

### Reporting

To report a suspected case of child abuse, call your local Alberta Children and Youth Services office:

North Central/NW: 780-415-6012

Northeast: 780-422-2112

Central: 780-415-9619

East: 780-427-6440

West Central: 780-427-1551

Southeast: 780-422-4060

Southwest: 780-427-9040

After hours, contact the Child Abuse Hotline at 1-800-387-KIDS (5437).

If you are interested in seeking counselling for your child, please contact a Child and Adolescent Therapist by calling the Sexual Assault Centre of Edmonton at 780-423-4102.

For concerns about a child's immediate safety, call the police (780-423-4567) or child welfare authority at 1-800-387-KIDS (5437). For support, please call the 24-Hour Sexual Assault Crisis Line at 780-423-4121.



The Sexual Assault Centre of Edmonton is a non-profit organization funded by the United Way of Edmonton and Area, Family and Community Support Services (FCSS), Alberta Provincial Government, service clubs, foundations, and public 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

Suite 205, 14964-121A Avenue,  
Edmonton, Alberta T5V 1A3  
Business line: **780-423-4102**  
T.T.Y. (Telephone Device for the Deaf) line:  
780-420-1482  
fax: 780-421-8734  
info@sace.ab.ca

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



Government  
of Alberta



Updated October '10



# children's counselling program



Sexual Assault  
Centre of Edmonton

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

**www.sace.ab.ca**

**T**he Sexual Assault Centre of Edmonton (SACE) offers individual counselling for children between the ages of 3 and 17. For children to be seen for counselling, the sexual abuse or assault must have been reported and an official statement been made (if applicable). Reports can be made to Alberta Children and Youth Services (1-800-387-5437) and/or the police (780-423-4567).

Contrary to popular belief, sexual abuse of children is not rare and can happen regardless of socio-economic class, ethnic group, gender, ability, culture, or religion. It can happen to any family and occurs more than we would like to think. The most extensive study of child sexual abuse in Canada found that one in two girls, and one in three boys, under the age of 21, experienced sexual abuse.

Fortunately, children can recover from abuse. With the support of family, friends and community, children are able to deal with sexual abuse or assault and improve their self-esteem and outlook on life.

### *Counselling Services*

*The emotional healing that happens through therapy helps children feel better about themselves, increases positive coping skills, and improves their ability to enjoy their daily lives.*

After reporting the abuse or assault to Alberta Children and Youth Services and/or the police, the child's parent or guardian can call SACE (780-423-4102) and ask to speak to one of the Child and Adolescent Therapists. The

therapist will complete the intake process with the parent or guardian, covering background information about the history of the abuse or assault. Once the intake is completed, an appointment is scheduled. The waiting list for counselling varies. Emergency appointments are available when necessary.

Counselling focuses on improving how the child copes with the trauma (coping mechanisms) and works through issues related to sexual abuse or assault. Children typically engage in play therapy using the Child and Adolescent Program's well-equipped playroom. Here, children express their feelings through play, using various therapeutic toys (sand tray, puppets, paints, clay, etc.). This provides a safe way for them to share their feelings and emotions about the sexual abuse.

### *Support for Caregivers*

Sexual abuse impacts the family and friends of those who experience it. After a child discloses, those around them may find themselves in crisis. Support is available to people affected by the abuse of children in their lives through counselling and access to the 24-Hour Sexual Assault Crisis Line (780-423-4121).

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