



# FREE COUNSELLING FOR WOMEN

RIVERDALE IMMIGRANT WOMEN'S CENTRE (RIWC) offers **free counselling** to all those who identify as **female** and have experienced any form of **violence**. While we are particularly sensitive to the needs of immigrant and refugee women, **ALL** women are welcome.

## ARE YOU A WOMAN AGED 16+ WHO HAS 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.

### Languages:

- Cantonese
- English
- Hindi
- Tamil
- Mandarin
- Malayalam

## FREE AND CONFIDENTIAL SERVICES

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)**

