

Healing Our Own Counselling Unit



Anishinabe Women's Crisis Home & Family Healing Agency

Beendigen provides a wide range of holistic healing services to women and their children who are victims of violence.

Healing Our Own Counselling Unit Programs includes:

- Individual & Group Counselling
- Sacred Circle
- Women Addiction Programming
- Living Free From Violence Group
- Child Witness
- Self Esteem/Assertiveness
- Anger Management for Women (Court Approved)
- Sexual Abuse/Sexual Assault Healing
- Grief Counselling
- Support for Indigenous Trafficking Survivors
- Walk-in Counselling





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Counselling services are available
Monday to Friday.

- Evening appointments are available upon request
- Drop in counselling is available
- Services can be offered in Ojibway
- Childcare may be available

Women's Walk-in Counselling

Call 344-9579 for more information.

It's your time for
healing & hope.



Anishinabe Women's
Crisis Home & Family
Healing Agency

For more details about our
programs and services,
please visit:

www.beendigen.com

Or contact us at:

**Healing Our Own
Counselling Unit**
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