



# FREE COUNSELLING FOR WOMEN

RIVERDALE IMMIGRANT WOMEN'S CENTRE (RIWC) offers **free counselling** to all those aged 16+ who identify as a **woman, non-binary, and/or gender non-conforming** and have experienced any form of **violence**.

## HAVE YOU EXPERIENCED:

- Violence?
- Abuse and assault (physical, sexual, emotional and/or mental)?
  - Distress or depression as a result of trauma?
  - And live within the GTA?

### Our Services:

- One-to-one violence against women counselling;
- Crisis counselling;
- Safety planning for women and their children;
- Information, education & advocacy;
- Internal referrals and referrals to community resources.

### FREE AND CONFIDENTIAL SERVICES

**Languages:  
English & Hindi**



For more details, visit us at:

[www.riwc.ca](http://www.riwc.ca)

Email us at:

[vawcounselling@riverdalehub.ca](mailto:vawcounselling@riverdalehub.ca)

Or call us at:

[647-395-3605](tel:647-395-3605)

**Riverdale Immigrant Women's Centre**  
**1326 Gerrard St. East**  
**(south of Greenwood subway)**

