

We Believe:

- People can heal;
- People are the experts on their own experiences and needs, and healing looks different for each individual;
- Sexual violence is any form of nonconsensual sexual behavior, including sexual assault, sexual abuse, sexual harassment, sexual exploitation, sex trafficking, and sexual violence facilitated through technology;
- People who experience sexual violence are never at fault;
- People who experience sexual violence should be believed and supported;
- Sexual violence is an abuse of power and trust;
- People who experience sexual violence should have access to inclusive, professional services regardless of age, race, gender, culture, language, religion, sexual orientation, or ability;
- Financial barriers should not prevent people from receiving specialized support services;
- True sexual violence prevention and support involves acknowledging the intersecting oppressions and privileges that shape a person's experience;
- Sexual violence is a societal issue that communities have a responsibility to address, and it is through the combined efforts of community members including volunteers, leaders and funders, that cultural change will be fostered and sustained.

SACE provides an extensive range of support services for people who experience sexual violence, including crisis support, counselling, police and court support, and advocacy, and fosters prevention of sexual violence through direct public education and advisory consultation with groups and agencies undertaking their own prevention efforts.

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Edmonton, AB T5N 3W1
info@sace.ca | **780.423.4102**

SACE respectfully acknowledges that we are located on Treaty 6 Territory and Métis Region 4 Territory, traditional lands of First Nations and Métis peoples (<https://native-land.ca>)

For information about accessibility at SACE please visit sace.ca/accessibility

Registered under the Societies Act of Alberta since 1975

Charitable Number: 107971772 RP0001



Healing
starts with
believing



Adult
Counselling



We believe everyone's healing journey is unique.

Healing is an individual process; there is no perfect way or ideal timeline for someone to heal. Our counsellors understand that this process isn't linear and will support you where you are at.

SACE offers individual and group counselling for people who have experienced sexual violence, including sexual abuse, sexual assault, and sexual harassment. These trauma-informed specialized support services are available for clients of all genders ages 3 and up. Counselling is provided by professionals who have completed, or have nearly completed, a Master's-level Counselling program, and the department operates under the parameters of the Canadian Psychological Association (CPA) and the College of Alberta Psychologists (CAP).

Counselling should be empowering. As such, we believe that the person seeking counselling is the expert of their own experience. Our model for counselling helps clients to cope with the impacts of sexual violence, from feelings of anger, grief, and anxiety to re-engaging with sexuality, relationships, and trust. Clients of all backgrounds, genders, sexualities, and ages are treated with respect and dignity in a non-judgmental and supportive environment.

Adult Counselling (18+)

Counselling is available through self-referral to anyone who has experienced sexual violence, including sexual harassment, historical sexual abuse, and sexual assault. Counselling services are delivered in two formats, individual and group. All counselling is provided at no fee. To begin the intake process, call SACE and ask to speak to our Client Care Specialist.

Individual Counselling

- Up to 15 sessions of counselling
- A variety of trauma-informed approaches may be used based on client need and preference.
- Information, referrals and court accompaniment are available if needed
- Wait times for counselling vary based on demand

Group Counselling

- Adult Survivors Healing from Abuse (ASHA) – For women who have experienced childhood sexual abuse
- Sexual Assault Survivors Support Group (SASS) – For women who have experienced sexual assault
- Men's Group – For men healing from childhood sexual abuse and/or experiences of sexual assault as an adult
- Additional groups may be offered based on capacity. For current information see our website

Psychoeducation

- Skills for Change -- Pre-counselling group for adults on the waitlist
- Partners and Supporters Workshop -- Self-directed online course

Preparation for Counselling at SACE

At SACE our number one priority is client safety. Questions asked during the Intake and Counselling processes are used to assess safety of clients, identify existing supports, and ensure effective use of counselling resources and best outcomes for clients.

SACE services are approached from a place of nonjudgement. Counselling can be destabilizing and due to the specialized, short-term nature of SACE counselling services it is not possible to address core impacts of sexual violence until a level of stability is attended to. It is important that before and during counselling those individuals struggling with managing mental health, disordered eating, addictions, housing instability, or active suicidality have additional supports in place.

Support and Information Lines

The SACE Support and Information Line is available for anyone impacted by sexual violence, directly or as a supporter. Before, during, and after receiving counselling at SACE this line is available for crisis support, information, and referrals. **Call 780.423.4121** for support from 9 a.m. to 9 p.m. daily. For more options, chat at [sace.ca](https://www.sace.ca), or access text, toll-free, or interpreter-assisted language support at **1.866.403.8000**.