

# Bravestone Centre

## Our Mission.

Bravestone Centre provides women and their children affected by domestic violence with full-time counselling and support programs while living in the safety of our program.

## Our Vision.

Women and their children heal from the impact of domestic violence.

## Our Mandate.

Bravestone Centre offers women and their children the opportunity to heal and grow in a cooperative, caring environment with other families who have shared similar experience. Bravestone Centre believes that families must be free from danger to break the cycle of violence.

## Our Values.

**Dignity and Respect:** We believe that all people have value and we treat them with dignity and respect and honour their strengths.

**Growth and Development:** We believe every person has the potential for positive growth and development and we provide the opportunities and supports for these changes to occur.

**Ethics:** We believe that it is important for us to work within established ethical practices while being transparent and accountable.

## Our Accreditation

BRAVESTONE CENTRE IS ACCREDITED UNDER IMAGINE CANADA'S EXCLUSIVE NATIONAL STANDARDS PROGRAM.

The Standards Program is a Canada-wide set of shared standards for charities and non-profits designed to demonstrate their compliance in five fundamental areas: board governance; financial accountability and transparency; fundraising; staff management; and volunteer involvement. It helps organizations mitigate risk by ensuring that staff and volunteers understand and meet their legal, financial and fiduciary responsibilities.

Bravestone Centre is proud to be one of the few charitable organizations in Manitoba to hold this credential.



St. Norbert PO Box 202  
Winnipeg, Manitoba R3V 1L6  
Office Hours: Monday to Friday 9 am to 5 pm  
W [bravestonecentre.ca](http://bravestonecentre.ca) E [info@bravestonecentre.ca](mailto:info@bravestonecentre.ca)  
T 204-275-2600 F 204-275-5416

Connect with us on Facebook



The PURSUIT of  
POSITIVE CHANGE  
always BEGINS with  
one thing...  
A STEP FORWARD.



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## A Step Forward.

THE PURSUIT OF POSITIVE CHANGE  
ALWAYS BEGINS WITH ONE THING –  
A STEP FORWARD.

Inspired by the courageous steps taken by the many women and their children that we have served over the years, our services and organization has also grown. After 28 years as WISH Inc. (Women in Second Stage Housing), June 2014 marked the launch of our new name and new era of innovative work as Bravestone Centre Inc.

Our commitment to providing women and their children a safe home remains the same as does our extensive counselling and support in helping these families build a better life free from violence.

What is unique and new is the expansion of our family services, including a focus on strengthening healthy attachment of moms and their children while providing greater opportunities to enhance parenting skills. We truly believe that helping children and youth early prevents the cycle of abuse from further impacting their lives, both in the present as children and lays the foundation for a healthy and thriving adulthood.

For women trying to escape from an abusive relationship, Bravestone Centre can help.

**Being brave doesn't necessarily mean you're not scared. Being brave means you are scared, but you are taking the first steps anyways.**

## Who We Are.

Guided by our mission, Bravestone Centre is a non-profit charitable organization that provides women and their children affected by domestic violence with full-time counselling and support programs while living in the safety of our program. Women and children respectively attend regularly scheduled individual and group therapy and a variety of support programs. Women are assisted with advocacy and access to community resources. Families live on-site in Bravestone Centre furnished suites while attending the full-time residence program. The program premises are fully secured, confidential and camera monitored. Families continue their counselling through the Follow-up Program as they integrate back into the community. Bravestone Centre is nationally accredited through Imagine Canada.

Governed by a Board of Directors, Bravestone Centre (formerly WISH Inc.) offered its first program in 1986. During these many years of operation, Bravestone Centre has been honoured to work with courageous women and their children as they break free from family violence.

Bravestone Centre has 14 client suites including 13-2 bedroom and 1-4 bedroom suites. During our 12 month program, families live independently in their program suite and are responsible for their own daily needs. All of our suites have basic furnishing to enable families' ease of move-in. Our 6-month Follow-up Program continues to provide counselling and support to those women and their children who have completed the on-site program as they integrate back into the community and gain greater independence.

## What We Do.

Bravestone Centre is not a 24/7 emergency shelter, but rather a safe, confidential and secure place for women to live independently within their own program suite for a period of 12 months while attending ongoing therapeutic counselling and support programs. Bravestone Centre offices are open Monday to Friday 9am to 5pm.

The transition period offered by Bravestone Centre allows families to heal physically and emotionally to rebuild social and community network in order to become independent and regain balanced perspectives on their lives.

Bravestone Centre services acknowledge that women are the experts about their own needs:

- Individual and group therapeutic counselling for women
- Developmentally appropriate individual and group counselling for children
- Parenting Groups
- Family Counselling and Support
- Healthy Coping Program
- On-site Food Bank

## How To Apply.

Bravestone Centre accepts referrals of women who have been abused in their adult intimate partner relationship(s) and who require ongoing support while they are making the transition away from an abusive relationship and integrating into the community. Women may self-referral or be referred by an agency currently assisting her. Bravestone Centre accepts referrals from women who may or may not have children; however, given limited spots available, those with children are given priority. The admission guidelines are based on assessment of individual and family needs.

**Contact our Intake Counsellor at 204-275-2600  
Applications available on website: [bravestonecentre.ca](http://bravestonecentre.ca)**

