

Sexual Violence;

A Handbook Full of Resources for Edmontonians

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

Compiled by:

Simran Dhillon
Japkaran Saroya



INTRODUCTORY STATEMENT

Hello Everyone,

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

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

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

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

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

Simran Dhillon & Japkaran Saroya

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HOW TO REPORT A SEXUAL ASSAULT

What is a Sexual assault?

"Sexual Assault is defined as an assault of a sexual nature that violates the sexual integrity of the victim. The Supreme Court of Canada held that the act of sexual assault does not depend solely on contact with any specific part of the human anatomy but rather the act of a sexual nature that violates the sexual integrity of the victim."

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

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

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

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

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

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

HOTLINES & CHAT-LINES

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

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

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

Central Alberta Sexual Assault Support Centre (CASASC)

- Sexual Violence Help Line
 - Call: 1-866-956-1099
 - Text: 403-986-4357
 - Webchat: www.casasc.ca

Alberta 211

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

Canadian Mental Health Association (CMHA)

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

COUNSELLING SERVICES

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

Sexual Assault Centre of Edmonton (SACE)

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

FireFly Counselling

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

YWCA Edmonton

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

COUNSELLING SERVICES

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Momentum - Walk-in Counselling

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

Drop-In YEG

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

University of Alberta Sexual Assault Centre

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

Strathcona Sexual Assault Centre (SAFFRON)

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

NON-ENGLISH SPEAKING COUNSELLING

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

The Islamic Family and Social Service

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

ASSIST Community Services

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

Boost Psychology

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

Online Psychologist Sessions

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

LEGAL ASSISTANCE

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

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

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

Legal Aid Alberta

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

Edmonton Community Legal Centre

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

Office of the Child and Youth Advocate Alberta (OCYA)

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

Liberty Law

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

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COURT SUPPORTS

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

Saffron Centre

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

SACE Court Support Program

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

PHYSICAL HEALTH AND MENTAL HEALTH

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

YWCA Compass Sexual Wellness Program

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

Mental Health Help Line

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

Edmonton Distress Line

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

PHYSICAL HEALTH AND MENTAL HEALTH

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

Sexual Assault Response Team (SART)

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

Woman's Health Options

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

FAMILY SUPPORT & PREVENTING FAMILIAL ABUSE

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

Emergency Protection Order Program

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

Family Violence Info Line

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

Stop Abuse in Families

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

FAMILY SUPPORT & PREVENTING FAMILIAL ABUSE

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

The Family Centre

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

The Today Centre

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

SUPPORTING INDIGENOUS COMMUNITIES

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

Aboriginal Counselling Services of Alberta

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

First Nations and Inuit Hope for Wellness Help Line

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

Native Counselling Services of Alberta

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

Native Youth Sexual Health Network (NYSHN)

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

SUPPORTING LGBTQ+ COMMUNITIES

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

Comprehensive Health Education Workers' (C.H.E.W.) Project

- The C.H.E.W. Project develops and delivers research-informed, age-appropriate, and non-judgmental comprehensive health education for LGBTQ2S+ youth
- A nurse from Alberta Health Services STI Clinic provides on-site testing that focuses on sexual and gender minority youth.
- Additional pre-test/post-test counselling, resources, information, and support are also provided.
- (780) 492-3740

Edmonton Men's Health Collective (EMHC)

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

Trans Lifeline

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

LGBTQ Distress Line

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

SUPPORTING LGBTQ+ COMMUNITIES

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

Family Resilience Project

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

Pride Centre of Edmonton

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

EMERGENCY SHELTERS

Alberta Council of Women's Shelter

- www.acws.ca - lists shelters / resources throughout Alberta
- 1-866-331-3933

A Safe Place

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

Ermineskin Women's Shelter (Maskwacis)

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

Hope Mission

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

Lurana Shelter

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

Safe House (Catholic Social Services)

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

SAGE Senior's Safe House

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

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

- 780-423-5302

WIN House (3 locations)

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

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

- 780-468-7070

THANK YOU AND PLEASE SHARE!

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

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

