

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 behaviour, 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, 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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communitycounselling@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



Community Counselling



24 HOUR
SUPPORT &
INFO LINE

780·
423·
4121

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.

The Sexual Assault Centre of Edmonton (SACE) believes that unique and specialized services should be available to all people, regardless of ethnicity, heritage, faith, gender, culture, age, social and financial status, ability, or sexual orientation. To improve our services, reduce barriers, and increase inclusivity and accessibility, SACE has a Community Counsellor dedicated to working collaboratively with service providers to support populations who experience additional barriers to accessing support services for sexual violence and/or complex needs related to systemic oppression and marginalization.

The Community Counsellor works to build relationships and bridge supports by providing social work services on-site at agencies serving immigrant and refugee, Indigenous, and LGBTQ2S+ communities. SACE services are approached from a client-centered, non-judgemental perspective where clients will be treated with dignity and respect.

The Community Counselling Program is here to provide:

- Solution-focused counselling and supports for adults and youth ages 16+
- Phone or in-person consultation with service providers
- Single session or follow-up support depending on the needs of the individual
- Emergency appointments, as needed for crisis intervention and safety planning
- Tailored workshops and presentations
- Emotional support
- Needs assessment
- Psychoeducation
- Stabilization
- Resourcing and referrals
- Advocacy and outreach

The Community Counsellor does not provide trauma processing treatment. We will work to address any barriers that may impact a person's access to trauma counselling. If a client is ready for and would like to access specialized trauma counselling for sexual violence, the Community Counsellor can bridge them into a supported intake for our counselling program on-site at SACE. Intake support is available for families supporting a child or youth as well: the Community Counsellor will help with navigating services and barriers and providing information and support.

Every adult in Alberta has a duty to report child abuse. 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). The Child Abuse Hotline is available in multiple languages, 24 hours a day. You can choose to report anonymously or give your name and telephone number.

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 achieved. It is important that before and during counselling those individuals struggling with managing mental health, disordered eating, addictions, housing or family 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 or support from SACE, this line is available for crisis support, information, and referrals.

For more options, chat at www.sace.ca, or access text, toll free, or interpreter assisted language support at **1.866.403.8000**.

Call, text or chat is available from 9am - 9pm /7 days a week/ 365 days a year.

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