

STOPPING THE VIOLENCE



MOSAIC

Counselling & Multicultural
Outreach Services



MOSAIC offers FREE individual and group counselling and support services for women who have experienced, or are at risk of, abuse, threats, violence in their relationship, sexual assault, or childhood trauma.

Get help if you are feeling helpless, fearful, and/or confused.

You are not alone.

Services provided in English, Punjabi and Hindi

Call and speak to a worker at **604 254 9626**

Safe and confidential

STV Counsellors will:

- *Listen to you talk about your experiences*
- *Provide support and information*
- *Assist in safety planning*
- *Empower you to make informed decisions*
- *Support you in taking control of your life*

**Monday to Friday
9 AM to 5 PM**

**5575 Boundary Rd
Vancouver**