



The Men's Therapy Centre offers mental health support for any man, masculine identifying, or gender non-conforming community members 16+ who have experienced emotional, physical, or sexualized trauma as a child or an adult.

## VICTIM SERVICES

Our Victim Services program provides emotional and practical support to victims of crime, including survivors of sexual abuse and assault. We can:

- Offer support and information about reporting a crime to police.
- Help navigate the criminal justice system, and provide support in court.
- Provide support with Victim or Witness Impact Statements.
- Help with applying for funding through the Crime Victim Assistance Program (CVAP).
- Provide referrals to community resources and programs.
- Complete initial intakes to access Men's Therapy Centre services.

## OUR FUNDERS



## WORK WITH US

We are currently looking for contract therapists. Please apply via email with your resume and cover letter to:  
[nick@menstherapycentre.ca](mailto:nick@menstherapycentre.ca)

## DONOR PARTNERS

The Men's Therapy Centre is a non-profit organization that relies on community partners and donors like you! To keep our services available, please make a donation by visiting our website and clicking on the 'DONATE' button. Donations can also be dropped off in-person or sent by mail.

## CONTACT US

250-381-6367  
3491 SAANICH ROAD, UNIT 301  
VICTORIA, BC V8X 1W8

[INFO@MENSTHERAPYCENTRE.CA](mailto:INFO@MENSTHERAPYCENTRE.CA)

[WWW.MENSTHERAPYCENTRE.CA](http://WWW.MENSTHERAPYCENTRE.CA)

[FACEBOOK.COM/MENSTHERAPYCENTRE](https://FACEBOOK.COM/MENSTHERAPYCENTRE)  
[TWITTER @THERAPY\\_MEN](https://TWITTER.COM/@THERAPY_MEN)

The Men's Therapy Centre acknowledges that we work on the unceded traditional lands of the Lekwungen and WSÁNEĆ peoples and we commit to being allies in healing inter-generational trauma caused by colonization.

## OUR SERVICES

Victim Services

Individual Counselling

Group Counselling

Call for an  
appointment

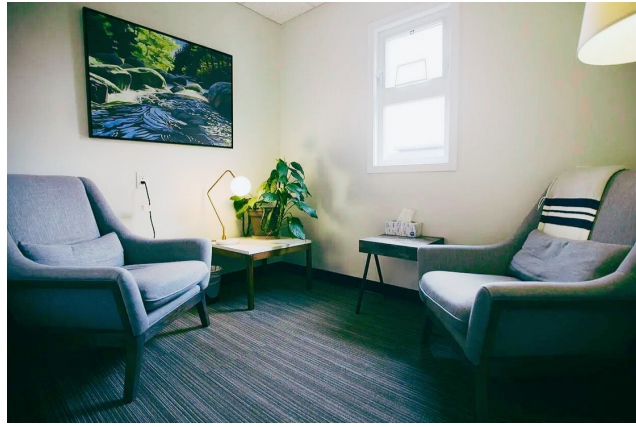
**250-381-6367**

## GROUP COUNSELLING

- Our group counselling services currently offer a drop-in group for men who have experienced trauma.
- Our Groups Coordinator provides an interview appointment for clients prior to joining a group.
- For Group Counselling inquiries please contact: [info@menstherapycentre.ca](mailto:info@menstherapycentre.ca)

## FEES

The Men's Therapy Centre has both fee-based services and affordable options. Sometimes there is a wait for subsidized therapy. These options can be discussed during your intake.



## COMMUNITY OUTREACH & EDUCATION

- Our Community Outreach & Education program provides a variety of services including:
  - Information regarding Men's Therapy Centre services.
  - Community education regarding trauma-informed counselling.
  - Providing presence at table community events.
- For Community Outreach & Education inquiries please contact: [info@menstherapycentre.ca](mailto:info@menstherapycentre.ca)

## INCLUSION COMMITMENT

The Men's Therapy Centre acknowledges that race, gender, sexual orientation, and ability have a substantial impact on accessing our services. We do our best to provide services that are safe and equitable for our community. If you have feedback about our commitment to these practices please contact our Executive Director, Nick Sandor: [nick@menstherapycentre.ca](mailto:nick@menstherapycentre.ca)

## INDIVIDUAL COUNSELLING

- Our Individual Counselling services begin after a client completes an intake with Victim Services and is placed on the counselling waitlist.
- A counsellor will contact the client when an opening is made available to begin individual counselling.
- Scheduling and session frequency are arranged between the client and the counsellor. Sessions may take place in-person, by phone, or video call.
- There is no limit to the number of counselling sessions in most cases.\*  
*\*Subsidized counselling programs may have a set number of sessions.*

***"It's important to provide a safe space for men to share their trauma and grow into proponents of healthy masculinity."***

MTC Client