

## MAKING AN APPOINTMENT WITH A COUNSELLOR

In order to make an appointment with a counsellor, clients are asked to call an intake worker at SACE (423-4102). The intake worker will take a general history to ensure the client is ready for counselling and then assign a counsellor and make an appointment.

## REGISTERING FOR GROUP

In order to register for group, clients are asked to call SACE to book a screening interview (423-4102). These interviews are held several weeks prior to group and take about one hour. The purpose of this interview is to ensure that the client is ready for group and that the client feels the group will meet their needs.

For attendance in a September group, clients should call in June for an interview appointment; for attendance in a February group clients should call in December or January for an interview appointment.

## 24 HOUR CRISIS LINE

SACE offers a 24 Hour Crisis Line for anyone affected by sexual violence. Call 423-4121 any time you need support.

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

### WE BELIEVE:

- sexual violence is an abuse of power and trust;
- people can heal;
- in valuing diversity and respecting all people;
- individuals should be free to make their own life choices;
- each person should have the opportunity to learn and grow;
- in creating a safe environment and maintaining confidentiality;
- inability to pay should not be a barrier to receiving service;
- in providing support and advocacy for people who have been affected by sexual violence;
- services must be accessible to children, adolescents, women and men;
- communities must take action to protect vulnerable people and to become free from violence;
- public education and advocacy are vital for eliminating violence;
- offenders, not victims, must take responsibility for violence;
- teamwork is essential;
- volunteers are crucial to our agency and provide a link to communities; and
- in working with other agencies to further common goals.



# Adult Counselling Program



**SPEAK UP!  
SOMEONE WILL LISTEN!**

Sexual Assault Centre of Edmonton  
205, 14964 - 121A Avenue  
Edmonton, AB T5V 1A3

Business Line	(780) 423-4102
24 Hour Crisis Line	(780) 423-4121
Website	<a href="http://www.sace.ab.ca">www.sace.ab.ca</a>
E-mail	<a href="mailto:info@sace.ab.ca">info@sace.ab.ca</a>



## SEXUAL ASSAULT CENTRE OF EDMONTON (SACE)

SACE offers group and individual counselling sessions for women and men 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 below are for clients age 18 and over; girls and boys under 18 would participate in the Child and Adolescent Therapy Program at SACE.

### 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 some tools to carry on with their healing. A primary goal of individual counselling is to help the client be prepared to attend group counselling at SACE.

Generally, there is a one to two week wait for an initial counselling session. After this, clients may have to wait several weeks to begin their remaining nine sessions, depending on counsellor caseload and appointment availability.

## GROUP COUNSELLING

A variety of group programs are offered at SACE to address and overcome the effects of sexual assault. Groups generally meet once per week for two and a half hours for fourteen consecutive weeks. There is a maximum of ten clients per group with two facilitators conducting each group.

With sufficient enrollment, groups may be offered at various times including weekday, evening and/or Saturday programs.

New groups begin each September and February, except for the Process Group, which is ongoing and can be joined throughout the year.



### GROUP COUNSELLING PROGRAMS

Information Series - This group runs two hours per week for three weeks and provides clients, their support people and professionals with information regarding the healing process and group programs. The Information Series is held in July and February. Please call early in June or January to find out specific dates. Participants must be age 18 or over.

Adults Molested as Children (AMAC I) - This group runs two and a half hours per week for fourteen weeks. It combines group exercises, discussion and handouts on such issues as feelings toward the offender, body image and overcoming the effects of abuse. Participants must be age 18 or over and complete a screening interview.

Sexual Assault Survivors Support (SASS) - This group runs two and a half hours per week for fourteen weeks or less. It addresses the trauma of sexual assault through discussion and exercises. Participants must be age 18 or over and complete a screening interview.

Process Group - This group runs two hours a week. It is an ongoing, weekly group that draws on the participants' shared experiences in overcoming the long-term effects of sexual trauma. Participants need to have successfully completed AMAC I or SASS. There is a possibility of a screening interview.

Body Image and Food: Having a Healthy Outlook - This 12 week program will be held two and a half hours weekly and is designed for survivors of sexual abuse who also struggle with issues around food and body image. Using a framework which gently challenges cultural and personal beliefs, clients will draw on shared experiences to establish healthier functioning.

Sexuality Group - This group will encourage clients to examine and reclaim healthy sexuality. It runs two and a half hours per week for eight weeks and incorporates a combination of group exercises and discussion.