



NOVA VITA
Help • Hope • Heal

Domestic Violence Prevention Services

Counselling for Women



Connecting with our Intake Coordinator is the first step on your healing journey.

Nova Vita offers trauma-informed individual and group counselling for women* (16+) who have experienced abuse in their relationship.



For More Information

📞 **519-752-1005 x 221**

✉️ **INFO@NOVAVITA.ORG**

INDIVIDUAL COUNSELLING

- Free, confidential support
- Up to 12 individual sessions
- Safe, supportive, and non-judgmental environment
- Strengths-based, trauma-informed approach
- Personalized safety planning
- Referrals to community supports
- Resources for cultural and diverse needs

GROUP COUNSELLING

A safe and supportive space to learn new skills, gain insight, build confidence, and connect with others. Group programs include:

- Abuse Recovery Group
- Healthy Relationships
- Healing Mindfulness
- Self-Awareness & Finding Empowerment in Relationships (S.A.F.E.R) - For Ages 16-24
- Trauma-Informed Parenting (TIP)
- Women of Wisdom (WOW) - For Ages 55+

RURAL COUNSELLING

- In-person, phone or virtual sessions
- Support tailored to the unique challenges of rural living
- Satellite location in Brant County

*Includes gender-diverse individuals

24 HOUR CRISIS & SUPPORT

📞 519-752-HELP (4357)

💻 [NOVAVITA.ORG/CHAT](https://novavita.org/chat)

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novavita.org | @NovaVitaBrant  



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada