

Land Acknowledgement

We respectfully acknowledge the autonomy of Indigenous Peoples, and that SACE is located on Treaty 6 Territory and Métis Region 4 Territory, amiskwacîy ᐱᓂᓄᓕᓴᓴ, a traditional home and gathering place for many Indigenous Peoples, including Blackfoot/Niitsítpii, Cree/Nehiyawak, Dene, Nakota Sioux, Saulteaux, Métis, and specifically the ancestral space of the Papaschase Cree.

Why land

acknowledgements

are important

and why the work
shouldn't stop there

#NIHM2021

Treaty 6 Territory Photo credit: Priscilla Preez



This past National Day for Truth and Reconciliation, senior staff at SACE organized a professional development day for staff to attend the Fort Edmonton Park Indigenous Peoples Experience. This day allowed staff to learn, as well as have the space and opportunity to discuss the continued effects of colonialism and how we can as individuals and as an organization, continue to educate, inform, and better ourselves to serve all individuals in our communities.

Colonialism and Sexual Violence



Photo by unsplash.com/@tandemxvisuals

All of us want to live in a world free of sexual violence, and until we get there, we want those who experience such violence to be supported and respected. We cannot achieve this goal without first recognizing how the non-consensual and violent displacement of Indigenous people across this land directly connects to issues of sexual violence. Residential schools run by Anglican, Presbyterian, United, and Roman Catholic institutions, as well as the Canadian government, have been directly implicated in the ongoing cycle of sexual violence experienced by generations of First Nations, Métis, and Inuit peoples. We also cannot ignore that sexual violence continues to be used as a tool in the attempted genocide of Indigenous communities, and is closely tied to the devastating issue of Missing and Murdered Indigenous Women, Girls, and Two-Spirit Peoples (MMIWG2S).

SACE is committed to making every effort to becoming a safer and more welcoming space for Indigenous people to heal from sexual trauma. To do so, we must recognize and honour our collective responsibility towards Reconciliation and decolonization; a process that must centre Indigenous voices and self-advocacy work, and prioritize authentic relationships. We must also acknowledge the immense efforts being undertaken by these communities to heal, as well as the resiliency and strength that these efforts require.



We are grateful for Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls for providing us with a roadmap for our work. To view this important document, visit www.mmiwg-ffada.ca/final-report/

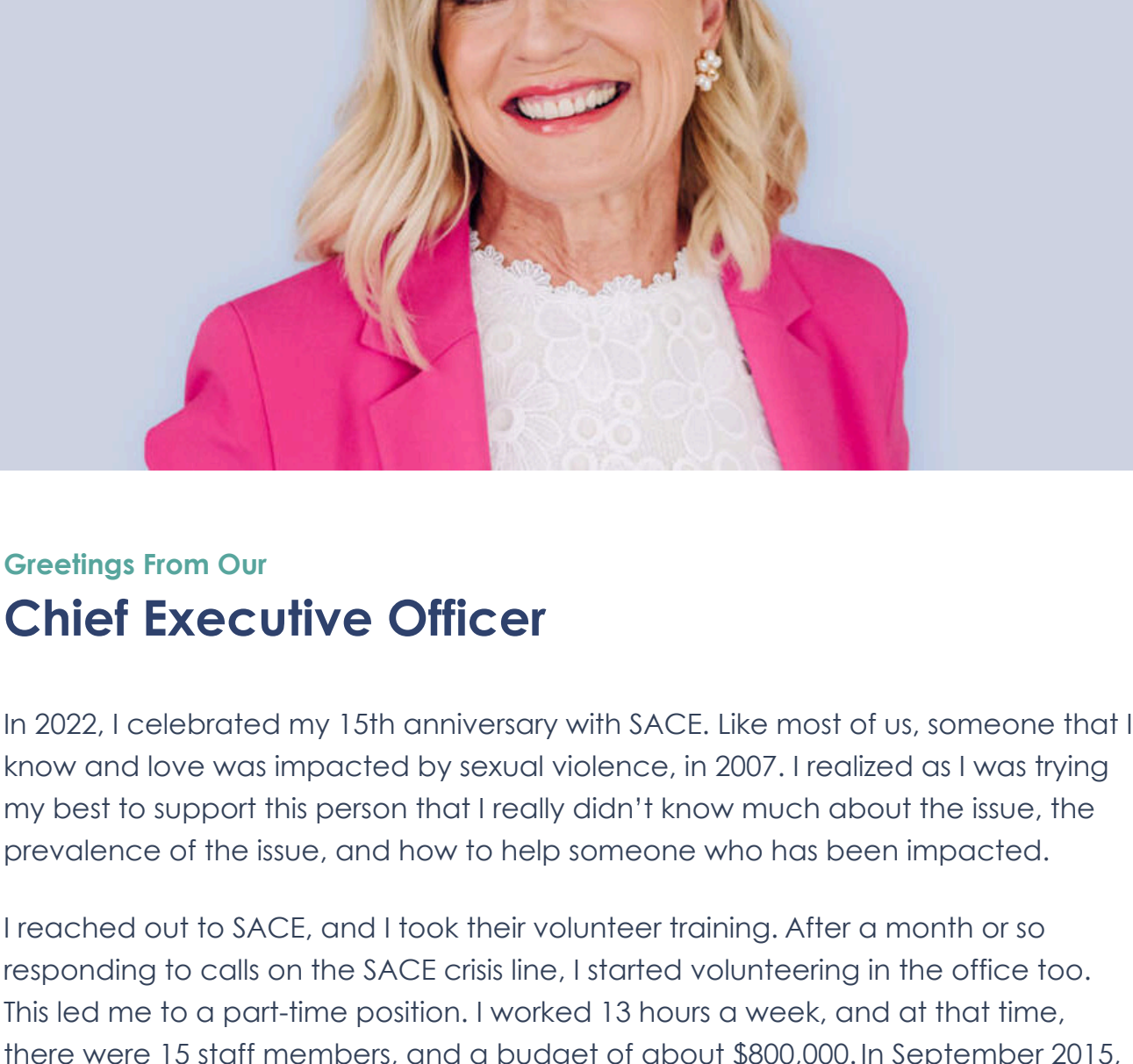
NEXT UP

Greetings

2022-2023

Annual Report

Our agency mandate is to provide client-centred support for people who experience sexual violence through crisis support, counselling, police and court support, and advocacy, and to foster prevention of sexual violence through direct public education and advisory consultation with groups and agencies undertaking their own prevention efforts



Greetings From Our Chief Executive Officer

In 2022, I celebrated my 15th anniversary with SACE. Like most of us, someone that I know and love was impacted by sexual violence, in 2007. I realized as I was trying my best to support this person that I really didn't know much about the issue, the prevalence of the issue, and how to help someone who has been impacted.

I reached out to SACE, and I took their volunteer training. After a month or so responding to calls on the SACE crisis line, I started volunteering in the office too. This led me to a part-time position. I worked 13 hours a week, and at that time, there were 15 staff members, and a budget of about \$800,000. In September 2015, the Board offered me the Executive Director position. I really had no idea of the complexity of the job, but, by then, I knew more about sexual violence than I ever cared to know. I was determined that we needed to grow from our grassroots, humble beginnings to a professional organization that would be recognized and legitimized by funders and our community.

It took some time, but here we are. We have tripled our services, we have professionalized our centre, and we are, most definitely and most proudly, recognized as "experts" in the field of sexual violence prevention and response.

This past year our momentum continued, with a growing team, and expanding services. Along with our many accomplishments and successes, we made a monumental decision that will shape our agency's future: to leave our current office space, and create a new "home" in the centre of our city at Princeton Place on 124th Street.

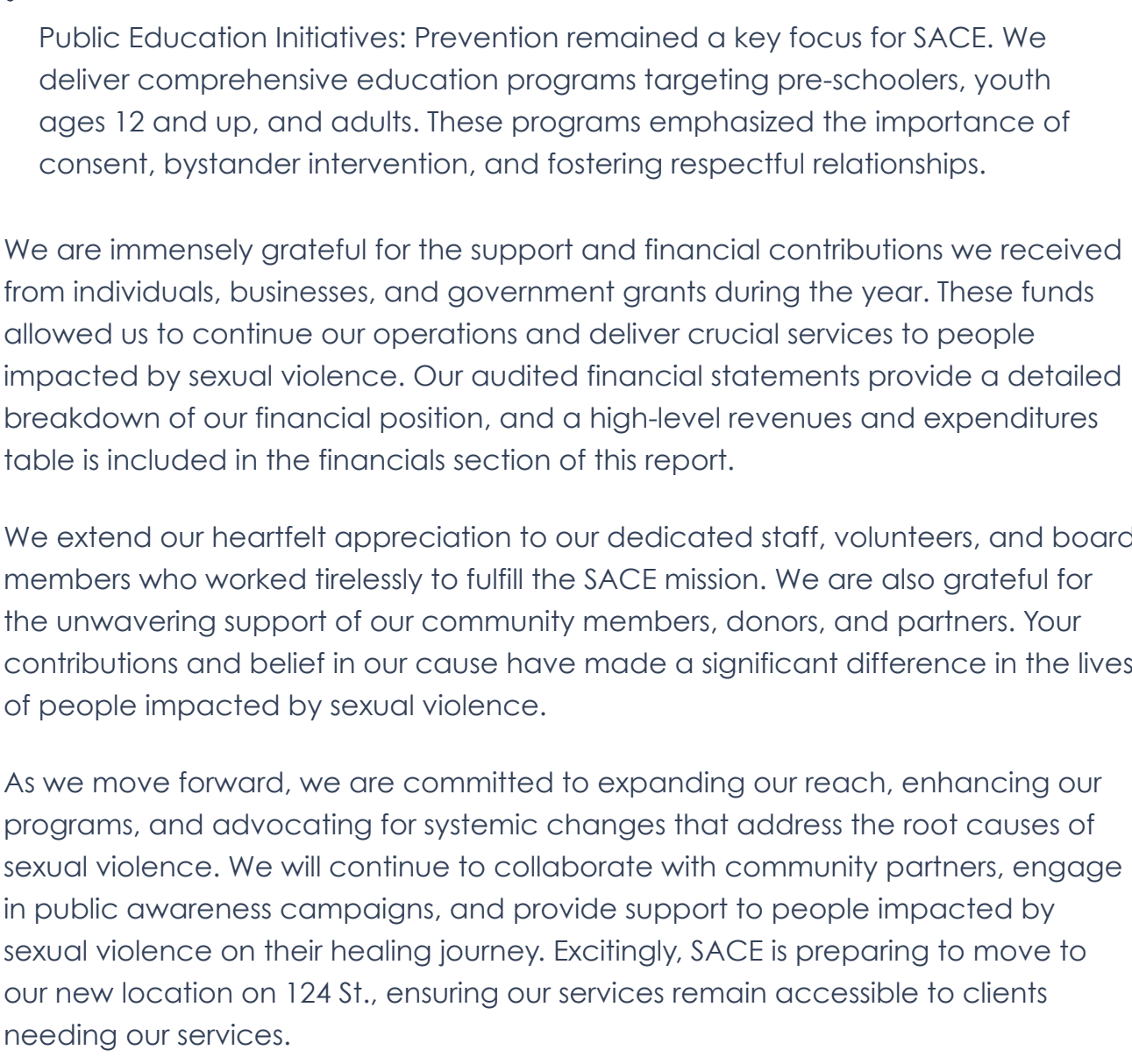
None of this would have been possible without our many past and present staff, volunteers, Board members, and community advocates. I can honestly say that I love being a part of this amazing team of exceptionally brilliant and caring individuals. From the bottom of my heart, thank you for standing beside me and walking with me.

We also could not do the work that we do if it were not for the generosity and commitment of our funders: Alberta Community & Social Services, Alberta Health, Alberta Justice and Solicitor General, United Way of the Alberta Capital Region, and the City of Edmonton Family and Community Support Services. There are also many individuals, organizations and corporations who, consistently but quietly, demonstrate their financial support and belief in what we do. For this, we are deeply grateful.

As I reflect on my 15-year tenure at SACE, it would be dishonest to say that there were not tough times. There have been countless sleepless nights, challenging decisions, and devastating stories. But what really stands out to me are the moments of hope. For every story of tragedy, there is a story of healing. On the hard days, these are the stories that keep me steadfast in my commitment to creating a world free of sexual violence.



Mary Jane James
(she/her)
CEO



Greetings From Our Board Chair

Dear Supporters, Partners, and Community Members,

It is my privilege as the Board Chair of the Sexual Assault Centre of Edmonton (SACE) to offer greetings to you on behalf of the board in this Annual General Report for 2023. This report aims to provide an overview of our organization's activities, achievements, challenges, and financial status over the past year.

The past year has been both challenging and rewarding for SACE. We remain committed to our mission of providing comprehensive support, advocacy, and education to people impacted by sexual violence while working towards the prevention and eradication of sexual violence within our community.

Key Achievements:

- **Support Services:** Our dedicated team of counsellors and volunteers provided vital support to people impacted by sexual violence, ensuring their physical, emotional, and psychological well-being. In addition to individual and group counselling, we offer support line phone, text, and chat services to support people impacted by sexual violence.

- **Community Outreach:** We conducted numerous community outreach initiatives, workshops, and seminars to raise awareness about sexual violence, consent, and healthy relationships. We collaborated with schools, postsecondary institutions, and local organizations to reach a wide audience and promote a culture of respect and safety.

- **Police and Court Support:** We continued our efforts to support people impacted by sexual violence through the legal process. Our advocates provided information, guidance, and support during police investigations and court proceedings.

- **Public Education Initiatives:** Prevention remained a key focus for SACE. We deliver comprehensive education programs targeting pre-schoolers, youth ages 12 and up, and adults. These programs emphasized the importance of consent, bystander intervention, and fostering respectful relationships.

We are immensely grateful for the support and financial contributions we received from individuals, businesses, and government grants during the year. These funds allowed us to continue our operations and deliver crucial services to people impacted by sexual violence. Our audited financial statements provide a detailed breakdown of our financial position, and a high-level revenues and expenditures table is included in the financials section of this report.

We extend our heartfelt appreciation to our dedicated staff, volunteers, and board members who worked tirelessly to fulfill the SACE mission. We are also grateful for the unwavering support of our community members, donors, and partners. Your contributions and belief in our cause have made a significant difference in the lives of people impacted by sexual violence.

As we move forward, we are committed to expanding our reach, enhancing our programs, and advocating for systemic changes that address the root causes of sexual violence. We will continue to collaborate with community partners, engage in public awareness campaigns, and provide support to people impacted by sexual violence on their healing journey. Excitingly, SACE is preparing to move to our new location on 124 St., ensuring our services remain accessible to clients needing our services.

The past year has demonstrated the resilience and determination of SACE. We remain steadfast in our commitment to creating a safer and more equitable society, free from sexual violence. Together, we can make a difference.

Thank you for your continued support.

Dr. Barb van Ingen
(she/her)
Board Chair

Thank You to Our Board of Directors

Executive

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Jennifer Forsyth, **Vice Chair**
Hannah Graham, **Treasurer**
Greg Olson, **Secretary**
Devin Laforce, **Past Chair**

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Michelle Fong
Jodi Goebel
Keltie Gower
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Dr. Shazma Mithani
Ruth Pullam
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Lily Woldeabzqhi

Advisory Members

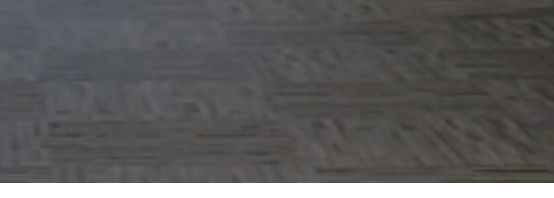
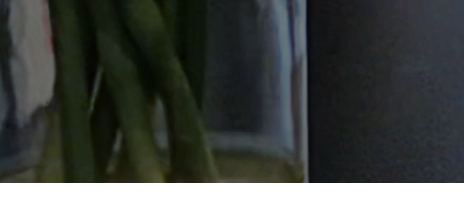
Harry Grewal
Danielle Green

Volunteer
**to be a
SACE Board
Member**

sace.ca/volunteer



Thank You to Our Core Funders



NEXT UP

Clinical Services Department

Clinical Services Department

The SACE Clinical Services Department includes our Client Care, Adult Counselling, Child and Youth Counselling, Group Counselling, and Police and Court Support programs.

The clinical work provided by SACE is often quantified by the number of clients accessing our services, the number of counselling sessions offered or attended, or the number of people waiting for support. While these numbers paint a picture of incredible need in our community, they do not represent the heart of the work done by the clinical services team, or the impact it has on the people we serve. The heart of this work is not quantifiable, but is quickly observed when working at SACE. It is something that begins the moment a client or caregiver acknowledges the need for help and chooses to visit our website or look into our services. These initial steps culminate in a moment of incredible vulnerability when a person chooses to reach out. In these moments, callers and future clients are met with compassion, warmth, and grace, whether by volunteers on our Support and Information Line, or by the team at reception. They take time to listen, to acknowledge the client's courage, and to explain the process for accessing services. These conversations can be tough; it is impossible not to get a sense of how overwhelmed some people are at the time of that first call.



“Since attending counselling, the emotional impact of the sexual assault has changed drastically. At the beginning, I truly believed it was my fault and I had a lot of shame and guilt. Through counselling, I’ve learnt that it was not my fault and that I do have the power to heal from this. I think i’ve come a long way through my healing journey and I know this by the way I can verbalize my assault to others and still be okay. Once I was apart of SACE, I didn’t have to face anything alone. SACE supported me through so many obstacles, court and the healing journey.”

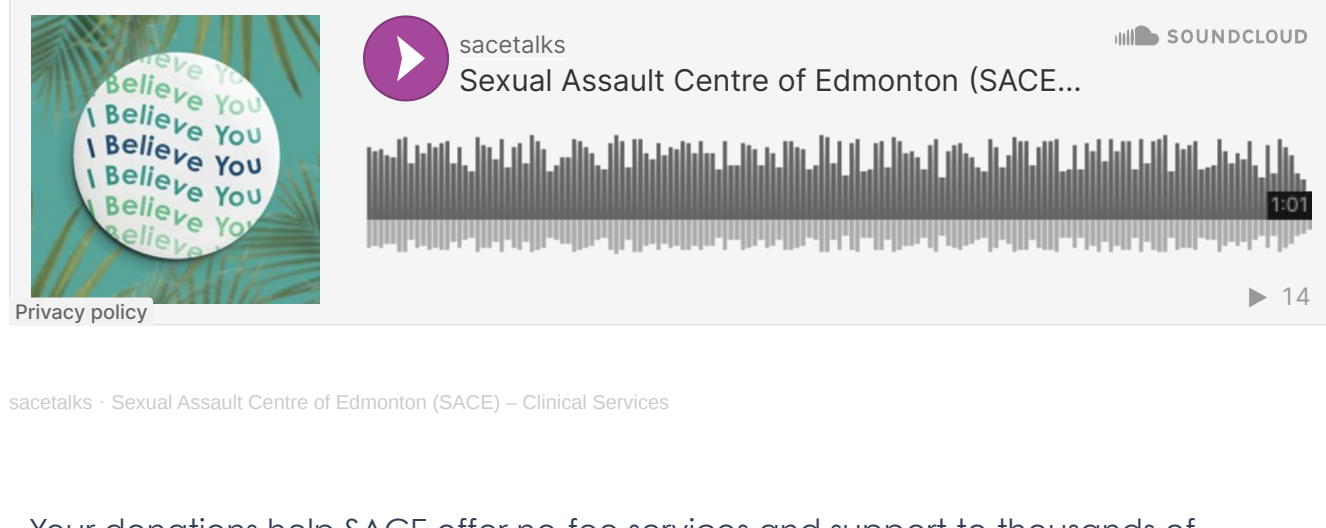
“...My counsellor was friendly, compassionate and was able to sympathize with me. I honestly don’t know where I would be today had I not had the opportunity to speak with such a lovely counsellor and feel supported. I’d also like to send a special thank you to the organization for supporting me through my court case as well as afterward. I’m really grateful for all of the support from SACE and I know in my heart I’m a stronger person for completing my time with my counsellor.”



No staff member enters SACE thinking that the work they will do here will be easy. They enter because it is important, and because they believe that all people have a right to be heard, believed, and supported. The work done at SACE is special and powerful, because the heart of our work – the work that truly moves us toward a society free of sexual violence – often lies outside of the numbers. From the bottom of our hearts, we say thank you to the SACE clinical services team.

“I am not as scared of men anymore. I am sleeping and I do not cry as much. My anxiety is considerably less since court was cancelled. My self-confidence and self-esteem are both higher. I feel like I’m halfway on my healing journey, no longer at the beginning. I’m starting to find more joy in life, nature, and everything around me. I am starting to love my life again.”

“Not waking up screaming every night, not repulsed when partner tries to touch me or look at me with affection. Feel like I am becoming better – feel like I am getting better. I know that I will never be fully “healed”, or at least not in the near future. It’s a process that takes time and a lot of things, but I don’t want to kill myself everyday anymore. Flashbacks used to be so bad would lay for days in bed – not anymore.”



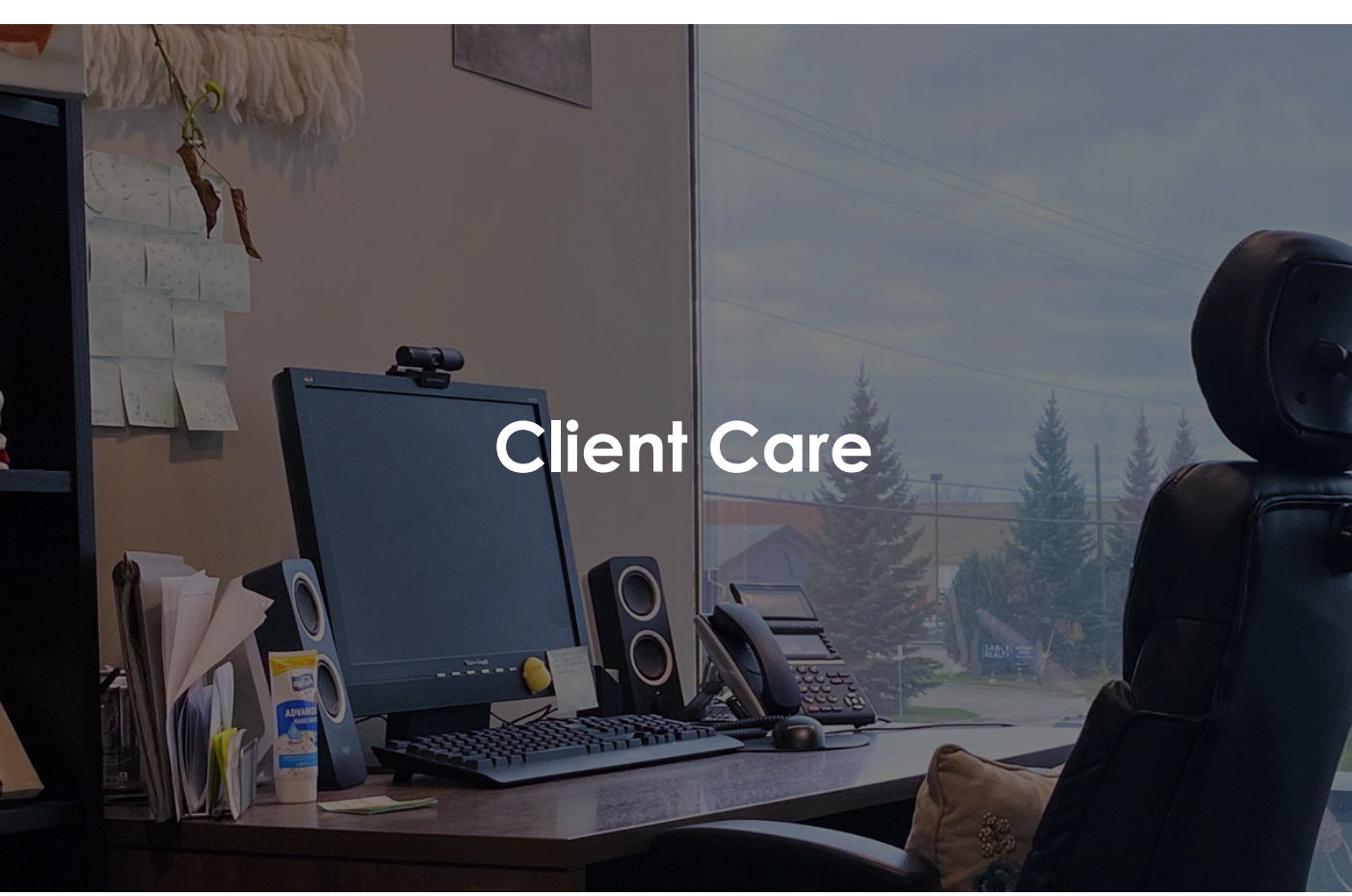
sacetalks - Sexual Assault Centre of Edmonton (SACE) – Clinical Services

Your donations help SACE offer no-fee services and support to thousands of individuals affected by sexual violence in Edmonton every year.

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NEXT UP

Client Care



Client Care

1,126

total intakes across all
Clinical programs

10

crisis appointments



Client Rights

Download our handout.

Download now

Our Client Care Program supports people through intake and with navigating systems prior to accessing clinical services at SACE, and adds capacity to the clinical team by providing administration support and delivery of psychoeducation workshops.

The Client Care Program team provides the foundation for the clinical team. Client Care Specialists complete intakes with prospective clients, and ensure they are aware of community resources and programs they can access while on the waitlist for counselling services. For many, the conversations that occur at the time of intake can be one of the first times they disclose experiences of sexual violence. Client Care Specialists work to ensure that these conversations reflect respect and compassion while simultaneously gathering the information necessary to ensure the individual meets the mandate of SACE services. These early points of contact are integral to the development of a client's perception of safety at SACE.

All clinical programs require the support of the Client Care Program, with this team completing initial intakes for the Adult, Child and Youth, Group, and Police and Court Support programs, as well as managing the waitlist, matching clients with counsellors, and scheduling first sessions. In addition to this, Client Care supports the development of clinical resources and content for group counselling, co-facilitates *Skills for Change*, and completes all associated administrative tasks, and coordinates the Police File Advocate Review.

Continuing to Evolve our Practices

This year we have continued to develop our client care program and practices. We have reflected on how we provide clients information about their rights at the time of intake, and how their answers are documented. In order to uphold and demonstrate our commitment to a culture of consent, we have added a verbal consent component to the start of client intakes. Clients are informed of these limits to confidentiality, empowering them to make choices about what they share in their intake. As the client intake also becomes part of the client's record at SACE, how information is recorded is an important consideration to safeguard their privacy in the event of a subpoena. The Client Care Specialists ensure that clients are aware that the information they share will become part of their client record in order support transparency in SACE services. We have shifted the way in which information at the time of intake is documented to reflect this risk.



Client Care Program Development

The Client Care and Community Support position is the first formal role to bridge the Clinical Department and Community Engagement Department. Clinical responsibilities in this role include completing child and youth intakes, developing clinical and community resources, and bringing forward ideas and questions about internal processes to the Clinical Directors. Community Engagement responsibilities include initiatives to promote accessibility and diversity, equity, and inclusion at SACE and acting as a bridge and point person between community needs and feedback, and SACE programs and initiatives.

The Client Care and Clinical Support role was developed to increase capacity for SACE counsellors. This includes co-facilitation and responsibility for the administrative elements of *Skills for Change*, our psychoeducation group, as well as development of content for the Group Counselling Program, coordination of the Police File Advocate Review, and supporting Police and Court Support to ensure that all the requests for accompaniment can be met. Moving forward, this role will also include support with the administrative components of the Group Counselling Program, check-ins for clients on the wait-list, and provision of crisis sessions.

Client Care Community Support

For the last three years prior to the winter closure, a Client Care Advocate has taken the initiative to create holiday bags to give to clients. Each year, she shops for and hand-makes each bag. This year she included a holiday story (*Métis Christmas Mittens*; an audio link was also included for those who may need/prefer this), a resource card focused how to take care of one's mental health during the holidays, chocolate, candy, stickers, and a "jar of sunshine" (18 positive messages/jokes clients can read each day of the office closure). These bags were shared with child, youth, and adult clients who might need extra support during the holidays or while the office was closed.



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Adult Counselling



Child & Youth Counselling

288

child and youth clients

2,375

counselling sessions

76

child and youth clients accessed counselling online via telehealth

260

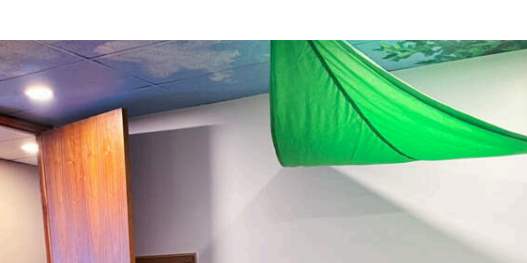
parent support sessions

The Child and Youth Counselling Program provides no-fee, trauma-centred individual counselling for clients ages 3 to 17, group counselling for youth ages 13 to 17, and information and support for their family members.

Child and youth counsellors recognize that a client's path to healing varies greatly and that it may move through different stages along the way. The counselling offered at SACE is client led, which means that the client is in charge of what they choose to incorporate into their own healing process. In the case of young people, child and youth counsellors work with the child or youth and their family to determine what therapy might look like. There is no perfect or ideal way for someone to heal. Our counsellors understand that this process is not linear, and will support clients where they are in this process.

Moments of Learning

Supporting children and youth impacted by sexual violence requires understanding the legalities associated with custody and guardianship, as separation and divorce is an element in many of the cases that we see. In order to ensure that we are offering accurate information and that our policies reflect the legalities of guardianship, this year the Edmonton Community Legal Centre (ECLC) met with the [Child and Youth Counselling Program](#) to explore issues pertaining to parenting rights, guardianship, and consent. These conversations resulted in updating policies related to consent processes. Our policies addressing who must consent for a child or youth to access services now ensure that the rights of legal caregivers are being held in mind within each step of the process. While there are many challenges with this shift in policy, it ensures that families are receiving accurate information, and complexities are not being introduced to any future legal matters. An outcome of this will be an increased need for parenting orders. While this creates an additional initial barrier to accessing services, it ensures that caregivers have the appropriate documentation not only for counselling at SACE, but also to make decisions for their child's



Child and Youth Counselling Program Development Highlights

In many cases the services a client accesses at SACE are only one part of longer-term therapeutic interventions. Because many of the children and youth accessing services through SACE have experienced other forms of complex trauma in addition to sexual violence, referrals are frequently made to programs such as the Trauma Program at CASA. Since the clients across these programs often overlap, a direct referral route between SACE and the Trauma Program at CASA is being piloted.

Previously, access to this specialized Trauma Program required a multi-step referral process that could include multiple waitlists and assessments. The direct referral pilot project allows each participating program to directly refer five clients a month to the other program's waitlist. Release forms signed at the time of the referral support therapists to ensure smoother transitions and support continuity of care. The hope of this pilot is to significantly reduce barriers that families can experience when accessing services in multiple community agencies.



77%

of children demonstrated a reduction in trauma symptoms



Stuffed toys generously donated by Parkland County

Community Impact

Supporting children and youth impacted by violent crimes such as sexual abuse or assault requires understanding of legal obligations related to reporting. Numerous community agencies, psychologists, social workers, teachers, and other professionals reach out to the Child and Youth Counselling Program and broader Clinical Department at SACE for guidance in navigating these processes. Reporting disclosures of child sexual abuse presents numerous challenges due to varied interpretations of the existing legislation. This can result in children and youth not always being protected by the laws and systems in place to do that very thing. Through the development of collaborative relationships, the clinical team is exploring ways to support clarity in reporting processes, and SACE hopes to develop resources to provide support to community members and organizations navigating these challenges.

“(As a result of counselling we have come) together closer as a family, building confidence in our selves.”

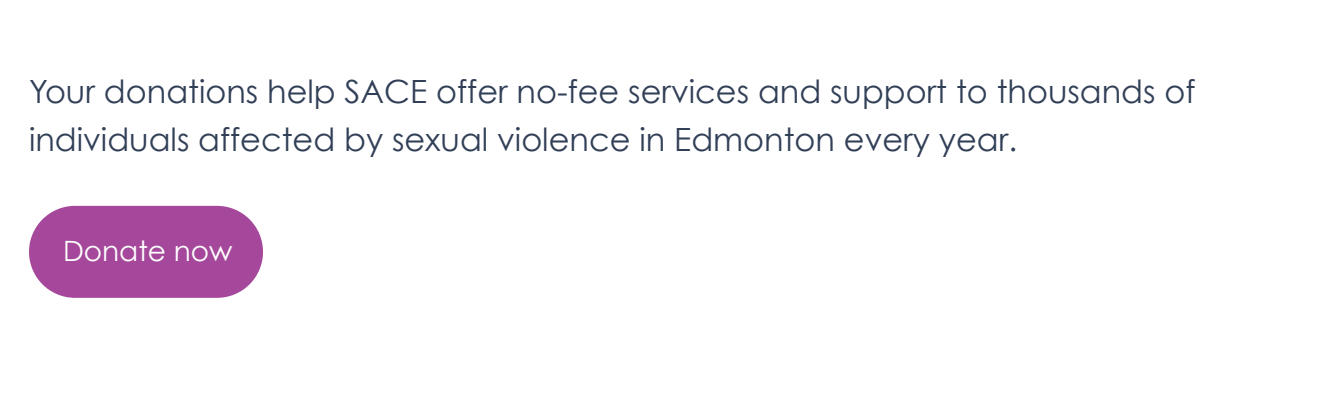
– Parent of a SACE client

“In the absolute worst time of our family’s life SACE was there providing support for both my child and myself.”

– Parent of a SACE client

“It has made me feel better as a person because it feels like there has been a weight lifted off my shoulder. I don’t have nightmares every couple days anymore.”

– SACE client



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Your donations help SACE offer no-fee services and support to thousands of individuals affected by sexual violence in Edmonton every year.

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Group Counselling



Group Counselling

217
group counselling clients

114
pre-counselling psychoeducation on participants

100%
of participants felt more in control of their life and emotions

1,034
group counselling session attendances

148
group psychoeducation sessions

The Group Counselling Program offers tailored group counselling and psychoeducation groups for people who have experienced sexual violence.

Group Counselling supports clients in re-connecting to community. The [Group Counselling Program](#) at SACE currently offers six processing-based counselling groups, outlined below. A psychoeducation group called Skills for Change is also offered to anyone on the waitlist to access counselling. An additional offering for partners and supporters of individuals who have experienced sexual violence is available as an online course delivered by the SACE Public Education Program.

Our counselling groups:

ASHA (Adult Survivors Healing From Abuse)

Runs once per week for 8 -10 weeks

Who It's For <p>Women and femme-identified adults who have been impacted by childhood sexual abuse</p>	Topics Include: <ul style="list-style-type: none"> Trauma, Attachment, and the Inner Child Group Introduction and Coping Skills Self-compassion Boundaries Post-Traumatic Growth and Celebration Offender tricks Myths & facts Anxiety Anger
Description <p>ASHA is a closed therapeutic group for women and femme-identified adults who have experienced sexual abuse in childhood. In order to participate in this group, individuals need to have completed individual counselling. This group offers counselling clients the opportunity to continue their therapeutic process in a group setting. Each week focuses on a topic addressing the impacts of sexual violence.</p> <p>The first part of the group is spent exploring the topic of the week, and the second half is spent engaging in open circle. Open circle offers participants the space to express how they feel or understand the topic of the evening, or to share about experiences occurring in their day to day lives. This group can be condensed to run in 8 weeks and run as long as 10 weeks depending on the needs of the group.</p>	

SASS (Sexual Assault Survivors Support)

Runs once per week for 8 -10 weeks

Who It's For <p>Women and femme-identified adults who have experienced sexual assault as adults</p>	Topics Include: <ul style="list-style-type: none"> Healthy relationships Post-traumatic growth Emotions Myths Grief & loss Shame & guilt Boundaries Communication Healthy sex Intimacy
Description <p>SASS is a closed therapeutic group for women and femme-identified adults who have experienced sexual assault as adults. The group is designed to provide support, build community and reduce isolation. This group can be condensed to run in 8 weeks and run as long as 10 weeks depending on the needs of the group.</p>	

Men's Group

Runs once per week for 10 -11 weeks

Who It's For <p>Men and masculine-identified adults who have experienced sexual abuse and/or assault, as children or as adults.</p>	Topics Include: <ul style="list-style-type: none"> Anxiety & depression Myths & facts Impacts of trauma Post-traumatic growth Shame & anger Boundaries & trust Sexual healing & intimacy Male socialization Sexual problems
Description <p>The SACE Men's Group is a closed therapeutic group for men and masculine-identified adults who have experienced sexual abuse or assault, as children and/or as adults, and who have already accessed individual counselling support. The group is designed to further healing by building community and decreasing shame and isolation. Each week focuses on a topic addressing the impacts of sexual violence.</p> <p>The first half of each group is dedicated to check-in and administrative items, the weekly topic, and an associated exercise, and after a break the second half is reserved for an open circle to connect and share with other men about trauma-related experiences, as well as a soothing nervous system activity and check-out activity.</p>	

refleQT

Runs once per week for 9 weeks

Who It's For <p>2SLGBTQIA+ adults of all genders who have experienced sexual abuse and/or assault, as children or as adults.</p>	Topics Include: <ul style="list-style-type: none"> Skills and strategies for coping and self care Understanding the issue Shame & anger Sexual impacts and healing Trust and finding community Post-traumatic growth Boundaries Attachment Trauma <p>* Group topics can also change based on the needs of the group.</p>
Description <p>This closed therapeutic group is for 2SLGBTQIA+ adults who have experienced sexual violence. Participants must have completed individual counselling related to sexual trauma, whether at SACE or with another counsellor or agency. While the program's main focus is on supporting processing and healing from sexual trauma, it also provides an opportunity for participants to connect with other people from 2SLGBTQIA+ communities to share intersectional experiences around sexual assault and healing.</p>	

Wiwip'son Healing from Sexual Trauma Circle for Indigenous Women

Runs once per week for 10 weeks

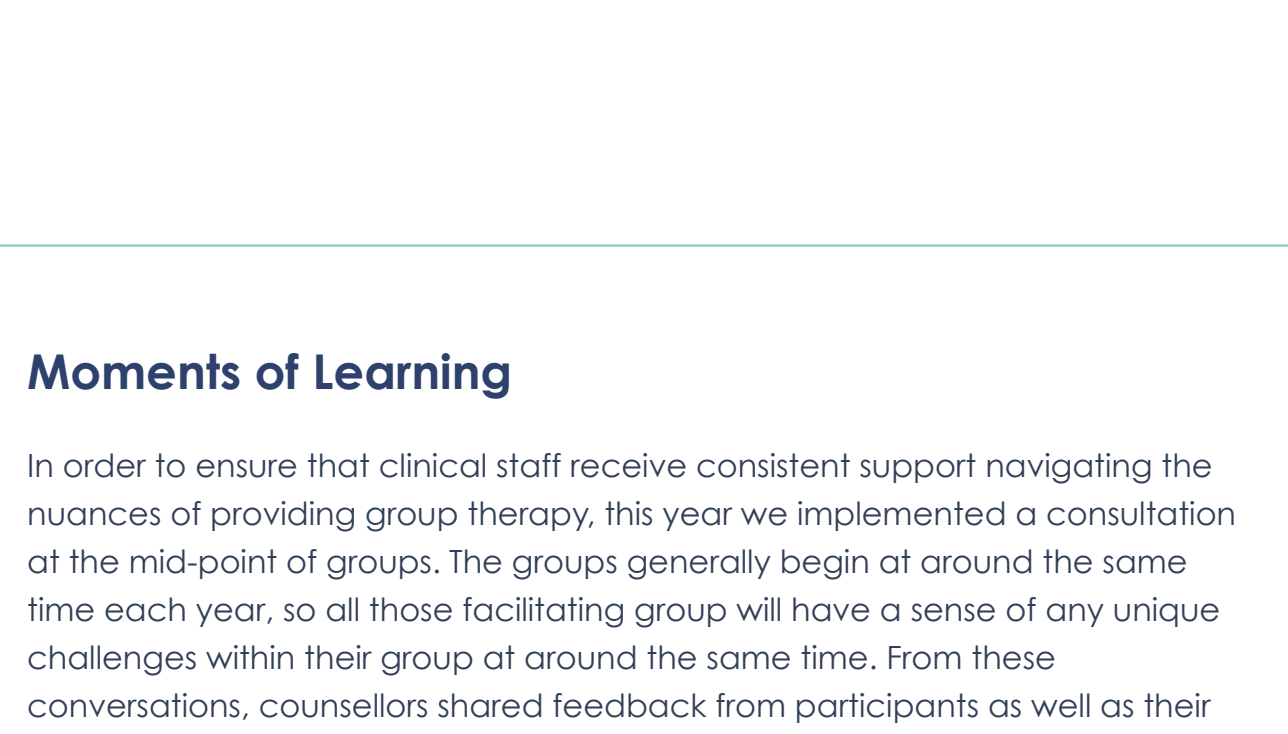
Who It's For <p>Indigenous women and femme-identified adults who have experienced sexual abuse and/or assault, as children or as adults.</p>	Topics Include: <ul style="list-style-type: none"> Opening: Circle 1: Pipe ceremony, introductions & creating safe space Physical: Preparing Circle 2: Boundaries/ self-sovereignty & self-care Circle 3: Sexual abuse: definitions, myths & facts Mental: Learning Circle 4: Trauma & impacts Circle 5: Self-compassion Emotional: Processing Circle 6: Living with difficult emotions Circle 7: Healthy sexuality Spiritual: Moving Forward Circle 8: Journeying with Grief Circle 9: From surviving to thriving Closing: Circle 10: Healing & hope <p>The circle closes with a trip to Alexis Nakota Sioux Nation for a sweat for those who choose to attend, with transportation support.</p> <p>For more on the meaning and connections of this name, visit our Wiwip'son page.</p>
Description <p>This closed therapeutic group for Indigenous women and femme-identified adults works to create a safe space to give voice to experiences of sexual abuse or assault, and to feel validated by the experiences of others in their communities. The group was developed in recognition that the experiences of Indigenous women are unique, and processing trauma from sexual assault or abuse needs to involve education about the bigger picture of colonialism and its inter-relationship with sexual violence.</p> <p>The group's format includes traditional teachings and ceremony, as well as education about trauma and its effect on the brain and body. It also covers skills to self-regulate triggers, and aims to reduce shame, and build self-confidence and self-esteem.</p> <p>The program commences with an in-house pipe ceremony, and ends with an optional sweat. The group is co-facilitated by an Elder (Kohkom), an Auntie, a SACE staff therapist, and an Indigenous student therapist.</p> <p>Each session begins with a smudge and prayer, and includes an educational component and cultural teaching. A healthy hot meal is provided. In line with the holistic teachings of the four aspects of self, each session and the whole group itself are structured in a way that honours this view of healing.</p>	

Hope for Healing

Runs once per week for 10 weeks

Who It's For <p>Teen girls and femme-identified youth ages 13-17</p>	Topics Include: <ul style="list-style-type: none"> Healthy relationships Boundaries Coping Trust
Description <p>The SACE Hope for Healing group provides a safer space for teen girls and femme-identified youth to learn about healthy relationships, boundaries, coping, and trust. Each session includes a weekly topic and activity.</p>	

All counselling programs at SACE are rooted within the triphasic model of healing first outlined by Judith Herman in *Trauma and Recovery: The Aftermath of Violence* (1992). This model asserts that supporting clients impacted by sexual violence first requires establishing safety and stabilization. This occurs when clients participate both in Skills for Change and in early stages of counselling. Following this, in phase two clients are supported in processing the impacts of their traumatic experiences. The third phase, supported by our Group Counselling Program, is re-engagement with meaningful activities and reconnection to community. While healing is not linear and movement between stages is anticipated, creating opportunities for connection is essential to supporting ongoing growth.



Moments of Learning

In order to ensure that clinical staff receive consistent support navigating the nuances of providing group therapy, this year we implemented a consultation at the mid-point of groups. The groups generally begin at around the same time each year, so all those facilitating group will have a sense of any unique challenges within their group at around the same time. From these conversations, counsellors shared feedback from participants as well as their own perspectives about the duration of the groups.

Across groups, participants consistently express the wish for groups to continue for a longer period of time. The counsellors also shared that they felt that running the groups longer would be of greater benefit to the clients we serve. Best practice in group therapy research indicates that process-based counselling groups should run for longer than SACE groups have historically run for. This allows for a deeper development of group cohesion and collective processing. In response to this feedback, we have elected to extend our core groups. Over the coming months the curriculum of each group will be extended to run for 10-14 sessions. We are excited to gather feedback from clients and staff as these changes are implemented.

Group Counselling Program Development Highlights

Elder support within the Wiwip'son Healing from Sexual Trauma Circle for Indigenous Women was initially done with collaboration from Buffalo Sage, a community residential facility for conditionally released and federally sentenced Indigenous women. Over the course of this past year, we also ran a pilot group for the women living at Buffalo Sage. This group was collaboratively developed by a SACE counsellor and SACE Indigenous liaison, with input from an Elder. It was introduced to the women at Buffalo Sage through a pipe ceremony led by an Elder. The pilot saw 13 women express interest and commitment to attending. At the conclusion of this group, the participants named the group "Reclaiming Otipaymsowin", which speaks to being the boss of oneself or to self-leadership. Following this initial group, SACE and Buffalo Sage continued to explore ongoing opportunities for collaboration. The importance of Reclaiming Otipaymsowin was indicated by both agencies, and SACE committed to continuing to facilitate this group as a monthly drop-in group at Buffalo Sage.

SACE has also committed to completing content development for a post-court support group. While there are a number of factors that still need to be determined for this group, we are excited to run a pilot in fall 2023. This group will create a unique space for adults impacted by sexual violence who have navigated the legal system as an outcome of these experiences.

94%
of participants said they use skills gained in group

45
partners and supporters course psychoeducation participants

100%
felt supported by the group facilitator

100%
felt like the people in their group understood what they were going through

“The group really went beyond my expectations especially in combination with the power of indigenous culture and most importantly from a women’s perspective.”

“I would like to see this program be a part of BSWH because it is needed for our healing. It makes me recognize and realized I need healing, lots of healing in this area.”

– Reclaiming Otipaymsowin participant

Community Impact

After an experience of sexual violence, people often feel isolated and alone. When these experiences and feelings are kept inside, shame can thrive. Group counselling at SACE creates small pockets of community where individuals feel safe to share with peers about their experiences of sexual violence. Two specific examples of community impact through community creation within the group counselling program at SACE this year are Men’s Group and Reclaiming Otipaymsowin.

We often hear from participants at the beginning Men’s Group that sharing their experiences of sexual violence with other men holds potential to be one of the most difficult yet important pieces of their healing journey. In 2022-2023, we saw several participants in Men’s Group who returned to complete this group for a second time after having completed it in previous years. To us, this indicates that the group is succeeding in creating community and sustained connection for men who have experienced sexual violence.

Another example of community impact from the group counselling program this year is Reclaiming Otipaymsowin. Research consistently indicates that at least 50% of people in prison have histories of sexual abuse, with even higher prevalence rates for Indigenous women in prison (Bodkin et al., 2019; Native Women's Association of Canada, 2023). Because of the restrictive nature of prisons, incarcerated individuals can experience challenges with accessing external community supports. The creation of a group specifically for residents at Buffalo Sage Wellness House brought community support to where it is greatly needed, and created a space for incarcerated women with histories of sexual violence to take the next step toward healing.

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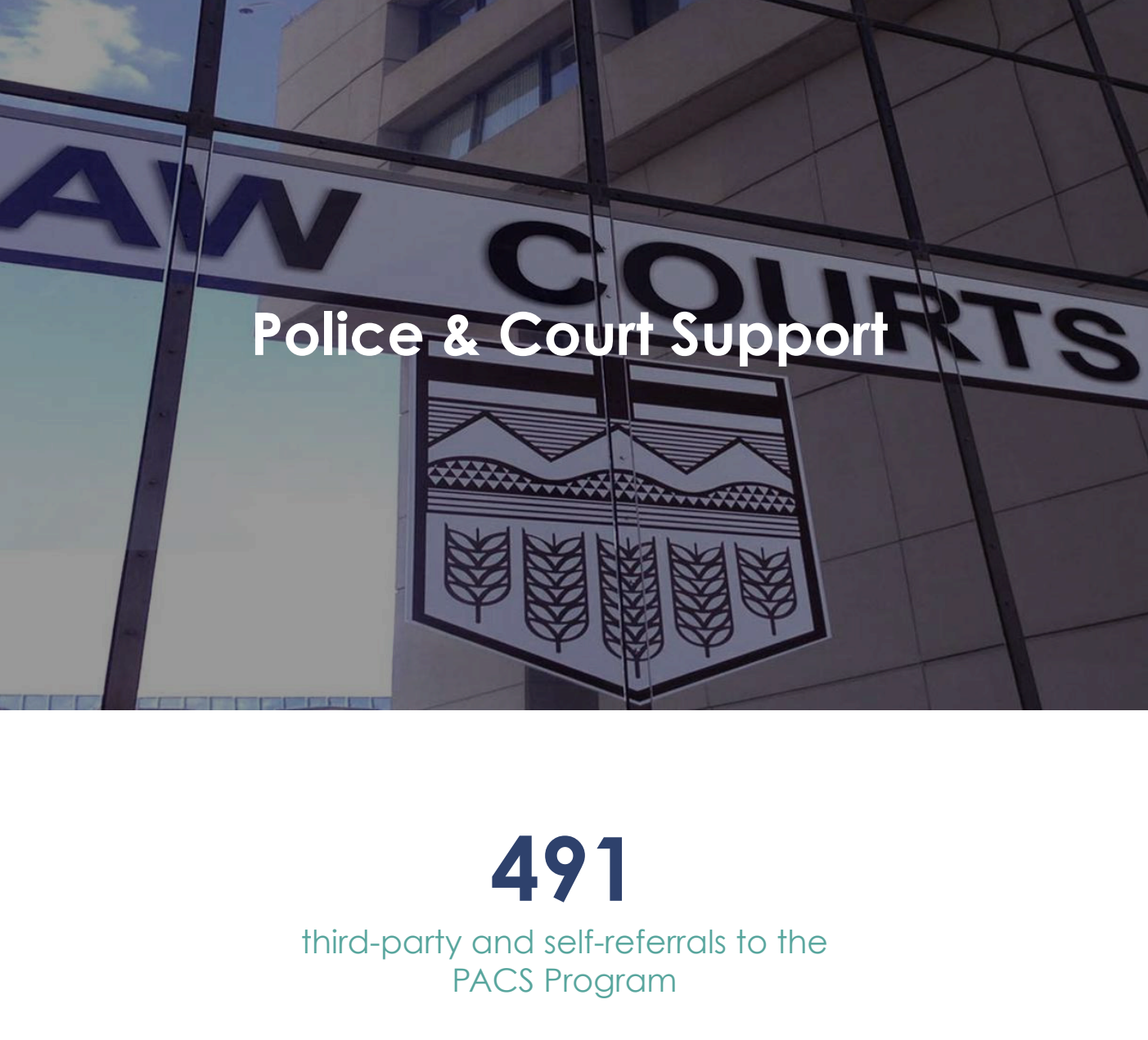
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Police & Court Support

491

third-party and self-referrals to the
PACS Program

847

client sessions

141

new and continuing clients

The Police and Court Support Program supports people who have experienced sexual violence through information, advocacy, accompaniment, and emotional support in navigating, or considering navigating, a criminal justice response.

All **Police and Court Support Program** (PACS) services are client-led and reflective of the needs of each individual. Clients can access the program regardless of where they are at in the police and court process. Our advocates help clients identify goals and expectations, present unbiased information and options, and speak about expectations and outcomes as they specifically relate to the client's own healing and recovery. In addition to providing information, PACS also assists clients in managing the impacts of trauma while navigating the complex nature of victimization and secondary victimization. Emotional support, coping/care strategies, and resourcing/referrals are offered at every point throughout the process. PACS also coordinates and collaborates with program partners to ensure client needs are being met. This includes policing agencies, court officials, Crown prosecutors, correctional services, and other non-profits or Victim Services (locally referred to as Crime and Trauma-Informed Support Services) Units. All PACS services are provided at no cost to the client.

The SACE Police and Court Support Program provides regular check-ins, informational resources, police and court forms and materials, referrals, and self-care strategies to clients. They also provide accompaniment and advocacy for clients at court, police detachments, meetings with the Crown prosecutors, and liaise with other professionals. Each of these interactions is provided with compassion, and creates space for the client's emotional needs.

Program Reporting Priorities: Where Have We Been and Where Do We Go Next

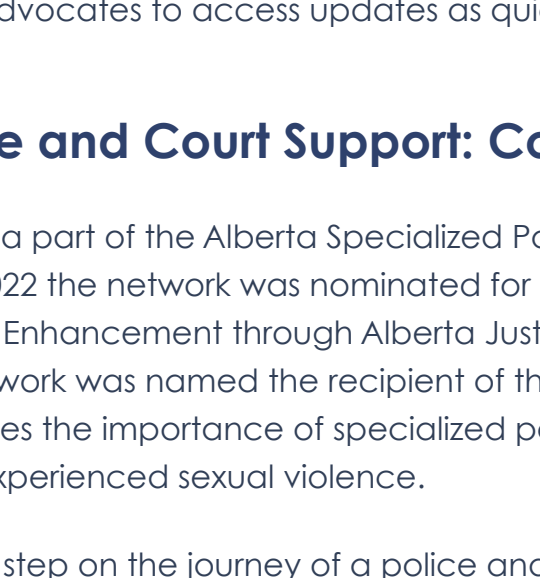
The Police and Court Support (PACS) Program has continued to establish itself as a formal program within the Clinical Department. Program reports to date have consistently reflected program development activities, the growth of collaborative relationships necessary to build community awareness, and the number of clients accessing the program. Reporting on these elements has allowed us to indicate the necessity of this program for our community. Sharing information on the structure and functioning of PACS has allowed the program to successfully develop role clarity to support both a client's experience, and staff wellness.

The qualitative experiences of PACS clients have, up to this point, been less frequently reported. In the last year, an informal qualitative and quantitative outcome measurement tool was developed to gather feedback from clients. Due to the length of time that it can take for clients to move through police and court processes, gathering feedback once a client has completed PACS services results in infrequent opportunities to collect data. This unfortunately reduces the ability of PACS to benefit from client feedback. In the coming year, the PACS program plans to increase the number of points in the program that clients will be asked to share feedback. This will create increased opportunities to address concerns, incorporate feedback into ongoing program development, and should ultimately lead to greater breadth in PACS program evaluations and reporting.

Moments of Learning

The PACS Team Lead is an active participant in SACE Police File Advocate Reviews. This collaboration with the Edmonton Police Service (EPS) sees SACE staff members welcomed to review all sexual assault files that do not move forward to charges each quarter, at EPS Headquarters. Feedback on these files is shared with the Sexual Assault Section (SAS), who then distribute information and feedback across the EPS. Through these conversations we learned that the scope of PACS services could be better communicated to police members. To address this, the PACS Team Lead developed an information sheet that has been made available to police members via their internal resource network. Information about the PACS program can now be easily accessed and distributed by patrol members responding to sexual assault calls.

The development of the partnership with EPS has created many opportunities for collaboration over the last year. Through conversations stemming from the Police File Advocate Review, a SACE Clinical Director and the Sergeant in the SAS collaborated to develop a presentation speaking to the ways that trauma may present for individuals impacted by crime, as well as simple strategies to support regulation when taking a witness statement. A pilot of this presentation was offered in the spring of 2023 with plans to incorporate feedback and offer a second pilot in late 2023. The invitation to observe and offer feedback on an Alberta Investigative Skills Education Program (ISEP) Cognitive Interviewing Course also created an opportunity for the Clinical Director, Child and Youth Services to co-present portions of the course focused on perception, bias, trauma, and false memory. She has been invited to return to collaborate on this portion of the course in Fall 2023.



254

hours of consultation, case
management, and advocacy

199

hours of police, court, & crown
accompaniment

116

people received support but did
not open a client file

Police and Court Support Program Development Highlights

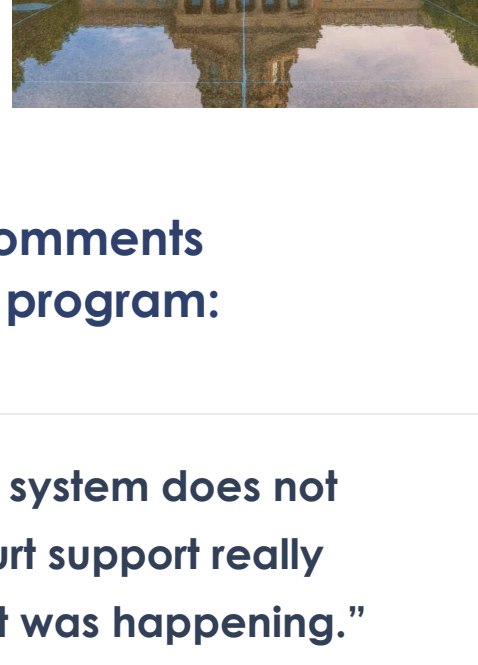
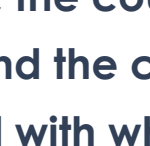
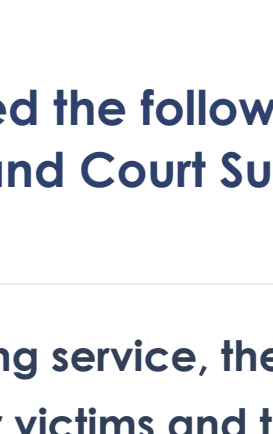
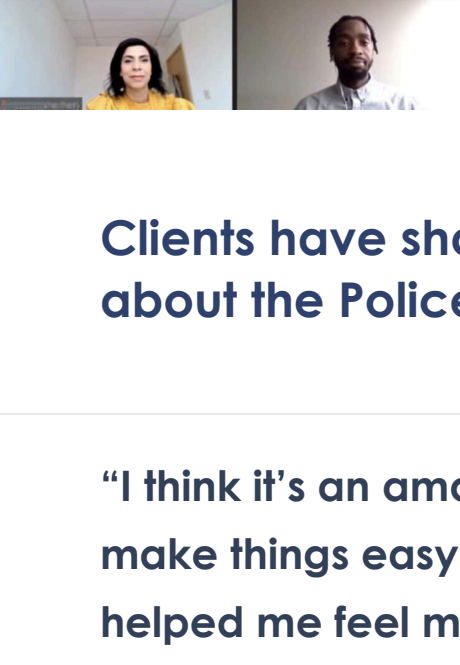
This year the PACS program has undergone continued development. The scope of the program was defined to support individuals over the age of 16 navigating criminal justice or civil matters related to sexual violence occurring within Edmonton and the surrounding area. Defining the scope of this program was important, as diverse matters from multiple regions were beginning to come to the program and proved to land outside of the scope of PACS advocates. Policies were also put in place to support program staff to navigate instances in which clients may express threats of violence, instances of domestic violence, and thoughts of self-harm or suicide. While situations such as these do not occur often, ensuring that there are procedures in place supports staff capacity to respond confidently should they arise.

One of the challenges experienced by the PACS program is a lack of access to the Justice Online Information Network (JOIN). Accessing JOIN would allow for PACS advocates to directly view information pertaining to criminal charges and all pending court appearances, thus being able to efficiently and effectively update clients as to the status of charges and changes to court dates. An application has been made to the Office of the Solicitor General for PACS to gain access to this program. It is our hope that this application will be approved and clients will experience less delay in accessing court updates. While the PACS program waits to hear back regarding this program, a number of informal community partnerships allow advocates to access updates as quickly as possible.

Police and Court Support: Community Impact

PACS is a part of the Alberta Specialized Police and Court Support Network. In early 2022 the network was nominated for the **2022 Community Justice Award** in Service Enhancement through Alberta Justice and Solicitor General, and in May the network was named the recipient of this award. This nomination and award reinforces the importance of specialized police and court supports for people who have experienced sexual violence.

The first step on the journey of a police and/or court process is often taken by oneself. The decision to commence a legal process can appear as one of the first visible outcomes of a client's internal decision-making, which may have been underway for days, weeks, months, or even years. Because PACS exists as a community-based Victim Service program, it is independent of any institution in the community. This creates a unique opportunity for PACS to meet clients where they are at, as the program is open to anyone even if they have not yet commenced a police and/or court process. This fills a significant need in the community, as many clients feel they need additional information and support in order to make an empowered choice about whether or not to take that first step. By providing a flexible combination of information, support, and advocacy, the PACS program can be there when a client takes their first step, when they decide not to, or when they finally walk out of a courtroom for the last time. No matter what a client decides, if they are supported through PACS they won't have to make that decision alone.



Clients have shared the following comments about the Police and Court Support program:

"I think it's an amazing service, the court system does not make things easy for victims and the court support really helped me feel more in control with what was happening."

"Police and Court Support Advocate [PACSA] was wonderful and exactly the kind of support I needed. Thank you to the whole organization for everything you're doing to support victims of sexual assault."

"I only wish I had reached out to SACE before my local resources."

"My Advocate was such an amazing resource, especially for the court preparation and role play of defense tactics. This was extremely helpful for me!"

"It would have been way worse if [PACSA] wasn't there... I knew the statistics..."



FAQs

Download the latest PACS resource.

Download now



NEXT UP

Community Engagement Department



The SACE Community Engagement Department includes our Community and Agency Development, Institutional Support, Public Education, Volunteer Services, and Support and Information Line programs.

Our Community Engagement team is diverse, in not only our roles, but also our experience and expertise. Despite our many differences, we are united by our passion for the work we do, and our commitment to end sexual violence.

Each year, Community Engagement connects with tens of thousands of people through our direct education and outreach activities in Edmonton and surrounding area. Our impact extends across the province with our [Support and Information Lines](#), and even further through our online courses, virtual resources, and social media presence. We are proud of and humbled by the scale in which we are connecting with people who want to find support and learn more about the issue of sexual violence.

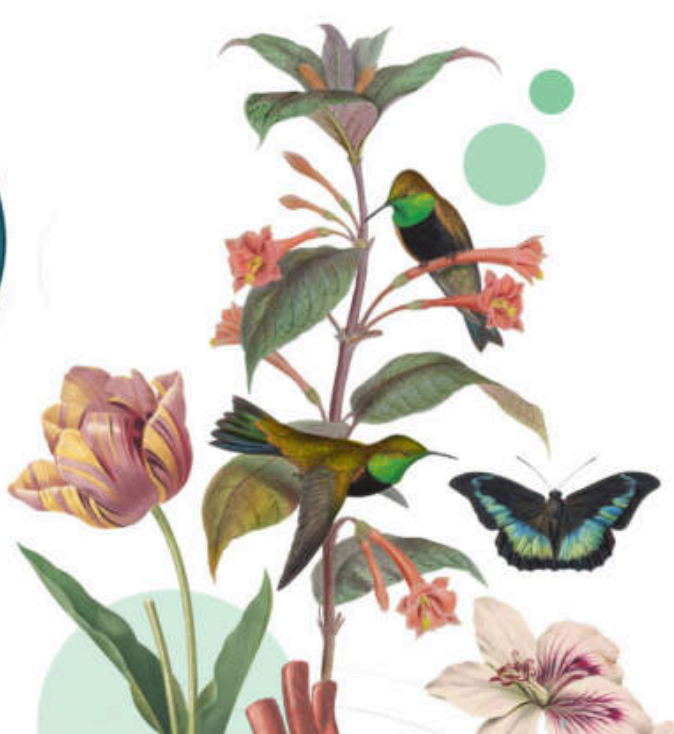
Yet, some of the most meaningful moments of our work are the ones that cannot be quantified: Hearing a caller on our Support and Information Line open up about an experience they have never shared with anyone. Making a new connection with a community organization to strengthen our network of supports. Receiving a message from a community member who learned something from our online content. Seeing a young person model empathy and vulnerability using skills they learned in WiseGuyz. These moments remind us why our work matters.



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Your donations help SACE offer no-fee services and support to thousands of individuals affected by sexual violence in Edmonton every year.

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NEXT UP

Support & Information Line

Support & Information Line

1,591

phone conversations on the SACE SIL

84

callers who self-identified as being a professional (including medical, justice, teacher, social worker)

1,263

callers who self-identified as a survivor of sexual violence

243

callers who self-identified as being a support person (e.g. partner, family, friend)

The Support and Information Line Program and Alberta One Line for Sexual Violence Program provides immediate information and emotional support to all people impacted by sexual violence, including supporters.

SACE volunteers provided over 400 hours of phone support to Edmontonians and Albertans impacted by sexual violence during the Support and Information Line Program 2022-2023 year. They also contributed over 250 hours of text and chat support on the One Line. We would not be able to provide the quality of support that we do if it were not for the dedication, resilience, and passion that our volunteers bring to the SACE SIL and One Line!

The Support and Information Line Program (SIL) continues to be foundational to our work at SACE. The Volunteer Services program relies on over forty volunteers who provide specialized support to folks impacted by sexual violence, in addition to our staff team. Volunteers play a key role in supporting the work of both the SACE line and Alberta's One Line for Sexual Violence, for which SACE acts as the central and northern hub. This province-wide phone/text/chat line gives all Albertans a place where they are listened to, believed, and supported.

SACE Support & Information Line



☎ 780.423.4121

Edmonton-based emotional support, information and referrals for people who have been impacted by sexual violence

9 am - 9 pm

Alberta's One Line for Sexual Violence



☎ 1.866.403.8000

or chat sace.ca

Alberta-wide emotional support, information and referrals for people who have been impacted by sexual violence

9 am - 9 pm

Support Line Program Training Highlights

SACE facilitates two trainings per year to support the recruitment of new support line volunteers. Working on the lines is a coveted volunteer position, and once again this year, we received many more applications than available training spots. In 2022-2023, over twenty new volunteers successfully graduated onto the line! New volunteers attend roughly 70 hours of training, but so do new SACE staff, since they provide on-call back-up and debrief support for the lines. Attending training is a standard part of the SACE onboarding process, and helps acclimate staff to the agency, provides an opportunity for them to review and reflect deeply on our values, and strengthens their knowledge of topics related to sexual violence. The majority of training was once again provided via Zoom this year, however the Fall 2022 training was the first hybrid training offered since the start of the pandemic.

As with our previous year, Volunteer Services was not solely focused on training new volunteers and staff. Program staff provided another three-hour staff on-call refresher training in March 2022, the purpose of which was to refresh and increase staff's knowledge, skills, and confidence regarding their on-call work. Survey responses to this annual training continue to be universally positive. Ensuring staff take and refresh their support line training is not the only way we keep our skills sharp, however: the agency organized a professional development day, where staff attended the Indigenous People's Experience at Fort Edmonton Park. This was a powerful experience that highlighted the histories, cultures, experiences, and perspectives of Indigenous life in the Beaver Hills (Edmonton) region. Not only is this type of PD important for overall staff training, but it also will directly assist staff to support self-identified Indigenous folks on the support lines.

Between April 2022 and March 2023, SACE volunteers provided over 400 hours of phone support to Edmontonians and Albertans impacted by sexual violence. They also contributed over 250 hours of text/chat support on the One Line. We would not be able to provide the quality of support that we do if it were not for the dedication, resilience, and passion that our volunteers bring to the SACE SIL and One Line!

822

phone conversations on the AB One Line Northern Hub

822

phone conversations on the AB One Line Northern Hub

615

hours of active phone, text, and chat support provided

615

hours of active phone, text, and chat support provided

648

text and chat conversations

648

text and chat conversations

1,711

unique phone callers across the Northern AB region

1,711

unique phone callers across the Northern AB region

Support Line Program Development

Once a month Volunteer Services meets as part of the One Line Operations Committee, which also includes staff from the [Association of Alberta Sexual Assault Services \(AASAS\)](#) and [Calgary Communities Against Sexual Abuse \(CCASA\)](#). These monthly check-in meetings ensure the phone, text, and chat support on Alberta's [One Line for Sexual Violence](#) continues to run effectively. Not only do these meetings strengthen our professional relationships between member agencies, they also contribute greatly to the program auditing process.

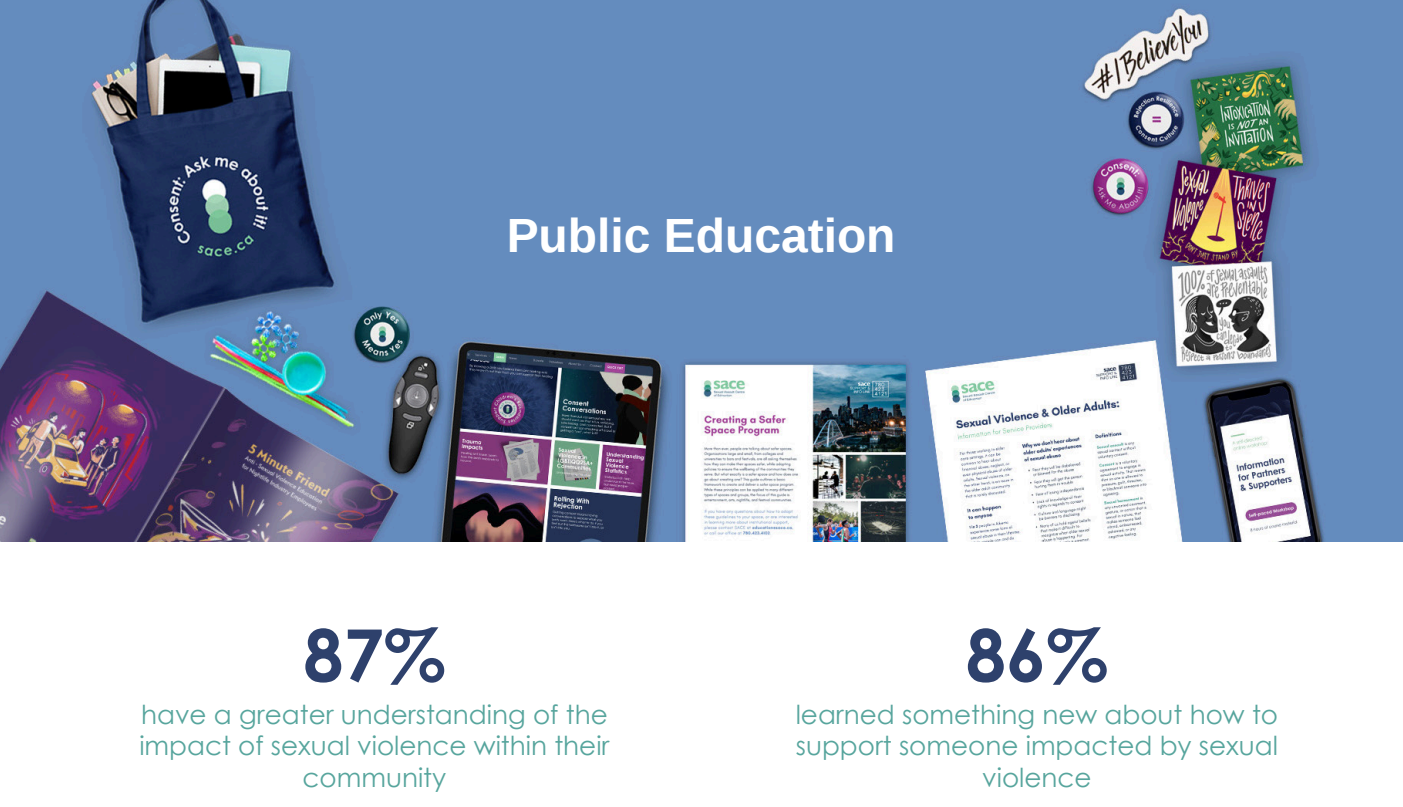
Towards the end of this reporting year, Volunteer Services began talks of a new after-hours on-call program for staff. The goal of this program would be to further streamline the staff on-call scheduling process, as well as to reduce staff burnout and overtime hours. As we continue to explore this project, we are considering the ways in which this may continue to help reduce barriers for folks hoping to access specialized sexual violence support services through our agency.



NEXT UP

Public Education





Public Education

87%

have a greater understanding of the impact of sexual violence within their community

86%

learned something new about how to support someone impacted by sexual violence

95%

have a greater understanding of how to address sexual violence within their community

88%

learned about resources available to help those impacted by sexual violence

1,088

hours of public education facilitation

The Public Education Program builds community capacity to address, prevent, and to supportively respond to those impacted by sexual violence.

Year after year, the [Public Education Program](#) empowers individuals and communities to take action against sexual violence and to support those who have been impacted. Our presentations, workshops, online courses, and attendance at community events are all geared toward this goal. By providing accurate, non-victim blaming information about sexual violence and its impacts, the public education team works to undo the normalization of sexual violence in our community and leave in its place a culture of consent.

Throughout the past year, the Public Education Program was exceptionally busy facilitating in-person and virtual education sessions, participating in community events, providing community consultations, and developing new education resources.

Youth and Adult Education

In total, our public education team facilitated 552 presentations for 23,768 unique participants this year. These presentations included sessions that were uniquely tailored to meet the needs of various professionals across Edmonton organizations, including medical, legal, military, and social support professionals. A significant number of public education participants each year are youth, and this year was no different: over 20,000 youth participated in our sessions. Many of these youth were junior and senior high school students in Edmonton schools, but we also facilitated education sessions for students in many surrounding communities, as well as youth accessing support services through community agencies.

Our team developed a number of new education sessions to address the unique needs of specific demographics and communities. This included a session for service providers working with seniors and older adults, as well as a multi-part series for Indigenous youth, which was developed with the help of the SACE Indigenous Liaison. We also created and facilitated a presentation for newcomers on healthy relationships and boundaries, and a workshop for members of the Student Senate at W.P. Wagner School that supported youth in their efforts to address sexual violence in their school community.

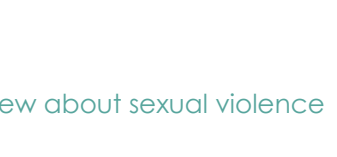
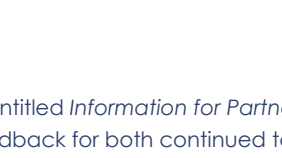
552

presentations

23,855

participants

Some of the organizations we supported:



Online Courses

The Public Education team continued to offer two online courses to the public, entitled *Information for Partners and Supporters* and *Recognizing and Responding to Sexual Violence*. Participant feedback for both continued to be excellent. We also created two new courses, *Racism and Sexual Violence*, and *Sexual Violence and the 2SLGBTQ+ Community*, which provide essential, nuanced education on the intersections of sexual violence and race, and sexual violence and sexual and gender identity. Alongside these online courses for the public, our team facilitated the delivery of 58 tailored, cohort-style online courses to over 1,500 youth in schools.

74

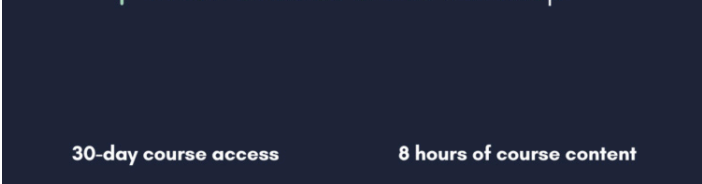
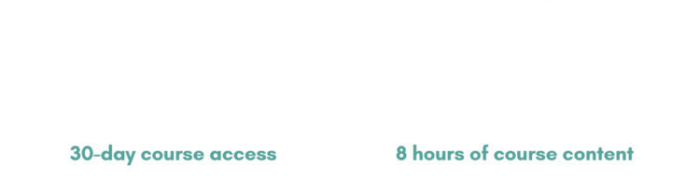
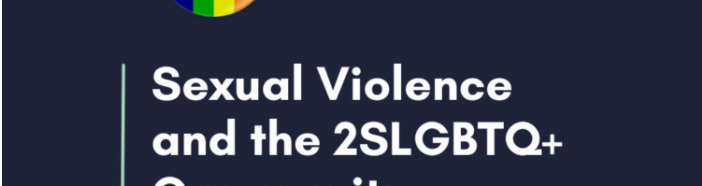
online courses

1,610

online course participants

84%

of participants indicated they learned something new about sexual violence



"I liked the story, because it showed different sides of what the word 'no' could mean. Whether it's through body language, physical state or hesitation. If it isn't an assertive and certain 'yes' then it means no! I also liked the fact that they mentioned coercion and how it's extremely normalized in our society."

– Youth public education participant

"I learned that gender stereotypes can really harm people."

– Youth public education participant

"This should be mandatory education for our staff in our department."

– Adult professional public education participant

"It was very inclusive and direct to our workplace. Both presenters were awesome and kind! Very knowledgeable and educational! We should have had you present years ago! We should do this yearly. Thank you for the space to learn and educate us

– Adult professional public education participant

"I liked the visual of the pyramid [of sexual violence]. It made it clear that by changing attitudes and beliefs we can eliminate sexual violence."

– Adult professional public education participant

"I am very interested in having you come in again as few people produce quality conversations as well as you."

– University fraternity public education participant

"I enjoyed the inclusion of men's experiences as victims of sexual assault, and also the inclusion of queer people."

– Public education participant



WiseGuyz

This year SACE WiseGuyz Public Educators created a new, two-part workshop to engage Grade 8 and 9 students in sexual violence prevention. This workshop, entitled *Gender Stereotypes and Sexual Violence*, explores intersections between gender stereotypes, consent, and sexual violence, and it supports students in identifying the attitudes and beliefs that uphold sexually violent behaviours. Students also learn how to intervene safely in sexual violence, and practice consent communication in different types of relationships.

On top of creating and delivering this workshop, the WiseGuyz team facilitated seven successful full-year programs, engaging 84 boys and masculine youth in five Edmonton schools in healthy relationships education. Alongside this success, the WiseGuyz team noticed trends of harmful behaviour amongst some students. One emerging trend is harmful behaviour around Nazism, with some students frequently referencing Nazi memes circulating on social media. The WiseGuyz team has consulted with a deradicalization organization to address this highly concerning trend. Another emerging trend is that some boys enrolled in the program have disclosed that they caused harm with sexual violence. In these situations, the WiseGuyz team has consulted with both SACE clinicians and school staff to ensure SACE is maintaining high standards of reporting and safety while providing these boys effective consent education so they can unlearn internalized myths around sexual violence.

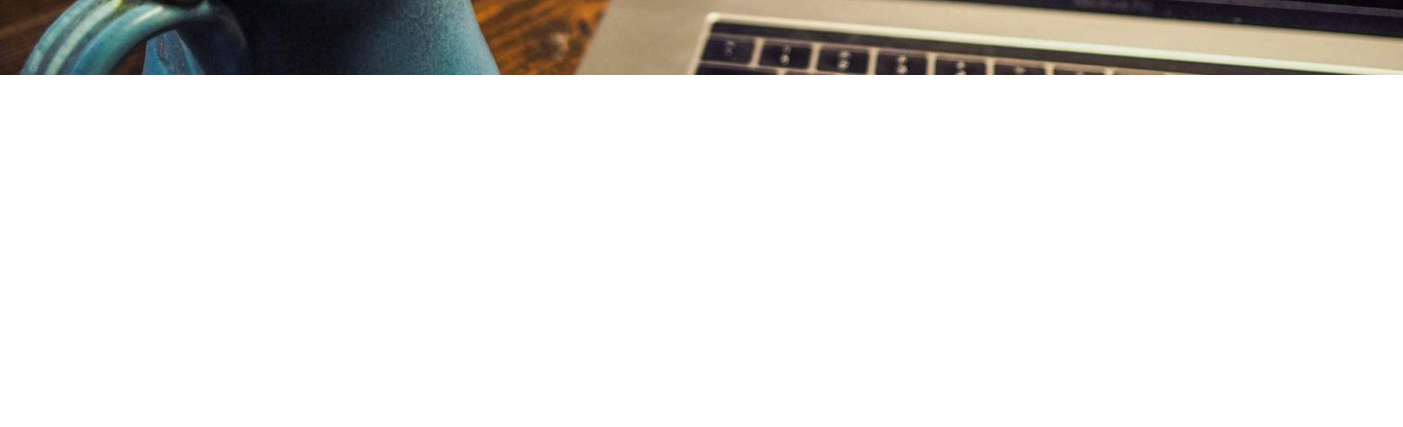
Beyond that, one of our WiseGuyz educators is continuing to develop and coordinate a three-session workshop for fraternities on masculinity, sexual violence, and consent, and facilitated a presentation on this topic to a University of Alberta fraternity in spring 2023.

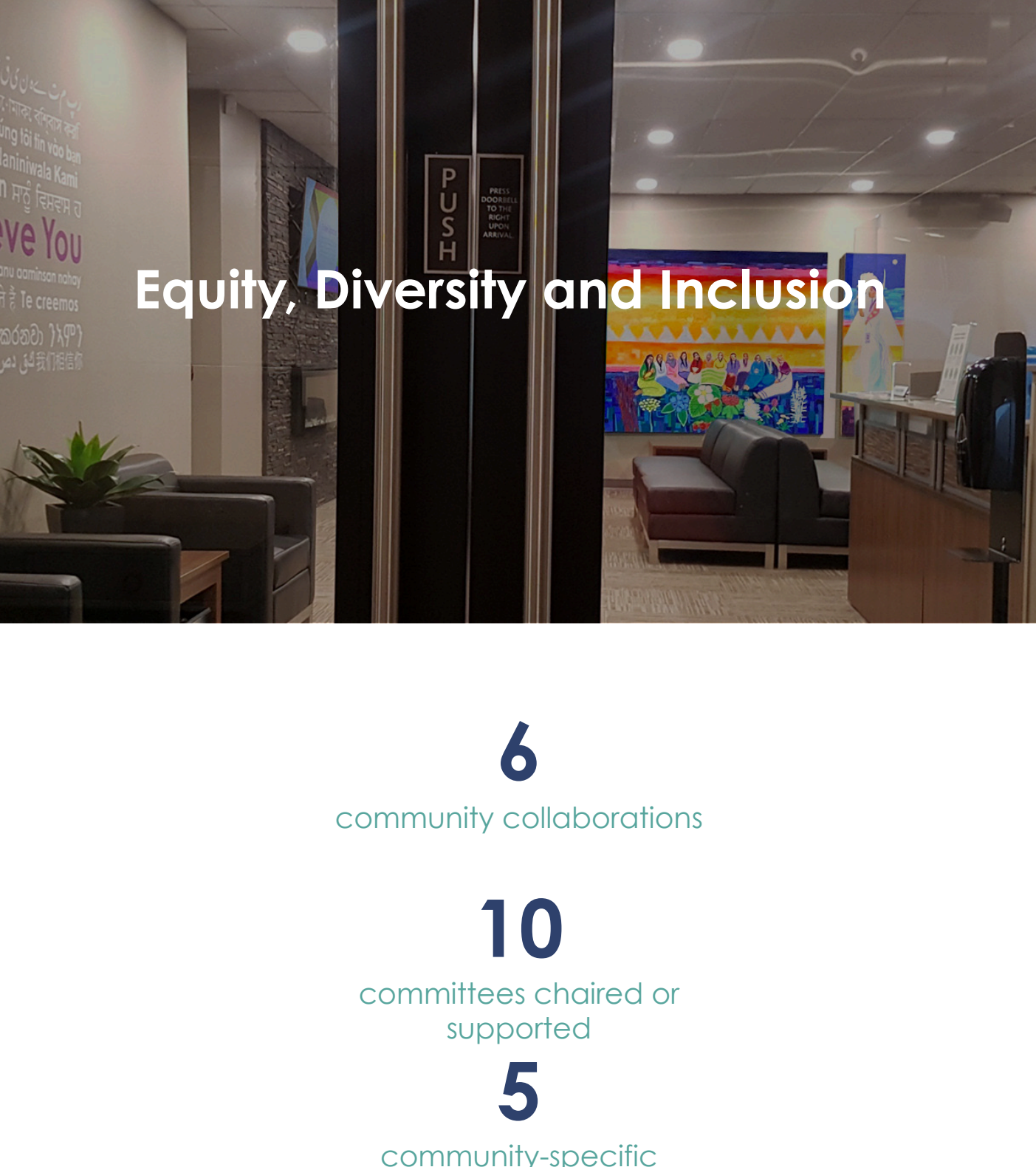
Overall, SACE is constantly working to expand the WiseGuyz program by maintaining continuous programming with current partner schools, expanding into our waitlist as capacity allows, and by implementing other creative strategies for growth. Some creative ideas implemented include a SACE-branded WiseGuyz brochure, as well as an email campaign for schools, organizations and parents to advocate for more funding from local government officials.



Your donations help SACE offer no-fee services and support to thousands of individuals affected by sexual violence in Edmonton every year.

[Donate now](#)





Equity, Diversity and Inclusion

6
community collaborations

10
committees chaired or supported

5
community-specific resources developed

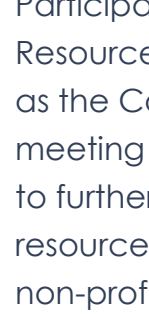
The Equity Diversity and Inclusion Program builds relationships with diverse communities and reduces barriers to accessing SACE services through external committee work and information sharing, as well as organizing internal interdisciplinary committees dedicated to prioritizing the needs of identified communities within all SACE programming.

Client Care and Community Support

Many staff at SACE sit on strategic committees and attend community events, trainings, and working groups as part of our agency's commitment to reducing barriers to support and prevention education, and to building relationships and connections in our community. In an effort to contribute to this work even further, SACE developed a new Client Care and Community Support role this year. This innovative position bridges our Clinical and Community Engagement departments, helps us extend our reach to diverse audiences, and contributes to efforts to make our services more accessible to folks who need us.

Some of the highlights of the Client Care and Community Support's work in 2022-2023 include:

- Participating in quarterly Edmonton Resource Connect meetings, as well as the Coalitions Creating Equity table meeting hosted by REACH Edmonton to further our connections and resources with other agencies and non-profit organizations
- Attending the Sexual Exploitation Working Group (SEWG) Community Connect meeting, where different organizations briefly presented on their services, including a member of the SACE Public Education team who presented on SACE services
- Joining the Alberta Ability Network where they sit on two of the subcommittees: Newcomers with Disabilities – Navigating the System, and Human Rights
- Developing check-in activities for all-staff meetings related to promoting equity, diversity, inclusion, and accessibility at SACE. For example, how our team can work together to combat burnout
- Compiling an in-depth list of accessibility considerations that could be implemented at the new SACE location



AFRICA CENTRE



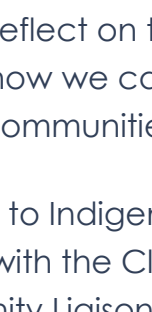
CENTRE FOR RACE AND CULTURE



REACH EDMONTON
Council for Safe Communities



SEWG
SEXUAL EXPLOITATION WORKING GROUP



AAN
ALBERTA ABILITY NETWORK
An Initiative of Central Policy Alberta

Equity, Diversity, and Inclusion at SACE

This past National Day for Truth and Reconciliation, the entire SACE staff visited the Fort Edmonton Park Indigenous Peoples Experience. This professional development day allowed staff the opportunity to learn about and reflect on the continued impacts of colonialism. We also spent time discussing how we can individually and collectively grow so we may better serve Indigenous communities.

In another effort to make our services more accessible to Indigenous folks, several members of the Public Education team collaborated with the Client Care and Community Support staff and the Indigenous Community Liaison to create internal anti-colonial sessions for PE. These sessions allowed the education team the chance to discuss topics of colonialism, and how we can better our services, practices, and selves using an anti-colonial lens.

In February 2023, a member of the SACE counselling team hosted a session for the team on cultural safety. This workshop provided tips and tricks on how to create a culturally safe space through multicultural service-provision.

The Clinical department also participated in different professional development opportunities, including multiple workshops with registered psychologist Katie Poirier on supporting clients with eating disorders, and a presentation by Edmonton Community Legal Centre (ECLC) on family law. These two opportunities allowed the Clinical team to learn more about how to support clients and community members who are facing different barriers. The presentation by ECLC led to a partnership with SACE to create a resource for parents who are navigating the many complexities of guardianship, parenting, and family law matters pertaining to accessing mental health supports for their child. Lastly, staff from the Buffalo Sage Wellness House came to SACE to do a training workshop with the Clinical team on understanding intergenerational trauma, working with Indigenous clients, and providing trauma-informed care.



SACE staff were invited to Dreamcatcher Nature Assisted Therapy as part of their Front-Line Friday Program

Indigenous Community Liaison

This year the Indigenous Community Liaison accomplished many successes focused on diversity and inclusion within SACE and our community. Over the last year they developed relationships with Indigenous community members and with Indigenous-focused agencies and service providers. They coordinated and facilitated groups in collaboration with Kokhom Ruth Cardinal de Ubiera and with the SACE counselling team. They collaborated with the SACE Public Education team to develop and deliver education to Indigenous-serving organizations and communities, including with Nightwind Treatment Centre, and Red Road Healing Society. During the Pope's visit to Alberta, the Indigenous Community Liaison provided on-site support to Indigenous community members. In addition to this, the Indigenous Community Liaison supported and chaired the projects completed by the Indigenous Community Committee.

- Creation of Rooted, a support and education booklet for Indigenous communities released in June 2023
- Relationship-building with Indigenous communities, organizations, and individuals in Edmonton and surrounding area
- Distribution of crisis cards and care packages
- Community support as part of the Pope's visit to Alberta
- Facilitating groups with Kokhom Ruth Cardinal de Ubiera and the SACE counselling team
- Collaborations with 5 Indigenous-Serving organizations

Crisis Resources for Indigenous People

If you are in danger, call 911. For referrals not listed on this card, call 211, or visit sace.ca/community-resources

sace
Sexual Assault Centre of Edmonton

9am - 9pm daily
SACE Support & Info Line
780.423.4121
Alberta's ONE LINE Chat
sace.ca
ONE LINE Text, Toll Free & Language Assisted Line
1.866.403.8000

24/7

Hope for Wellness Help Line
1.855.242.3310 or online
chat.hopeforwellness.ca

National Indian Residential School Line
1.800.721.0066

MMIWG Crisis Line
1.844.413.6649

Child Abuse Hotline
1.800.387.5437

Talk4Healing
1.855.554.4325 or online
chat.talk4healing.com

Kids Help Phone
1.800.668.6868

To talk to a Indigenous person text: **FIRST NATIONS, METIS or INUIT** to 868-6868 for youth, and 741741 for adults.

Family Violence Help Line
780.310.1818

SACE Inclusion Committees

The various internal inclusion committees at SACE each accomplished different projects over the course of the last year.

The Indigenous Inclusion Committee created an Indigenous-focused crisis resource card. Hundreds of the cards have been distributed to clients and community members. One hundred self-care packages were created and distributed to service providers to hand out to Indigenous community members. These packages included hygiene products, tobacco, and SACE resource materials. Information on additional community resources for Indigenous community members was also put together as a resource on our website. A new resource booklet titled *Rooted*, containing tailored information on sexual violence for Indigenous communities was developed and created, and will be distributed next year.

We Believe You

Unwanted Sexual Activity = No Consent

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

Is this something you or someone you know has experienced?

You are not alone. We believe you and we are here to help.

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

Our team will meet the needs of people with developmental disabilities and English Language Learners.

We believe you and what happened to you is not your fault.

sace
Sexual Assault Centre of Edmonton

Sexual violence happens in every community and every country. It happens to people of any race, ability, spirituality, gender, sexuality, and class.

Nobody has the right to abuse you.

At SACE, we support anyone who has had their sexual boundaries crossed, recently or in the past.

We offer:

- Emotional support (counselling)
- Public education
- Support with reporting abuse
- Support and information phone line (780.423.4121)
- Confidential free services for everyone

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

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

Office 780.423.4102
sace.ca

sace
SUPPORT & INFO LINE
780.423.4121

The Accessibility Inclusion Committee created a plain language SACE services postcard. This resource explains consent in plain language, and can be helpful for individuals with varying literacy abilities. A survey conducted by the Accessibility Inclusion Committee in 2021 indicated community preference for a plain language resource, leading to the creation of this resource. The committee also collaborated on a social media post for National Accessibility Week in May 2022. This post provided a thorough overview of the SACE office space and accessibility information about SACE services, including physical accessibility, communication accessibility, chemical sensitivities and allergies, and light sensitivities.

The Older Adults Inclusion Committee created and finalized a one-pager for service providers covering sexual violence in older adult communities. This one-pager is available on the *SACE Learn* page. In addition to this, the committee has created and is now reviewing a presentation created for service providers that focuses on topics of sexual violence in older adult communities.

sace
Sexual Assault Centre of Edmonton

Landed
Relationships and consent in Canada

Counselling at SACE

Adult counselling

The SACE adult counselling program offers confidential, safe, and non-judgmental support for adults experiencing sexual violence. SACE also offers therapy groups.

Child & youth counselling

The SACE child & youth counselling program offers confidential support for children and youth experiencing sexual violence. SACE also offers therapy groups.

The Newcomers, Immigrants, and Refugees Inclusion Committee connected with various newcomer-serving organizations and distributed the recently printed and finalized *Landed* booklet. Metro Continuing Education reached out to SACE after identifying a need for information regarding consent and healthy relationships for their English as Second Language (ESL) program. Members of the committee curated a healthy relationships curriculum tailored for newcomers, which they were able to facilitate to Metro Continuing Education for their ESL classes. This presentation was a success, and Metro Continuing Education has even requested a second session focused on sexual assault and consent for their students.

sace
Sexual Assault Centre of Edmonton

Sexual Violence and the 2SLGBTQ+ Community

6 hours of course content
4 week course

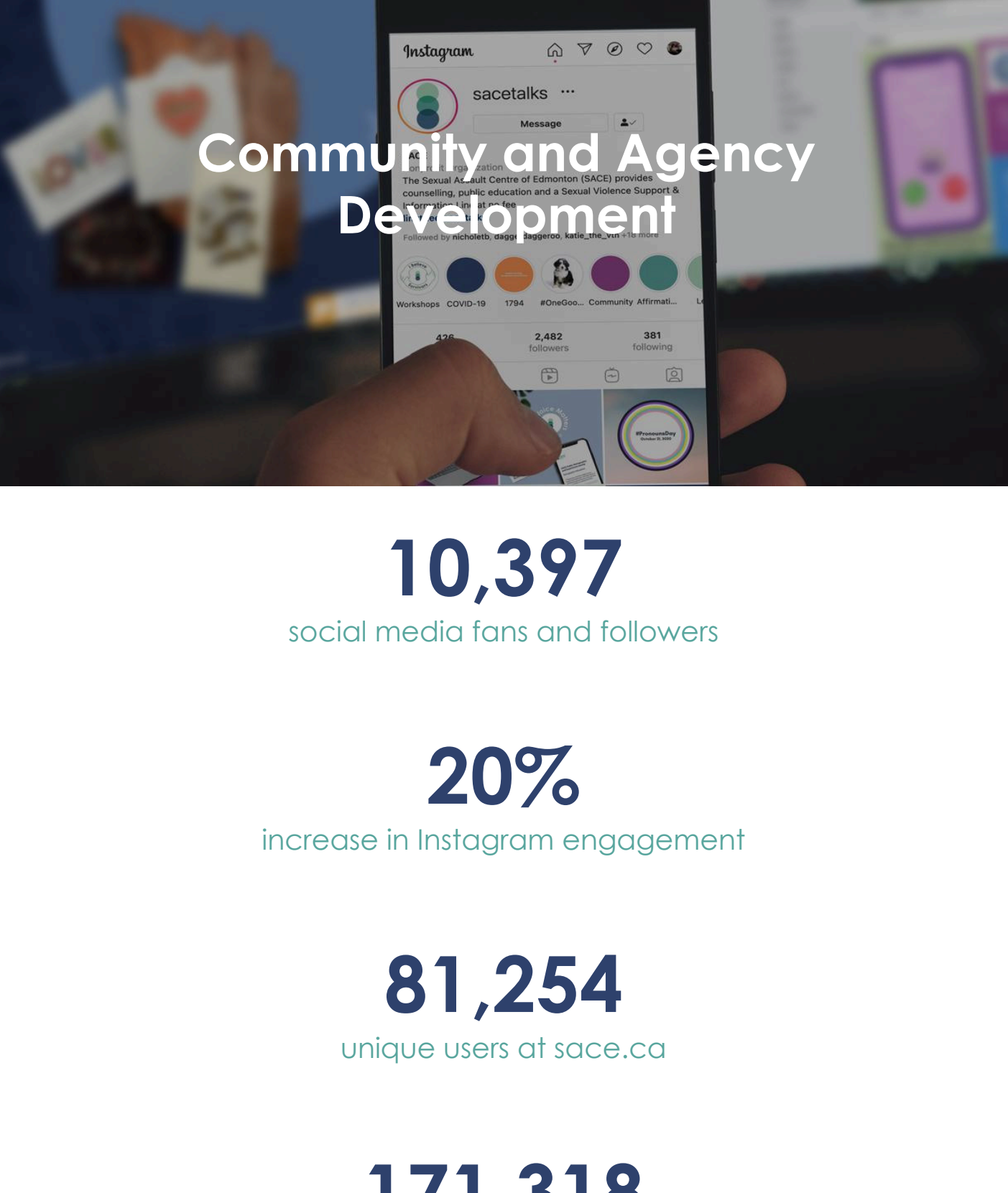
The 2SLGBTQ+ Inclusion Committee helped create the *Sexual Violence and the 2SLGBTQ+ Community* online course, with a launch date of May 2023. The course was inspired by and created in response to feedback from youth and teachers who received public education sessions and indicated a desire for more queer content. As a result, the 2SLGBTQ+ Inclusion Committee created the online course *Sexual Violence and the 2SLGBTQ+ Community*. This course is intended for adults and provides tailored information that explores the various experiences and history of sexual violence in 2SLGBTQ+ communities. SACE consulted with queer community organizations who reviewed the course. The reviewers were very pleased with the content and emphasized the need for this education in our communities. The 2SLGBTQ+ Inclusion Committee will be using this current online course for adults as a template to create a similar course intended for youth later in 2023.



#not in my city



Community and Agency Development Program



Community and Agency Development

10,397

social media fans and followers

20%

increase in Instagram engagement

81,254

unique users at sace.ca

171,318

pageviews at sace.ca

The Community and Agency Development Program advances the work of SACE, both internally and externally, and aims to present a strong, unified voice to the community on topics related to sexual violence.

The 2022-2023 year brought rapid growth and change to the Community and Agency Development (CAD) Program. This year introduced three new staff, including a Fund Development and Donor Relations Coordinator, Client Care and Community Support staff, and a Programming and Evaluations Analyst. The new members helped round out our team and created more opportunities to collaborate, learn from one another, and make a greater impact with our work.

As we reflected on the achievements and challenges of the past year, we remain committed to our individual roles and the work we do collectively as a program. Our priorities going into the next year are to expand our program reach, foster collaboration, and embrace innovation.

New and Updated SACE Resources

WiseGuyz Brochure

WiseGuyz Brochure

Rooted Booklet

Rooted Booklet

Plain Language Postcard

Plain-Language Postcard

Racism and Sexual Violence

Racism and SV Article

Public & Media Relations

Our strong reputation in the community was reflected in SACE appearing in the media numerous times this year. Much of the media attention focused on concerns about violence within hockey culture and overall funding concerns for sexual assault centres in the province.

Donate to SACE Radio Ad Campaign

The CAD team helped write, create, and coordinate speakers for a radio ad fundraising campaign that ran on 630 CHED, CJSN Country, CJSR, and Spotify earlier this year.

The campaign helped bring awareness to the prevalence of sexual violence in our city and the increasing need for SACE services.



sacetalks · Sexual Assault Centre of Edmonton (SACE) – We can all do something

Your donations help SACE offer no-fee services and support to thousands of individuals affected by sexual violence in Edmonton every year.

Donate now

37

media interviews given by SACE staff

11

op-eds or statements

5

briefs prepared

Digital Communications

This year, SACE reached a milestone of over 10,000 followers on our collective social media platforms! Our Instagram and LinkedIn accounts have seen the most significant growth, with both loyal followers and consistent engagement. We also reached over 80,000 unique individuals through our website, where once again our top Learn articles were on the topics of victim blaming (21,303 pageviews), sexual harassment (14,717 pageviews), nonconsensual photo sharing (9,597 pageviews), and sexual assault (5,291 pageviews). Sexual Violence Awareness Month (SVAM) in May, photos of SACE staff out and about in the community, and educational posts continue to be the most popular types of content on Instagram.

In addition to SVAM, our team collaborated on two social media posts to recognize National Day for Truth and Reconciliation on September 30. Our "Where to buy an orange shirt for September 30" post reached 2,074 accounts, garnered 229 likes, and was shared 190 times.



Top Posts:

MOVING TO THE CENTRE: A NEW HOME FOR SACE

1/8

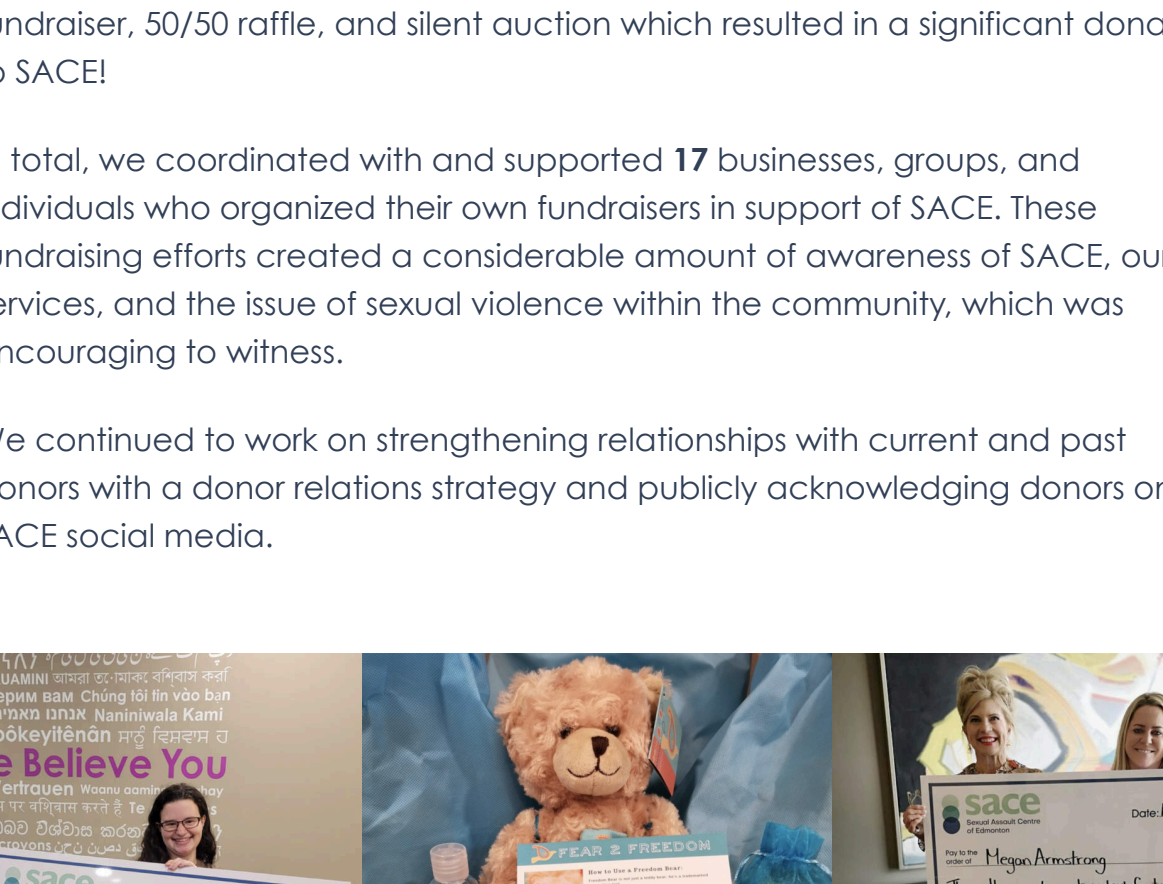
WE'RE MOVING TO THE CENTRE

sace.ca/centreSACE

♥ 275 Likes

Where to buy an orange shirt for September 30

National Day for Truth and Reconciliation



♥ 229 Likes

In response to Roe v. Wade

sace
SUPPORT & INFO LINE

780·423·4121

Available from 9 a.m. to 9 p.m.

♥ 226 Likes

What is Two-Spirit?



♥ 184 Likes

Fund Development

The Community and Agency Development team successfully diversified our agency's funding sources again this year, securing grants from various foundations and government agencies. A major initiative for which we will continue to fundraise in 2023-2024 has been the SACE capital campaign Moving to the Centre, raising funds for our essential move to Princeton Place on 124 Street. To learn more about this campaign, the move, and to donate, please visit sace.ca/centresace.



Other fund development activities included an online winter holiday 50/50 raffle, and working with a group of hockey enthusiasts who organized a hockey game fundraiser, 50/50 raffle, and silent auction which resulted in a significant donation to SACE!

In total, we coordinated with and supported **17** businesses, groups, and individuals who organized their own fundraisers in support of SACE. These fundraising efforts created a considerable amount of awareness of SACE, our services, and the issue of sexual violence within the community, which was encouraging to witness.

We continued to work on strengthening relationships with current and past donors with a donor relations strategy and publicly acknowledging donors on SACE social media.

We are grateful to have received one-time financial support from the following funders in our 2022-2023 year in addition to our core funders:

Women and Gender
Equality Canada

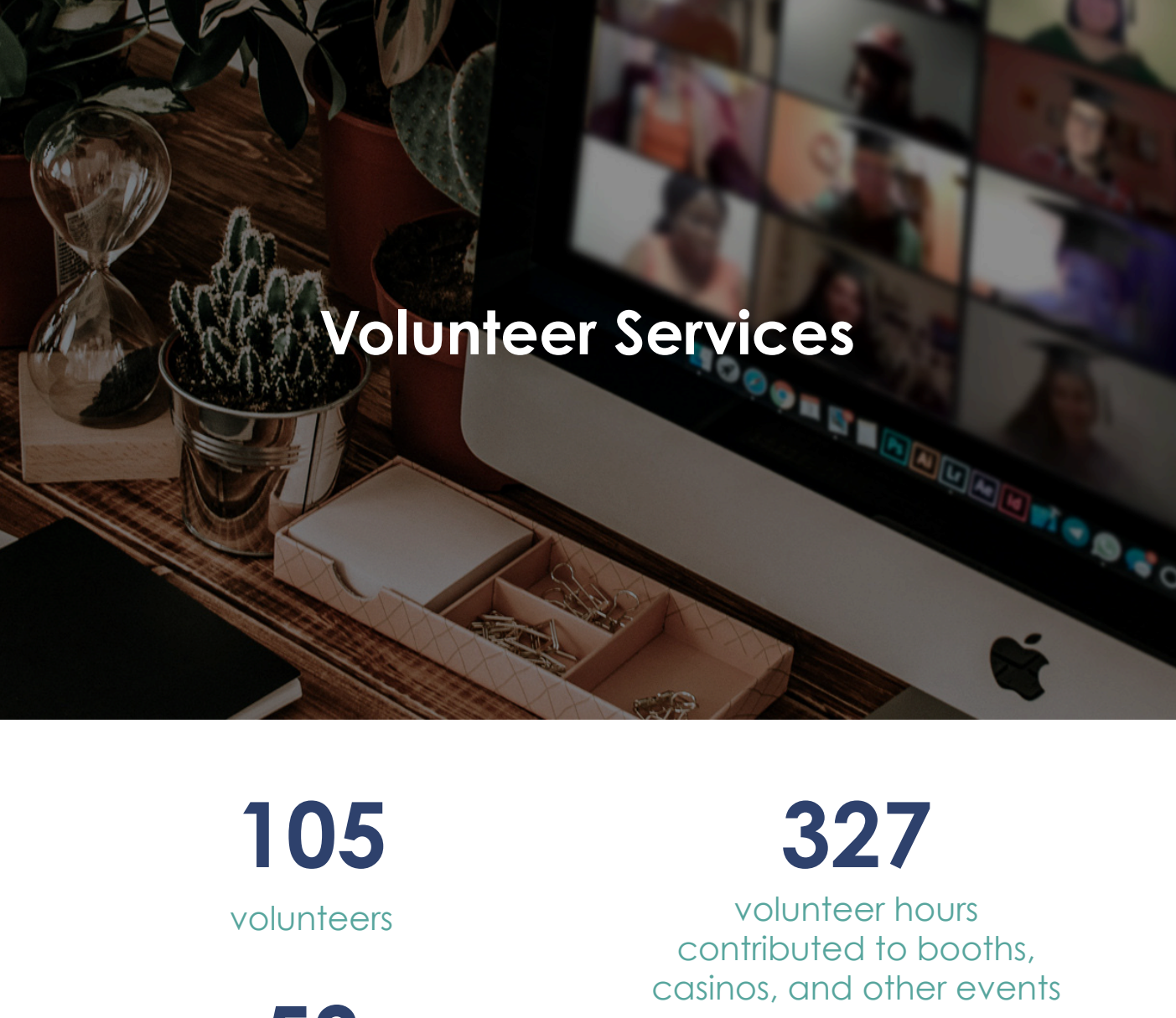
National
Defence

Défense
nationale

Program Development and Evaluations

The CAD team made great progress this year on a massive agency-wide project to inventory, streamline, and strengthen all the program measures that SACE collects across our various programs and as an agency. Once completed, this program theory and evaluations guide and its associated agency framework will give us a bird's-eye-view of all program measures and outcomes and reflect alignment with our agency mission, mandate, and strategic goals, allowing us to conduct future evaluations and accommodate funder requests more easily. Already our agency has learned a great deal about what it means to conduct this work with an "evaluations mindset" and to map our evaluations onto our intended outcomes, and some of the deliverables produced to date have already benefitted our programs as well as funder reporting.

Volunteer Services



Volunteer Services

105

volunteers

327

volunteer hours contributed to booths, casinos, and other events

53

Support and Information Line volunteers

140+

hours of volunteer training provided

4,224

volunteer hours on the support lines

The Volunteer Program trains and supports volunteers to provide intersectional and trauma-informed information and support on the issue of sexual violence to those who access the SACE Support and Information Line or One Line, as well as to the community at large.

SACE began as a volunteer phone line in 1975, and the volunteer services program continues to be rooted firmly at the core of SACE values.

The [Volunteer Services Program](#) is a two-person team within the Community Engagement Department. The Volunteer & Support Lines Manager oversees the program while focusing on volunteer recruitment, engagement, and training. They work along the Support Lines Coordinator who is responsible for overseeing the daily operations of the two specialized sexual violence support lines. Both positions work tirelessly to ensure program initiatives contribute to the agency's strategic goals and align with the SACE vision, mission, and values.

In 2022, the Volunteer Services Program brought back many events that had been on hiatus since 2020. This past fall was the return of bingo fundraising at Castledowns Bingo Hall. We always have lots of volunteers eager to help out as it is a great opportunity to gather in-person and build strong peer connections. Volunteer Services staff are always there to ensure all the volunteers are supported during the day, and help foster volunteer engagement.

Another fundraising volunteer opportunity was the casino in January 2023. Every two years SACE works a casino event which brings in +\$80K in revenue. VS staff prioritize ensuring we have enough volunteers to fill all positions, and that volunteers are supported at the casino over the two days. We had positive feedback on the experience not only from volunteers, but from the casino staff as well.

Volunteer Training and Ongoing Education

SACE prides itself on ensuring that our volunteers have the training and support they need to be able to comfortably and effectively fill their phone/text/chat support roles. We offer a free 70-hour training program twice a year that helps prepare our volunteers for their roles as supporters on the SACE Support and Information Line and the northern hub of Alberta's One Line for Sexual Violence. It remains one of the most robust and rigorous volunteer training programs in the province. Spanning over a dozen sessions, training includes modules on trauma, sexual violence, anti-oppression, colonialism, boundaries, resourcing, risk assessment (child sexual abuse, suicide, and domestic abuse), and recovery and healing. SACE supplements the standardized One Line curriculum with our own presentations and by bringing in presenters to deepen learning. After training is done, VS staff assess each volunteer trainee's skills to ensure those who graduate onto the support lines give support of the highest calibre.

Part of our yearly work continues to be the volunteer training curriculum review. For months, we worked with the other members of the Operations Committee of Alberta's One Line for Sexual Violence, to review and enhance the existing curriculum. These annual reviews are important to ensure we are training volunteers with current best practices, so they can best support those who have been impacted by sexual violence. This year the edits focused on boundaries, domestic violence, suicide, and text/chat support.

Each month we also host a virtual volunteer meeting. This helps to provide our volunteers with an opportunity to connect with each other and the agency, refine their skills, and to continue learning more about sexual violence and community resources.



Volunteer Appreciation

Honouring our volunteers is one of the pillars of the Volunteer Services Program. From our Star of the Month program, to prizes for taking shifts on long weekends, to mailing treats, we love to shower our volunteers in appreciation! In February 2023, we hosted the annual volunteer awards night at The Parlour Restaurant. Every single volunteer, including our support lines, administrative, booth, bingo/fundraising, and special event volunteers were invited. The cocktail-style celebration included an abundance of tasty food and drinks, as well as speeches from VS staff and our CEO, Mary Jane James.

This is our biggest appreciation event of the year, and is a chance to celebrate all the volunteers who have contributed their time, effort, and skills. We present individual awards (e.g. Volunteer of the Year), acknowledge each person's hourly contribution, have door prizes, ice-breaker activities, and everyone leaves with a gift.

A huge thank you from the bottom of our hearts to our dear volunteers. Without their tireless support and dedication, SACE would not be able to operate to the capacity and standard of excellence that it does. Our sincere gratitude goes out to all of these kind, empathetic human beings who continue to help us learn and grow as a program area and agency.

“I have volunteered with SACE for the past nine years and there aren't enough positive words to describe this organization or its volunteer coordinators. I have always felt supported and as life changes, my evolution as a volunteer has been welcomed. I've worked on the crisis line, done fundraising, and ran community information booths and no matter the role, I've always felt appreciated and well-equipped to handle it. There is also so much flexibility it can work for most schedules. Anyone who wants do meaningful volunteer work, learn a ton, and be part of a wonderful community should volunteer with SACE. I'd recommend it over and over!”

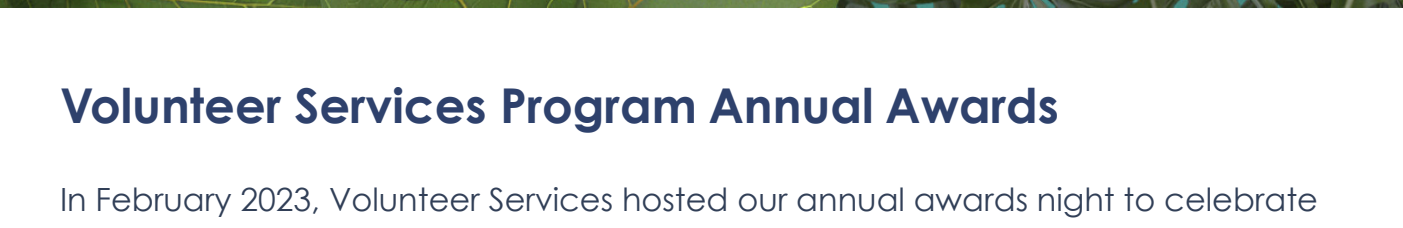
– SACE volunteer

“SACE is an amazing organization to volunteer with. Louise and Rachel are so supportive and the people that you meet throughout training and monthly meetings are some of the best, most kind, caring folks you'll have the pleasure of meeting. Its heavy material some days and it's not always rewarding but you would be hard pressed to find another organization that supports you, doing this type of work, as well as SACE does.”

– SACE volunteer

“Volunteering with SACE has been one of the most rewarding and fulfilling positions I have had. Being able to continue to grow via the support and feedback of the staff, as well as continued educational opportunities allows me to continue to grow as a supporter of those impacted by sexual violence not only on the SIL/One Line but in my community.”

– SACE volunteer



Volunteer Services Program Annual Awards

In February 2023, Volunteer Services hosted our annual awards night to celebrate everyone's achievements for 2022. All volunteers are recognized for the time, energy, and effort they give to SACE. The three major awards that were presented at the annual event were: the Rick Chalifoux / Jean Gauthier memorial award (Volunteer of the Year); the Sprout Award; the Roots Award.

Rick Chalifoux / Jean Gauthier Memorial Volunteer of the Year Award

This award is presented in memory of two SACE volunteers who worked on the support line, with training, and with fundraising. Rick and Jean were partners and died within a few months of each other of HIV/AIDS.

Tracy Pham

2022 Recipient

Tracy was selected for this award as a result of their wonderful performance over the past year. Her mentorship and support for fellow volunteers have been wonderful. Her demeanor, and conduct is empathetic and positive, and she is a pleasure to supervise. She is also a huge support not only the support lines, but fundraising, administrative support, mentor support, and booths.

Roots Award for Longstanding Service

This award is presented to any volunteer who reaches 5 or more years of service with SACE on the support lines.

2022 Recipients

- | | | |
|---------------------|----------------------|---------------------|
| 🏆 Tessa H. | 🏆 Carolise B. | 🏆 Rowena D. |
| 🏆 Lisa K. | 🏆 Lauren T. | 🏆 Stephen S. |
| 🏆 Theresa M. | 🏆 Meagan S. | 🏆 David S. |

Sprout Award

This award is presented to the volunteer with the most growth and development in their first year of volunteering.

Tabitha Schaub

2022 Recipient

Tabitha has been eager, committed, kind, thoughtful, and a fantastic mentor. She is a strong communicator, eager to help when needed, and an amazing addition to the team!

NEXT UP

Financial Report



Treasurer's Report

\$131,000

Revenue over expenditures

79%

of expenditures went to salaries, benefits, and contractor services

\$735,255

Operating Reserve Fund

Despite the continued downward economic pressure felt in the not-for-profit space, I am pleased to note that SACE achieved an excess of earned revenue over expenditures of \$131,000. The sustained success of the organization is at the hands of our incredible staff and volunteers, who continue to work tirelessly to provide our community with specialized, trauma informed services at no fee.

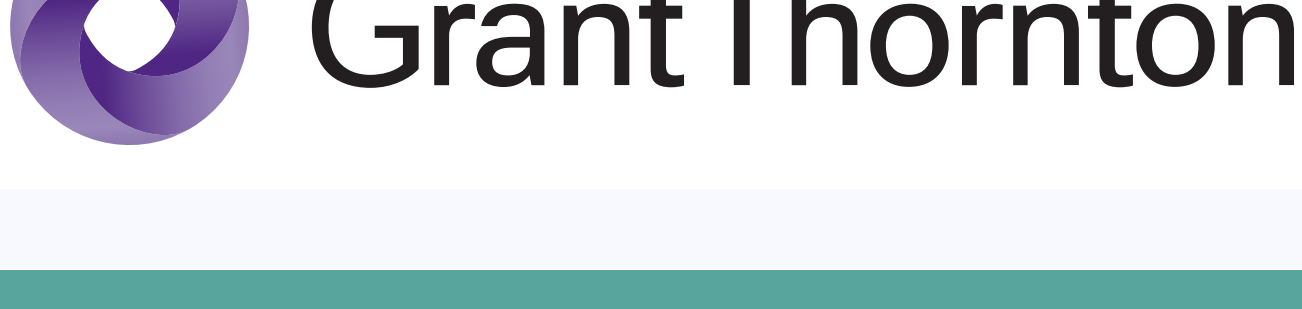
The SACE team's dedication to pursuing multiple avenues for fundraising as well as broadening of our services allowed us to increase our capacity to meet the significant ongoing need in our community. This year, we had a targeted campaign to support our move to Princeton Place. Our new, central location will enable us to better serve our community by placing us at a much more accessible spot in the heart of our city. Leadership's focus on carefully managing expenses while lobbying various funding sources ensured that the successful move to our new location would not come at the expense of our existing clients.

Hannah Graham, CPA

Treasurer

Financial Report

The financial report summary shared here was prepared from financial statements audited by Grant Thornton LLP. Complete financial statements, including the auditor's report, may be obtained by contacting them directly at **780.423.8734**.



Condensed Statement of Operations	Year Ended March 31	
Revenues	2023	2022
Alberta Community and Social Services	\$2,089,990	\$1,897,983
City of Edmonton Family and Community Support Services	\$477,043	\$240,791
Association of Alberta Sexual Assault Services	\$441,976	\$453,051
Other grants	\$255,762	\$133,275
United Way of the Alberta Capital Region	\$169,739	\$201,529
Alberta Justice and Solicitor General	\$150,000	\$150,000
Department for Women and Gender Equality	\$131,021	—
Alberta Health Services	\$125,583	\$123,000
Canadian Women's Foundation	\$123,055	\$4,969
Donations and Fundraising	\$112,906	\$139,548
Amortization - Tangible Capital Assets	\$95,892	\$34,429
Alberta Status of Women	\$54,009	\$25,000
Fees For Service and Honorarium	\$32,408	\$25,239
Interest Income	\$8,914	\$1,412
	\$4,268,298	\$3,430,226
Expenditures		
Salaries, Contract Services, Wages and Benefits	\$3,286,572	\$2,776,800
Office and Administration	\$227,635	\$105,922
Amortization	\$217,607	\$98,430
Rent and Occupancy Costs	\$159,900	\$159,708
Advertising and Promotion	\$147,180	\$56,760
Insurance	\$25,045	\$20,939
Professional Fees	\$22,476	\$17,088
Travel and Automotive	\$14,506	\$1,304
Board	\$13,265	\$9,549
Volunteer	\$9,277	\$3,677
Telephone and Utilities	\$5,566	\$5,592
Special Projects	\$4,924	\$10,796
Interest and Bank Charges	\$2,593	\$1,502
Fundraising	\$726	—
	\$4,137,272	\$3,268,067
Excess of revenues over expenditures	\$131,026	\$162,159

Condensed Statement of Financial Position	Year Ended March 31	
Assets	2023	2022
Current		
Cash	\$806,652	\$1,497,852
Short-Term Investments	\$800,000	—
Accounts Receivable	\$260,915	\$53,701
Prepaid Expenses	\$36,670	\$4,069
Goods and Services Tax Receivable	\$599	\$6,982
	\$1,904,836	\$1,562,604
Tangible Capital Assets	\$124,064	\$328,814
	\$2,028,900	\$1,891,418
Liabilities	2023	2022
Current		
Accounts Payable	\$120,518	\$130,354
Deferred Income	\$35,722	\$59,983
Deferred Contributions	\$470,859	\$355,822
	\$627,099	\$546,159
Deferred Contributions - Tangible Capital Assets	\$55,422	\$129,906
	\$682,521	\$676,065
Net Assets		
Unrestricted	\$527,738	\$266,446
Invested in Capital Assets	\$68,641	\$198,907
Operating Reserve	\$750,000	\$750,000
	\$1,346,379	\$1,215,353
	\$2,028,900	\$1,891,418

NEXT UP

Credits & Contact

Design Credits & Agency Contact



Web Design

Bear Belle Design Co.

SACE Photography

Chelsea McKibbon

Unsplash
Photography

Chris Montgomery
Dmitry Mashkin
Erik Lucatero
Headway

 **Unsplash**

**Healing starts with
believing.**

Visit Us

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

**300 – 10339 124 St NW
Edmonton, AB Canada
T5N 3W1**

Get in Touch

**Office: 780.423.4102
info@sace.ca**



Listen. Believe. Support.

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