

We Believe You

Unwanted Sexual Activity = No Consent

If you felt pressured, changed your mind, were forced, or said “no” with your words or actions, then you did not consent.

Is this something you or someone you know has experienced?

We believe you and we are here to help.

We have staff who speak additional languages, and interpreters we work with to provide counselling and support.



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At SACE, we support everyone who experiences sexual assault, abuse, or harassment, recently or in the past. We also offer education to the community.

We offer:

- Emotional Support (Counselling)
- Public Education
- Support with Legal Options
- Support and Information Phone Line
- Confidential* Free Services for Everyone

* If a child is in danger, confidentiality may have to be broken.

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For more information or to get help, call SACE or email us at counselling@sace.ca

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