





Believe You Believe You Believe You Believe You Believe You Believe You

People will forget what you said.

People will forget what you did.

But people will never forget how you made them feel.

Maya Angelou

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If you or someone you know has experienced sexual assault or abuse, know that there are supports available. SACE provides client-centered services for people who experience sexual violence, including crisis support, counselling, police and court support, and advocacy, and works to prevent sexual violence through direct public education, and advisory consultation with groups and agencies undertaking their own prevention efforts.

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Everyone's path to healing is unique. If it makes sense for you, SACE has support options available.









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It's Not

Your Fault





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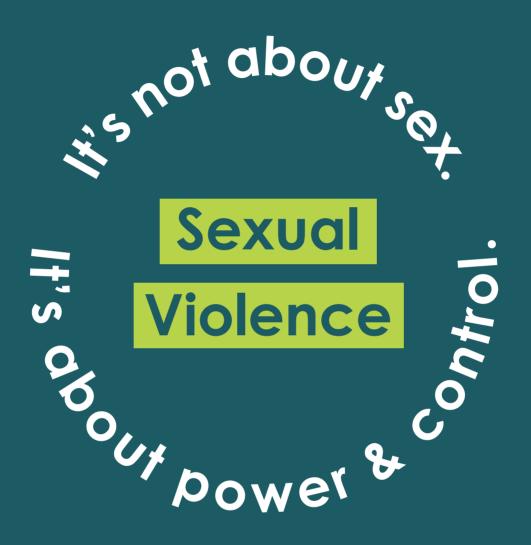




No one ever asks to be sexually assaulted or abused. If you or someone you know has experienced sexual violence, know that it is not your fault, and SACE has support options available.







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We provide the following services without fees to individuals:

- Support and Information Lines (call, text, or chat)
- Child and Youth
 Counselling
- Adult Counselling

We provide professional, essential services to people of all ages, genders, backgrounds, abilities, and sexual orientations who have experienced sexual violence. We maintain interdepartmental committees dedicated to advancing the interests of five populations of focus: Indigenous, LGBTQ2S+, Older Adults, Newcomers,

- Group Counselling
- Psychoeducation Sessions
- Police and Court Support
- Public Education

and People With DisAbilities. We also have community counselling, tailored educational programming, and tailored group counselling programming to support the needs of communities that disproportionately experience marginalization and/or barriers to accessing services.



























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