



## FREQUENTLY ASKED QUESTIONS

### What services do you provide?

The Today Centre provides immediate, short-term emotional and practical support to those experiencing family violence.

### Is there a fee for service?

There is no cost.

### Who can use The Today Centre services?

Anyone who has been victimized by family violence in the last year.

### How do I connect with The Today Centre?

Contact The Today Centre by calling 780-455-6880 or emailing [info@thetodaycentre.ca](mailto:info@thetodaycentre.ca).

### What if English is not my first language?

The Today Centre has access to safe interpretation services. Please let us know if this is required.

### How do I book a workshop for my agency or community group?

Contact The Today Centre to speak with our Education Specialist.

### How do I book an agency tour?

A tour of The Today Centre is a great way to learn about the programs and services offered. Contact us to book your tour today.



17724 – 102 Avenue  
Edmonton, AB T5S 1H5  
780.455.6880  
[info@thetodaycentre.ca](mailto:info@thetodaycentre.ca)  
[thetodaycentre.ca](http://thetodaycentre.ca)  
Twitter: @TodayFV  
Facebook: @todaycentre

**HOURS**  
Monday to Friday (except holidays)  
9:00 am – 5:00 pm  
Closed for lunch 12:00 pm – 1:00 pm  
**Charitable Number:**  
854912664 RR00001

Confidential  
Caring  
Supportive



THE  
TODAY  
CENTRE

Family violence help starts today

## CLIENT SERVICES

### Individual Services

The Today Centre offers non-judgmental short term, individual sessions for victims of family violence regardless of situation, gender, sexual orientation, ethnicity culture or religion. Individual sessions will focus on emotional support, assessing immediate needs, safety planning, risk assessment, and connection to resources.

### Group Services

The Today Centre offers a drop-in group for immigrant women on Thursday evenings. This drop-in group offers a safe and nonjudgmental space to connect with other newcomer women while learning about healthy and unhealthy relationships in a cultural context.

### Lives on the Line

A cell phone and \$20 of talk and text minutes are offered to high risk victims of family violence who have no means of communication. This program gives individuals the ability to get help if they are in immediate danger, and access to the support of friends, family, and other community agencies.

### Safety in Motion

For those individuals facing barriers to transportation to The Today Centre, we may be able to help.

Please contact us for more information.



## PUBLIC EDUCATION

### Family Violence Across the Lifespan

Family Violence Across the Lifespan is a 2-Day interactive and engaging training that gives service providers a basic understanding of family violence. This training aims to develop participant skills to identify, respond, and support clients within their organization and community.

### Professional Development

This is an introductory or refresher workshop for groups organizations or businesses who would like to learn the basics about family violence. This workshop can be customized to suit your needs.

### Community Workshops

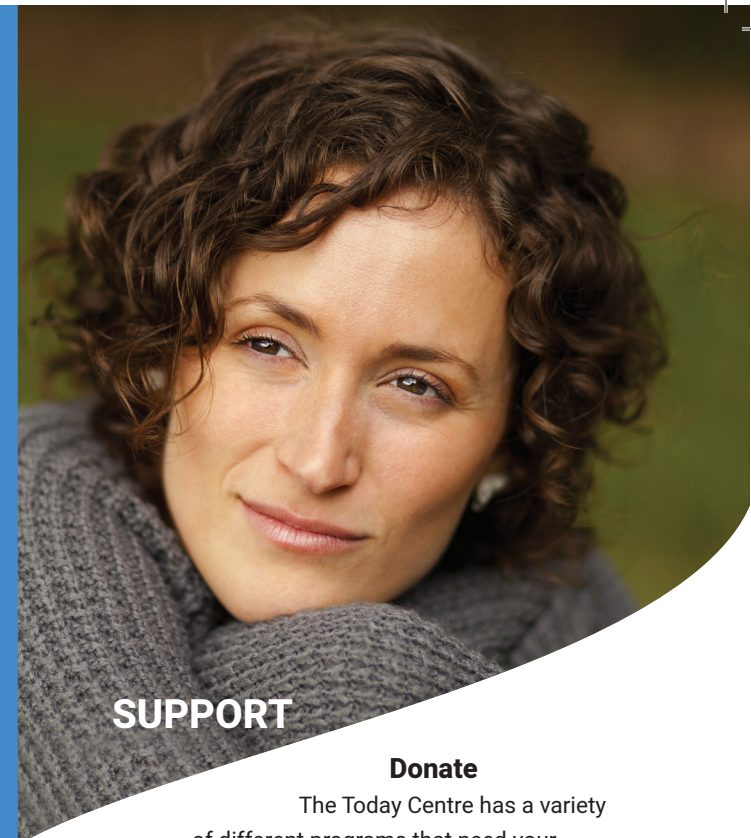
This workshop is for community groups who want to learn how to better understand family violence and support someone in an abusive relationship.

### Cut It Out Workshop

Cut It Out is a workshop, delivered in partnership with the United Way, which gives hairstylists and estheticians the tools to recognize and support a client who may be experiencing family violence.

### The Today Booklet

The Today Booklet is an informative tool for both clients and service providers. It is available in English, Arabic, French, Hindi, Punjabi, Spanish, and Urdu. Free copies are available for pick up at The Today Centre, or [thetodaycentre.ca](http://thetodaycentre.ca) for digital copies.



## SUPPORT

### Donate

The Today Centre has a variety of different programs that need your support. We are grateful to our donors who make this important work possible. Making a difference in the life of someone experiencing family violence is only a few clicks away. Please visit [thetodaycentre.ca](http://thetodaycentre.ca) to make your donation today.

### Host an Event

Hosting a third-party event is a great way to support The Today Centre. Contact us to learn how you can make an impact.

### Volunteer

There are a variety of volunteer positions available. If you are interested in a volunteer position, please contact us for more information.

### Newsletter

Sign up for our quarterly newsletter at [thetodaycentre.ca](http://thetodaycentre.ca) and get connected to The Today Centre's latest news and events.