CALL THE CHILD CARE CENTRE AT 204-779-5093. COME EARLY THE FIRST TIME TO GET YOUR CHILD COMFORTABLE.

OUR EARLY LEARNING AND CHILDCARE IS LOCATED ON THE MAIN FLOOR AT 100-475 SARGENT AVE.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 	Clothing Appointments 	10:30 Safety Club Outreach (Food & Supplies Distribution) 11:00 Mind and Body Wellness VIA Zoom	10:30 Men's Support Circle (All Who Identify as Men are Welcome) 	9:00-12:00 MSD Navigators (Application Support) 	 Early Learning and ChildCare
12-1 closed	12-1 closed	12-1 closed	12-1 closed	12-1 closed	12-1 closed
Afternoon 	1:00 – 4:00 Julia the Nurse 	1:30 – 3:30 Artistic Empowerment 	1:15 – 3:15 Social Anxiety Support 	1:00-3:00 Parenting Program 	1:00– 3:00 Recovery Support Circle
Other Services	2:00 pm – 3:00 Women's Support Circle 	Drop-in Closed Staff Picking Up Supplies 			 Food giveaways Outreach

Our Counsellors

Prabhjit (Penny) Gill

- Registered Social Worker with the Manitoba College of Social Workers (MCSW).
- Bachelor of Social Work from the University of Manitoba.
- Certified in crisis intervention, mental health first aid, suicide intervention, and trauma-informed care.
- Years of experience in social services, providing empathy, advocacy, and culturally sensitive support.
- Areas of Focus:

- Grief and loss
- Substance use and addictions
- Trauma
- Domestic violence
- Mental health: anxiety, depression, suicide prevention, self-harm
- Mindfulness and self-compassion, self-esteem
- Advocacy and support
- Stress management, life transitions: work, home, school, social

Sandakala (Sanda) Samarakone – Specialized Therapist

- Honours degree in Psychological Counselling (BA-Psy) from the University of South Africa.
- Member of the Canadian Counselling and Psychotherapy Association since 2015.
- Uses a client-centred, strength-based approach incorporating CBT, mindfulness, EMDR, and solution-focused counselling.
- Helps clients develop personalized coping strategies through active listening, empathy, and relaxation techniques.
- Areas of Focus:

- Mindfulness-based training
- Mental health first aid
- Suicide intervention
- Trauma-informed care
- Cognitive Behaviour Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- EMDR (Eye Movement Desensitization and Reprocessing)
- Crisis intervention
- Self-injurious behaviour in youth

