Testimonials

"Both the training and the work on the Crisis Lines has been extremely rewarding. I can't say enough about this experience."

"I wasn't sure I could help someone in crisis, but I learned that what people really need is someone to listen to them"

"Not only do I feel like a better counsellor as a result of the training and working on the Crisis Lines, I feel like a better person."

"This experience helped me get a job in the counselling field. My employers hold Klinic's volunteer program in very high regard".

Winnipeg Office

870 Portage Avenue, Winnipeg, MB R3G 0P1
Phone: 784-4018 / Administrative Fax: 772-7998
Medical Fax: 784-4013 / E-mail: klinic@klinic.mb.ca
www.klinic.mb.ca

Brandon Office

Unit 1, 217-10th Street, Brandon, MB R7A 4E9
Phone: 571-4182 / Email: manager@ruralstress.ca

Klinic Services

Klinic adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinic to access their personal health information.

- Information 784-4090
- Health Services Appointments 784-4090
- Teen Klinic (teenklinic@klinic.mb.ca) 784-4090
- Public Education & Training 784-4066
- Teen Talk 784-4010
- Volunteer Information 784-4006
- Drop-In Counselling (dropin@klinic.mb.ca) 784-4067
- Family Violence Counselling (Evolve) 784-4070
- Dream Catchers 784-4042
- Post Trauma Counselling Appointments 784-4059
- Sexual Assault Crisis Counselling Appointments (sacpwpg@klinic.mb.ca) 784-4049

Telephone Helplines:

- Manitoba Suicide Line Toll Free . . . 1-877-435-7170
- Crisis Counselling Line 786-8686
  Toll Free 1-888-322-3019
- Sexual Assault Crisis Line 786-8631
  Toll Free 1-888-292-7565
- TTY Deaf Access Counselling 784-4097
- Manitoba Farm & Rural Stress Line 1-866-367-3276

VOLUNTEERS AT KLINIC in Brandon

Klinic Community Health Centre

March 2010

Making it Work

Klinic Crisis Line Volunteers

Volunteers play a vital role at Klinic. Many of the services we provide are only made possible through the commitment of time, energy, and caring provided by our volunteers.

Why Should I be a Klinic Volunteer?

- Assist people in need
- Contribute to your community
- Develop new skills
- Raise your social awareness
- Gain career-related skills
- Make a difference in the lives of others

Who volunteers at Klinic?

Klinic volunteers come from all walks of life. You don't need prior formal education or clinical experience. We provide extensive training and hands-on experience to enable you to work with people in crisis. If you are a caring, empathic person with excellent listening and communication skills, and the desire to support people in crisis, this may be a position for you!

Volunteer Opportunities

What volunteer opportunities are avaailable at Klinic in Brandon?

The Brandon office of Klinic operates 3 crisis lines: The Manitoba Farm & Rural Stress Line, the Manitoba Suicide Line, and the Klinic Crisis Line. Volunteers provide telephone counselling to people experiencing a range of issues including but not limited to: stress, domestic violence, sexual assault, addictions, mental health, relationships, sexuality, and suicide.

What kind of training will I receive to become a Klinic Crisis Line volunteer?

Volunteers receive over 80 hours of crisis intervention training over a 3-month period (2 evenings per week, 3.5 hours per session). People with farming backgrounds can also take an additional 8 hours of training to become volunteers on the Manitoba Farm & Rural Stress Line. Klinic training is hands-on and intensive, requiring a willingness to examine one's own attitudes and values and develop new skills.

What is my volunteer commitment once I have completed training?

A one-year commitment to the Crisis Lines is required upon completion of training. This consists of one 4-hour shift once a week: either 10-2 PM, 2-6 PM or 5-9 PM between Monday and Friday.

How do I apply to become a Klinic volunteer?

The application process begins with a short phone screening, followed by an in-person interview. Reference checks and Criminal Record and Child Abuse Registry Checks are also required before being accepted into the program. Simply call the Program Manager at **571-4182** or email **manager@ruralstress.ca**.

For more information on Klinic's Volunteer Program and the Brandon Training Schedule visit www.klinic.mb.ca