

WE BELIEVE:

- ~ sexual violence is an abuse of power and trust
- ~ people can heal
- ~ in valuing diversity and respecting all people
- ~ individuals should be free to make their own life choices
- ~ each person should have the opportunity to learn and grow
- ~ in creating a safe environment and maintaining confidentiality
- ~ inability to pay should not be a barrier to receiving service
- ~ in providing support and advocacy for people who have been affected by sexual violence
- ~ services must be accessible to children, adolescents, women and men
- ~ communities must take action to protect vulnerable people and to become free from violence
- ~ public education and advocacy are vital for eliminating violence
- ~ offenders, not victims, must take responsibility for violence
- ~ teamwork is essential
- ~ volunteers are crucial to our agency and provide a link to communities
- ~ in working with other agencies to further common goals



The Sexual Assault Centre of Edmonton is a not-for-profit organization funded by the United Way of the Alberta Capital Region, City of Edmonton Family and Community Support Services (FCSS), Alberta Provincial Government, service clubs, foundations, and private donations.

Registered under the Societies Act of Alberta since 1975.

Donations gratefully accepted.

A registered charitable organization.
Charitable number: 107971772 RP0001



**Sexual Assault
Centre of Edmonton**

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24 hour crisis line: 780-423-4121
www.sace.ab.ca



**Government
of Alberta**



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**adult
counselling
program**



**Sexual Assault
Centre of Edmonton**

- ~ providing crisis intervention
- ~ public education
- ~ counselling

www.sace.ab.ca

Speak Up! Someone Will Listen!

SEXUAL ASSAULT CENTRE OF EDMONTON (SACE)

SACE offers group and individual counselling sessions for women and men who have been affected by sexual violence, as well as their support persons.

Counselling is provided by professionals who have completed, or are enrolled in, recognized counselling degree programs.

The services described below are for clients age 18 and over; girls and boys under 18 would participate in the Child and Adolescent Therapy Program at SACE.

INDIVIDUAL COUNSELLING

Clients may attend up to ten individual counselling sessions per year. The focus of these sessions is to help the client feel more stable in their life and to provide them with some tools to carry on with their healing. Individual counselling may help clients prepare for group counselling at SACE. Wait times for individual counselling may vary according to the number of calls we receive.

GROUP COUNSELLING

A variety of group programs are offered at SACE to address and overcome the effects of sexual assault. Groups generally meet once per week for three hours for 12 consecutive weeks. There is a maximum of 10-12 clients per group with two facilitators conducting each group.

With sufficient enrollment, groups may be offered at various times including weekdays and evenings.

New groups begin each September and February, and in the spring as needed; however the Process Group is ongoing and can be joined throughout the year.

GROUP COUNSELLING PROGRAMS

Adults Molested as Children (AMAC I) - This group runs three hours per week for 12 weeks. It combines group exercises, discussion and handouts about feelings survivors may have towards the offender, body image, and overcoming the effects of abuse. Participants must be age 18 or over and complete a screening interview.

Sexual Assault Survivors Support (SASS) - This group runs three hours per week for 12 weeks or less. It addresses the trauma of sexual assault through discussion and exercises. Participants must be age 18 or over and complete a screening interview.

Process Group - This group runs two hours a week. It is an ongoing, weekly group that draws on the participants' shared experiences in overcoming the long-term effects of sexual trauma. Participants need to have successfully completed AMAC I or SASS. There is a possibility of a screening interview.

MAKING AN APPOINTMENT WITH A COUNSELLOR

In order to make an appointment with a counsellor, clients are asked to call an intake counsellor at SACE (423-4102). The intake counsellor will take a general history to ensure the client is ready for counselling and then assign a counsellor and make an appointment.

REGISTERING FOR GROUP

In order to register for group, clients are asked to call SACE to book a screening interview (423-4102). These interviews are held several weeks prior to group and take about one hour. The purpose of this interview is to ensure that the client is ready for group and that the client feels the group will meet her or his needs. For attendance in a September group, we recommend that clients call in June for an interview appointment; for attendance in a February group we recommend that clients call in December or January for an interview appointment.

24 HOUR CRISIS LINE

SACE offers a 24 Hour Crisis Line for anyone affected by sexual violence. Call 423-4121 any time you need support.

The Sexual Assault Centre of Edmonton does not charge clients for counselling services or participation in groups. However, donations are always welcome.