

# Sexual Violence;

## *A Handbook Full of Resources for Edmontonians*

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To aid in the navigation process of finding available supports during times of need.

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# INTRODUCTORY STATEMENT

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Hello Everyone,

We first want to praise the immense amount of bravery and courage presented by all survivors of sexual violence. We stand by you.

This document was created to help aid anyone who has experienced sexual assault or knows someone who has and wants to find the right help for them. This handbook works to ease the arduous process of navigating current available resources.

We would like to thank and show our support for the assault survivors who came forward about their experiences, without them, we would not have created this document. Once again, we stand with the survivors of sexual assault.

We hope that this document provides you a stress-free experience when searching for supports that best suit your unique needs.

If you have any other resources to add or concerns, please contact @simran\_kdhillon or @japkaran on instagram

*Simran Dhillon & Japkaran Saroya*

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# HOW TO REPORT A SEXUAL ASSAULT

## *What is a Sexual assault?*

*"Sexual Assault is any sexual contact without voluntary consent"*

*~ Sexual Assault Centre of Edmonton*

You can report a sexual assault online at the Edmonton Police Service website at the following link:

<https://www.edmontonpolice.ca/ContactEPS/SAOnlineCrimeReport>

There are instructions to follow on the website pertaining to your online report. You should not report online if the following is true to your circumstance:

- You are in danger - If so, call 9-1-1 immediately
- The event occurred within the last 7 days - There is evidence that may be lost if not collected immediately, such as DNA
- Your email is not secured or if it is shared with someone else

If one of the above is true, or if you do not want to report online, you have 2 other options:

- Report by calling the non-emergency - EPS line: (780) 423-4567
- Go to a hospital and ask to see a SART Nurse (Sexual Assault Response Team)

# HOTLINES & CHAT-LINES

*A crisis hotline is a phone number people can call to get immediate emergency telephone counseling, that can refer you to the right resources*

## **Alberta's One Line for Sexual Violence via the Association of Alberta Sexual Assault Services**

- Call or Text: 1-866-403-8000
- Online chat is available on their website

## **Central Alberta Sexual Assault Support Centre (CASASC)**

- Sexual Violence Help Line
  - Call: 1-866-956-1099
  - Text: 403-986-4357
  - Webchat: [www.casasc.ca](http://www.casasc.ca)

## **Alberta 211**

- An information and referral service for government and non-profit agencies
- Website: <https://www.ab.211.ca>
- You can also call 2-1-1 if you are in the greater Edmonton area
- If you are outside the greater Edmonton area, call: 1-888-482-4696.

## **Canadian Mental Health Association (CMHA)**

- Short term supportive listening, information and referral on local services and resources that can be accessed online
- 24 hour distress line: 780-482-HELP (4357)
- Online chat: <https://edmonton.cmha.ca/online-crisis-chat/>

## **SACE Support and Information Line**

- available daily from 9 am to 9 pm
- This line is available for anyone who has experienced sexual assault or abuse, as well as to those who are supporting anyone impacted by it.
- tel:1-780-423-4121
- More information: <https://www.sace.ca/services/support-line/>

# COUNSELLING SERVICES

*The counsellor helps you to address your feelings and behaviours in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self-awareness.*

## **Sexual Assault Centre of Edmonton (SACE)**

- Offers individual and group counselling for people who have experienced sexual violence
- Free counselling services
- Contact: (780)-423-4102
- Community Resources Page with an extensive list of resources and organizations that are specialized for specific issues, such as legal help, other sexual assault centres, and mental and physical health resources, and for specific groups of people including LGBTQIA+ identifying individuals, seniors, indigenous people, family, new Canadians, and children.
  - <https://www.sace.ca/help/community-resources/#1550548646760-3af9da82-a57c>

## **FireFly Counselling**

- Provides online therapy and online counselling for individuals who have experienced or are experiencing trauma or abuse
- Not free
- Contact: (587)-400-0302

## **YWCA Edmonton**

- Provides affordable counselling with subsidies available that can cover up to 99% of the cost
- Contact: (780)-423-9922

# COUNSELLING SERVICES

*The counsellor helps you to address your feelings and behaviours in a positive way by helping you to clarify the issues, explore options, develop strategies and increase self-awareness.*

## **Momentum - Walk-in Counselling**

- Short-term, walk-in counselling, on a pay-what-you-can basis
- Offered online and over the phone during the pandemic
- Contact: (780)-757-0900

## **Drop-In YEG**

- Offered via The Family Centre
- Free, single-session drop-in counselling located at multiple locations across the city
- Available over the phone and video-chat
- Contact: (780)-423-2831

## **University of Alberta Sexual Assault Centre**

- All services are free of charge and are now being provided remotely
- Contact: (780)-492-9771

## **Strathcona Sexual Assault Centre (SAFFRON)**

- Offers online and over-the-phone counselling (not free), police and court support
- Free resources: <https://www.saffroncentre.com/distractions-and-coping>
- Contact: (780) 449-0900

# NON-ENGLISH SPEAKING COUNSELLING

*Providing counselling information for those who can not comfortably communicate in English including newcomers and immigrants*

## The Islamic Family and Social Service

- Islamic Family & Social Services Association provides a holistic approach to community well-being that is culturally and spiritually sensitive.
- IFSSA serves the Edmonton community through a halal food bank, family violence counselling, a youth program, refugee support, and much more.
- Free counselling
- Helpline: (780)-900-2777

## ASSIST Community Services

- Mental Health counselling for immigrants
- Language of Service: English, Mandarin and Cantonese
- Please call (780) 429-3111 ext. 312 for Mei Lin
- Email: [mei.lin@assistcsc.org](mailto:mei.lin@assistcsc.org) to arrange for an appointment.

## Boost Psychology

- Some of these psychologists can provide services in English, Punjabi and Hindi
- Registered Psychologists – South Edmonton
- Please call or text 780-628-5446 or email [info@boostpsych.com](mailto:info@boostpsych.com) to arrange for online psychological treatment or if you have any questions or concerns. Call 780-628-5446

## Online Psychologist Sessions

- Follow the link to see the profiles of registered psychologists, from here you can filter through certain requirements you would want from the psychologist  
<https://www.psychologytoday.com/ca/therapists/ab/edmonton>



# LEGAL ASSISTANCE

*Empower yourself and those in need with the tools and knowledge necessary to prepare them for future steps within the legal process.*

## **Elizabeth Fry Society Independent Legal Advice for Survivors of Sexual Violence (ILA) Project**

- Provides legal assistance to survivors Provides up to 4 hours worth of free legal advice
- Contact: (780)-784-2213

## **Legal Aid Alberta**

- Assists Albertans facing legal issues by helping them navigate their journey through the justice system
- Contact: 1-866-845-3425

## **Edmonton Community Legal Centre**

- Provides free legal information and advice to low to moderate income people in the Edmonton area
- Contact: (780)-702-1725

## **Office of the Child and Youth Advocate Alberta (OCYA)**

- The OCYA is all about helping young people who are receiving services. Whether this be through advocating, arranging for legal representation, or engaging the community on issues that matter to young people, the OCYA cares about the people they serve
- Contact: 1 (800) 661-3446
- Email: [ca.information@OCYA.alberta.ca](mailto:ca.information@OCYA.alberta.ca)

## **Liberty Law**

- Offers a free consultation for legal action
- <https://libertylaw.ca/sexual-assault-offences/>
- Contact: (780) 784-7500

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## COURT SUPPORTS

*Listed below are services that can aid you in preparing for what to expect during court dates and can support you throughout this whole process.*

### **Saffron Centre**

- Provides Police & Court Supports that need to be registered through their email account
- email: [info@saffroncentre.com](mailto:info@saffroncentre.com)
- call: 780-449-0900.

### **SACE Court Support Program**

- Should a charge lead to a trial, the SACE Court Support program is available for the following support and information:
  - Accompaniment to court proceedings
  - Help preparing for court
  - Information about criminal justice proceedings
  - Emotional support through the legal process
  - Information about legal rights and responsibilities
  - email [courtsupport@sace.ab.ca](mailto:courtsupport@sace.ab.ca).

# PHYSICAL HEALTH AND MENTAL HEALTH

*Your Health and Wellness is our greatest priority. Below we have included resources available within our community to aid you in this process.*

## **YWCA Compass Sexual Wellness Program**

- The YWCA Compass Sexual Wellness Program is a pro-choice program that provides sexual health education and pregnancy counselling services in Edmonton and surrounding communities
- <https://www.ywcaofedmonton.org/programs-and-services/sexual-health-and-wellness/>

## **Mental Health Help Line**

- The Mental Health Help Line provides confidential, 24/7 telephone service for crisis intervention, information about mental health programs and services, referrals to other agencies, and advice about mental health concerns.
- Call 1.877.303.2642.

## **Edmonton Distress Line**

- The Edmonton Distress Line is a confidential supportive listening service that is available 24/7 if you are in distress and want to talk.
- Distress Line Listeners are equipped to talk about any topic that is causing you distress, including relationship troubles, mental health concerns, financial troubles, abusive/violent situations, and thoughts of suicide.
- If you are within the greater Edmonton area, call 780.482.HELP (4357)
- If you are outside of the greater Edmonton area, call the Rural Distress Line at 1.800.232.7288

# PHYSICAL HEALTH AND MENTAL HEALTH

*Your Health and Wellness is our greatest priority. Below we have included resources available within our community to aid you in this process.*

## Sexual Assault Response Team (SART)

- SART is a team of Registered Nurses who have been specially trained in sexual assault care.
- These nurses provide compassionate, confidential, and non-judgmental care to anyone who has been sexually assaulted within the last 7 days.
- For more information call Health Link at 780.408.LINK(5465)

## Woman's Health Options

- Woman's Health Options is a clinic comprised of a team of committed medical, social work and support staff who respect the right to reproductive choice and value health promotion.
- They provide education, counselling, information, birth control, referrals and medical and surgical abortions in an atmosphere of respect, dignity, empathy and confidentiality.
- (780) 484 1124

# FAMILY SUPPORT & PREVENTING FAMILIAL ABUSE

*Below we have listed available supports in order to protect yourself in tough personal situations*

## Emergency Protection Order Program

- Legal Aid Alberta helps victims of family violence through its Emergency Protection Order Program.
- The Emergency Protection Order Program provides victims of domestic violence with information and a lawyer who can help them to obtain and confirm protection orders.
- The Emergency Protection Order Program also provides ongoing information, risk assessment and safety plans to victims of family violence.
- More Information:  
<https://www.legalaid.ab.ca/help/Pages/Emergency-Protection-Orders-Domestic-Violence.aspx>

## Family Violence Info Line

- The Family Violence Info Line is a 24/7 telephone service and online chat service for anyone who is impacted by family violence/abuse or anyone who knows someone is impacted.
- Call: 310.1818

## Stop Abuse in Families

- AIF offers support groups, individual and group counselling, elder abuse support, and educational prevention programs to schools and groups in the St. Albert community.
- 780.460.2195
- Email: [info@stopabuse.ca](mailto:info@stopabuse.ca)

# FAMILY SUPPORT & PREVENTING FAMILIAL ABUSE

*Below we have listed available supports in order to protect yourself in tough personal situations*

## **The Family Centre**

- The Family Centre provides workshops, therapy, family support services, interpretation, and translation services to foster healthy families in healthy communities.
- 780.423.2831

## **The Today Centre**

- The Today Centre delivers a comprehensive, multidisciplinary response to family violence, including sexual assault.
- It offers a safe place for those affected by domestic violence to access timely, short-term services and support.
- 780-455-6880

# SUPPORTING INDIGENOUS COMMUNITIES

*Below we have listed available supports that aim to aid those specifically within Indigenous communities.*

## **Aboriginal Counselling Services of Alberta**

- Aboriginal Counselling Services of Alberta provides services that honour the mind, body, spirit and emotions of each person that walks through their door.
- Call 780.448.0378

## **First Nations and Inuit Hope for Wellness Help Line**

- The First Nations and Inuit Hope for Wellness Help Line is a 24/7 telephone service providing crisis intervention and counselling support for First Nations and Inuit persons.
- Support is available in Cree, English, French, Inuktitut/Inuvialuktan, and Ojibway
- Call 1.855.242.3310

## **Native Counselling Services of Alberta**

- Native Counselling Services of Alberta is committed to providing healing and harmony to Aboriginal communities through a variety of avenues
- 780-451-4002

## **Native Youth Sexual Health Network (NYSHN)**

- NYSHN works with Indigenous peoples across the United States and Canada to advocate for and build strong, comprehensive, and culturally safe sexuality and reproductive health, rights, and justice initiatives in their own communities
- <http://www.nativeyouthsexualhealth.com/whatwedo.html>

# SUPPORTING LGBTQ+ COMMUNITIES

*Below we have listed available supports that aim to aid those specifically within LGBTQ+ communities.*

## Community Health Empowerment & Wellness (C.H.E.W.) Project

- The CHEW Project's vision is to provide frontline support, opportunities for health and wellness, and to help find hope for LGBTQ2S+ youth and young adults facing barriers
- CHEW's team fosters resilience through no cost:
  - Short and long term counselling, Crisis and suicide intervention, Harm reduction, Social services, Cultural connections, STI testing, Support and resources for youth and young adults engaged in survival sex or sex work, Events to develop empowerment and resilience, and a physical, safe space for youth to get support and get off the street.
- (780) 665-5220

## Edmonton Men's Health Collective (EMHC)

- EMHC encourages a comprehensive approach to GBTQ men's health, inclusive of mental, physical, sexual, and social health. Created by and for local GBTQ men, EMHC provides education and support to individuals and community.
- <http://www.yegmenshealth.ca/>

## Trans Lifeline

- Trans Lifeline is a hotline staffed by transgender people for transgender people and people who are struggling with their gender identity.
- The line runs 18 hours a day every day of the week from 9AM-3AM
- To get support call 1.877.330.6366.

## LGBTQ Distress Line

- 24 hour peer support phone line for LGBTQ youth to call for support.
- This service can be reached Mondays and Thursdays from 6AM-10PM (MST).
- To access this support call toll free at 1.877.688.4765.



# SUPPORTING LGBTQ+ COMMUNITIES

*Below we have listed available supports that aim to aid those specifically within LGBTQ+ communities.*

## **Family Resilience Project**

- The Family Resilience Project offers free short-term counselling to sexual and gender minority (LGBTQ) children, youth, and families.
- To make an appointment, call 780.492.5205 and ask for the “Family Resilience Project”.

## **Pride Centre of Edmonton**

- Offer resources, education, volunteer opportunities, counselling
- Support groups, social events, and educational seminars to help improve the social, mental, and physical health of the LGBTQIA+ community.
- Provides sensitive and expert information and referrals for those seeking help.
- Contact: (780) 488-3234

# EMERGENCY SHELTERS

## **Alberta Council of Women's Shelter**

- [www.acws.ca](http://www.acws.ca) - lists shelters / resources throughout Alberta
- 1-866-331-3933

## **A Safe Place**

- Shelter for abused Women & Children - in Sherwood Park
- 780-464-7233

## **Ermineskin Women's Shelter (Maskwacis)**

- Emergency shelter for women & children living on reserve
- 780-585-4444

## **Hope Mission**

- Women and Youth emergency shelter
- 780-422-2018

## **Lurana Shelter**

- Emergency shelter for Women & Children
- 780-424-5875

## **Safe House (Catholic Social Services)**

- Temporary shelter for at risk youth (14yrs-19yrs)
- 780-474-9938

## **SAGE Senior's Safe House**

- Independent living shelter for seniors (60+ yrs)
- 780-454-8888

## **WEAC - Women's Emergency Accommodation Centre (+18yrs)**

- 780-423-5302

## **WIN House (3 locations)**

- Shelter for Women & Children fleeing domestic violence
- 780-479-0058

## **YESS Youth - Empowerment & Support Services (under 19yrs)**

- 780-468-7070

## THANK YOU AND PLEASE SHARE!

Once again, we would like to commend the bravery and courage of all survivors. We stand with you.

If you have any questions, concerns or suggestions that you would like us to add - please feel free to message us on Instagram @simran\_kdhillon and @japkaran

