

**Services Offered by  
Ishtar Transition Housing Society**

For information on our services please call:  
**604-534-1011**

**Stopping the Violence against Women** is a counselling program that offers individual and group services to women who have been victims of family violence, childhood sexual abuse and/or sexual assault.

**Ext. 225**

**Community-Based Victim Services** provide women, men and children assistance with Crown and police, information about the justice system, safety planning, witness orientation and referrals.

**Ext. 228 or 245**

**Children Who Witness Abuse Counselling** provides education, information and supportive counselling individually or within a group to children 3 - 18 years and their non-offending parent.

**Ext. 234**

**Community Outreach Services** offer emotional and practical support, information and referrals according to needs.

**Ext. 230**

**Ishtar Transition Housing Society**

Main Office

#101—6350 203rd Street  
Langley, B.C. V2Y 1L9  
**Tel: 604-534-1011**  
**Fax: 604-534-1929**

Stopping the Violence Against Women

Counselling

**Langley : 604-534-1011**  
**Ext. 225**

Children Who Witness Abuse Program

**Langley : 604-534-1011**  
**Ext. 234**

Community-Based Victim Services

**Langley: 604-534-1011**  
**Ext. 245 or 228**

Community Outreach Services

**Langley: 604-534-1011**  
**Ext. 230**

Ishtar Transition House

**Langley: 604-530-9442 (24hrs/7days)**

Libra Transition House

**Aldergrove: 604-857-5797 (24hrs/7days)**



**Stopping the Violence  
against Women  
Counselling Program**

**Our Mission:**

Feminist leaders and allies advocating change through service to women and children who have experienced violence and abuse by providing safe space. We engage, empower and educate individuals and the community.

[www.ishtarsociety.org](http://www.ishtarsociety.org)



## Group Counselling

Groups usually run for 2 hours, once a week, for 8 weeks. There may be a wait list for groups.

### ***Building Resilience***

Participants will develop skills for responding to traumatic stress and life challenges with emotional resilience. Discussion topics include: Common reactions to trauma/abuse, identifying current coping strategies, practicing alternative strategies for tolerating distress and regulating strong emotions, and exploring the connection between self-compassion and healing.

### ***Surviving Relationship Violence & Abuse***

This group is specifically for women who are experiencing, or who have experienced, violence and abuse in an intimate relationship. Discussion topics include: Understanding what is relationship violence and abuse, long-term impacts of violence and abuse on women and their children, understanding why women stay in abusive relationships, letting go of guilt, managing contacts with abusive former partners, and developing healthy future relationships.

### ***Healthy Boundaries***

Participants will develop skills for establishing and maintaining healthy boundaries when interacting with others. Discussion topics include: Introduction to boundaries, understanding how abuse and violence impact boundaries, identifying personal boundary problems, responding to boundary violations, and assertive communication.

## **The Stopping the Violence against Women**

**(STV)** counselling program provides services to women and independent female youth who have experience violence in their intimate relationships, sexual assault, and/or child abuse.

Ishtar's STV program is accessible and welcoming to all women residing in the Langley and Aldergrove areas. All STV services are offered free of charge. STV services include:

### **Individual Counselling**

We offer up to 24 individual counselling sessions over a two year period. Women who are still living in an abusive situation, or women who have recently been assaulted are prioritized for immediate service. All other clients are served on a first-come, first served basis. There is a waitlist for counselling.

STV counsellors work from a counselling model informed by feminist and trauma intervention theories. We focus on the following:

- Safety planning and emotional support for clients at risk of ongoing violence
- Providing information about abuse and violence against women
- Helping clients explore and understand how they have been impacted by their experiences of abuse/violence
- Empowering clients toward increased control over their own lives and toward finding their voices
- Assisting clients with enhancing their current strengths, and also developing new skills that will allow them to participate more fully in life

## **How to Access STV Services**

Contact the STV intake counsellor at 604-534-1011 to request an intake appointment. Every effort is made to return intake messages within 2 business days, and to schedule intake appointments within two weeks of first contact.

The intake appointment is an opportunity for us to assess your needs and determine our ability to address those needs. After the intake appointment clients may be waitlisted for Stopping the Violence services or referred to other resources at Ishtar or within the community.

**For more information on this program please contact:**

Angela, STV Coordinator  
604-534-1011 ext. 225  
angela@ishtarsociety.org

