

**Services Offered by
Ishtar Transition Housing Society**

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

Women's Counselling 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. 224

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

PEACE Program for

Children and Youth Experiencing Violence

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

Monday—Friday 9:00am to 4:00pm

Women's Counselling

Langley : 604-534-1011

Ext. 224

Children and Youth Experiencing Violence

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)



**Women's
Counselling Services**

Our Mission:

To honour, embrace and celebrate the power, resilience, courage and knowledge of all women. We work collaboratively for systemic change where equality means inclusion, opportunity and accessibility for all. We work together locally for a world where all women and girls are safe emotionally, mentally, financially, physically, sexually, spiritually and culturally.

www.ishtarsociety.org



Women's Counselling 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 counselling program is accessible and welcoming to all women residing in the Langley and Aldergrove areas. All counselling services are offered free of charge. 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.

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

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.

How to Access Counselling Services

Contact the intake counsellor at 604-534-1011 text. 225 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:

Ruth, Women's Counselling Coordinator
604-534-1011 ext. 224
ruth@ishtarsociety.org

