

## 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.



Listen. Believe. Support.  
sace.ca



SACE provides an extensive range of support services for people who experience sexual violence, including crisis support, counselling, 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.

300 - 10339 124 St. NW  
Edmonton, AB T5N 3W1  
[info@sace.ca](mailto:info@sace.ca) | 780.423.4102

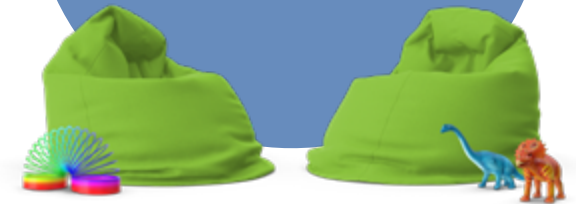
**SACE respectfully acknowledges that we are located on Treaty 6 Territory and Métis Region 4 Territory, traditional lands of First Nations and Métis peoples (<https://native-land.ca>)**

For information about accessibility at SACE please visit [sace.ca/accessibility](https://sace.ca/accessibility)

Registered under the Societies Act of Alberta since 1975  
Charitable Number: 107971772 RP0001



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## Child & Youth Counselling

sace  
SUPPORT &  
INFO LINE

780·  
423·  
4121

# Healing can be talking, creating, and playing

Contrary to popular belief, sexual abuse of children and youth is not rare and can happen regardless of socio-economic class, ethnicity, gender, ability, culture, or religion. Fortunately, children and youth are resilient and can heal from sexual abuse and assault with the support of family, friends, and community. For many, counselling can be an important part of their healing process.

The Sexual Assault Centre of Edmonton (SACE) offers counselling for children and youth between the ages of 3 and 17. To be seen for counselling, the sexual abuse or assault must have been reported and an official statement been made (if applicable).

If you suspect a child or youth is being abused, call the Child Abuse Hotline at **1.800.387.KIDS (5437)** and/or the police where the crime occurred (in Edmonton, the number is **780.423.4567**).

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 our Client Care Specialist at SACE.

## Intake Process

The counsellor 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 first session of counselling at SACE will be a meeting between the legal guardian(s) and the counsellor generally without the child/youth present. The waitlist for counselling varies depending on demand.

## Consent for Counselling

For clients under the age of 18, consent for counselling must be obtained from all legal guardians. If there is concern about the ability or safety of obtaining consent from a guardian please discuss this with the Client Care Specialist.

## Individual Counselling

Counselling focuses on improving how the child or youth copes with the trauma (coping mechanisms) and works through issues related to sexual abuse or assault.

Approaches to counselling vary depending on the individual's age and interests. One approach is play therapy, which is facilitated using our well-equipped playroom. Here, children and youth can express their feelings using various therapeutic toys (sand tray, puppets, paints, clay, etc.). This provides a safe way to share feelings and emotions about sexual abuse.

## Group Counselling for Youth

If you know a youth who has already accessed individual counselling and is now interested in group counselling, please inquire with the Child and Youth Counsellors at SACE. The availability of these sessions varies depending on demand.

## Support for Caregivers

Sexual abuse impacts the family and friends of those who experience it. After a child or youth discloses, those around them may find themselves in crisis. About once a month, SACE hosts a two-hour information session for people who are supporting friends or family through their healing journey. To find out when the next Supporters' Night is, call SACE.

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**, or access text, toll-free, or interpreter-assisted language support at **1.866.403.8000**.

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