

REGISTERING FOR GROUP COUNSELLING

To register for group counselling, clients are asked to call SACE to book a screening interview (780-423-4102). The purpose of this interview is to ensure that the client is ready for group counselling, and that the counselling sessions will meet the client's needs.

24-HOUR SEXUAL ASSAULT CRISIS LINE

SACE offers a **24-Hour Sexual Assault Crisis Line** for anyone affected by sexual violence. Call **780-423-4121** any time you need support. The Crisis Line is completely anonymous.

The Sexual Assault Centre of Edmonton does not charge clients for counselling services or for participation in groups. Donations are always welcome.



The Sexual Assault Centre of Edmonton is a non-profit organization funded by the United Way of Edmonton and Area, Family and Community Support Services (FCSS), Alberta Provincial Government, service clubs, foundations, and public donations.

Registered under the Societies Act of Alberta since 1975.

Donations gratefully accepted.

A registered charitable organization.
Charitable number: 107971772 RP0001



Sexual Assault
Centre of Edmonton

Suite 205, 14964-121A Avenue,
Edmonton, Alberta T5V 1A3
Business line: **780-423-4102**
T.T.Y. (Telephone Device for the Deaf) line:
780-420-1482
fax: 780-421-8734
info@sace.ab.ca

24 hour crisis line: 780-423-4121
www.sace.ab.ca



adult counselling program



Sexual Assault
Centre of Edmonton

- ~ providing crisis intervention
- ~ public education
- ~ counselling

www.sace.ab.ca

Speak Up! Someone Will Listen!

The Sexual Assault Centre of Edmonton (SACE) offers group and individual counselling for people who have been affected by sexual violence. Counselling is provided by professionals who have completed, or are enrolled in, recognized counselling degree programs.

The services described in this pamphlet are for clients 18 years of age and over. Youth under the age of 18 may participate in the Child and Adolescent Therapy Program at SACE. For more information, please call 780-423-4102.

INDIVIDUAL COUNSELLING

Clients may attend up to ten individual counselling sessions per year. The focus of these sessions is to help the client feel more stable in their life and to provide them with tools to carry on with their healing. Individual counselling may help clients prepare for group counselling programs at SACE. Wait times for individual counselling varies according to counsellor availability, but emergency counselling is available when necessary.

GROUP COUNSELLING

A variety of group programs are offered at SACE to address and overcome the effects of sexual assault and abuse. Groups generally meet weekly for three hours over 12 consecutive weeks. There is a limit of 10 to 12 clients per group, and each group is facilitated by two counsellors. Depending on demand, groups may be offered at various times, including weekdays and evenings.

GROUP COUNSELLING PROGRAMS

Adults Molested as Children (AMAC): This group runs three hours per week over 12 weeks. It combines group exercises, discussion, and handouts. Topics include feelings survivors may have towards the offender, body image, and overcoming the effects of the abuse. Participants must complete a screening interview and be 18 years of age or older.

Sexual Assault Survivors Support (SASS): This group runs three hours per week over 12 weeks or less. It focuses on the trauma of sexual assault through discussion and exercises. Participants must complete a screening interview and be 18 years of age or older.

Process Group: This group runs two hours per week. It is an ongoing, weekly group that draws on the participants' shared experiences in overcoming the long-term effects of sexual trauma. Participants must have successfully completed AMAC or SASS. They may also be required to complete a screening interview.

New groups begin every February, September, and in the Spring as needed. The Process Group is ongoing and can be joined throughout the year.

MAKING AN APPOINTMENT WITH A COUNSELLOR

To make an appointment with a counsellor, clients are asked to call our Intake Counsellor (780-423-4102). The Intake Counsellor will take a general history to ensure the client is ready for counselling and will then assign a counsellor and schedule the first appointment. There may be a wait list for individual counselling, but an appointment will be scheduled as soon as space is available.