



We are a non-profit society that provides programs and services for individuals and families who are affected by social issues, with emphasis on addressing violence against women, youth, and children.

Tamilik Status of Women was incorporated December 1976 and began as a grass-roots organization with women who shared their lived experiences and supported each other.

Now, TSW is an active agency that provides programs and services focused on intervention and prevention of violence and poverty issues in our community.

TSW core funding is provided by the Province of BC and BC Housing. We are thankful for the community support and financial assistance donated to TSW by individuals, local businesses,

Discovering Healthy Relationships

We are committed to promoting a healthy community by offering ongoing support, programs, education, and opportunities while prioritizing, equality and safety.



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Tamilik Status of Women

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Discovering Healthy Relationships

The Discovering Healthy Relationships program is for children and youth who have experienced serious family conflict.

The program:

- Dispels common myths surrounding family violence and marital abuse
- Provides a non-threatening environment to talk about feelings and help teach healthy ways to express anger, hurt, fear, and other difficult feelings
- Lets children know that they are not alone and helps them share their thoughts and feelings with others experiencing similar situations
- Defines abuse and lets children know their rights
- Teaches problem solving and coping skills
- Identifies the causes and effects of conflict

WHAT IS THE PROGRAM?

The Discovering Healthy Relationships program includes individual and group counselling for children from pre-school age up to 19 years of age. It is a strength based approach where children learn to understand that they are not at fault.

There is no cost to access this program and all our employees observe strict confidentiality guidelines.

HOW DOES FAMILY CONFLICT AFFECT CHILDREN?

Children exposed to violence in the home live with fear and anxiety waiting for the next violent episode to occur. Research shows that while some children show overt signs of family conflict, such as aggression and/or depression, while other children display less obvious adjustment difficulties, such as inappropriate attitudes about violence and/or poor problem solving skills. Children in both situations can benefit from a program specifically designed to meet their needs.

TOPICS INCLUDE

- Problem solving skills
- Healthy ways to handle feelings, like anger
- How to manage emotions
- Healthy ways to deal with stress
- Increasing self-esteem
- Healthy and unhealthy ways to communicate
- Dealing with conflict

TO SET UP AN APPOINTMENT

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We also provide information to caregivers, give presentations to the community on the effects of exposure to domestic violence, and provide school-based educational activities designed to prevent violence.

