

About SARC

Realizing there was a need in the community to provide support to survivors of sexual assault, a grassroots effort brought like-minded people together in the 1980s. Over the years, the Sexual Assault Response Committee (SARC) grew into a government grant and donation funded registered charity. With funding now available, SARC was able to expand its services in the community and reach more people needing help.

Today, SARC offers sexual trauma-focused counselling services for survivors and those affected by sexual violence, awareness campaigns, and numerous school education programs to prevent sexual violence. SARC is partnered with more than 50 agencies including police services, health services, and other non-profit organizations with a focus on ending violence.

SARC is also a member of the Association of Alberta Sexual Assault Services (AASAS). AASAS is the provincial governing body that works through its member agencies to ensure that all Albertans have access to services. AASAS's mission is to provide leadership, coordination, and a unified voice on issues of sexual violence while increasing recognition and support for sexual assault centres in Alberta.



Network Navigation

SARC Community Education and Network Navigation Specialists can aid survivors of sexual assault and sexual abuse, and those affected, by connecting them to legal and community resource services.

Awareness Campaigns



Walk a Mile in Her Shoes®

- ☀ The International Men's March to end rape, sexual assault, and gender based violence

One Billion Rising

- ☀ The One Billion Rising Campaign raises awareness to the fact that 1 in 3 women in the world will be beaten or raped during her lifetime. Women (and men) are encouraged to "rise up" every year on February 14th to show solidarity and say **"NO MORE!"**

Counselling

"It can be a hard decision whether or not to go to counselling, but receiving help and support can speed up the recovery process"



SARC is committed to **helping survivors and those affected** regain their strength and independence. It can be a hard decision whether or not to go to counselling, but receiving help and support can speed up the recovery process. It can take a lot of strength and courage to ask for help from a counsellor, and it can be helpful to know what to expect before you even go to your first appointment. Counselling lets you build a trusting and safe relationship where you can share your thoughts and feelings. It can help empower you to take more control in your life and move towards realistic personal goals. Counselling can be very healing when you feel listened to and your feelings are validated.

Education

Elementary School (Gr. K-6)

- ☛ “Who Do You Tell?”™ Program

Junior High School (Gr. 7-9)

- ☛ Healthy Relationships Plus Program (HRPP)
- ☛ No Also Means Know (Sexual Assault/Consent)
- ☛ I Think She’s a 10 (Sexual Harassment)
- ☛ Starting Strong (Healthy Relationships)

High School (Gr. 10-12)

- ☛ Safe Dates
- ☛ Rape Culture and the Media
- ☛ Understanding Sexual Assault

Fun & Interactive Games (Gr. 7-12)

- ☛ Class Feud
- ☛ Jeopardy/Trivia
- ☛ Human Sorry Game
- ☛ Giant Jenga

Adult (18+)

- ☛ “Who Do You Tell?”™ Program Information Session
- ☛ Teachable Moments
- ☛ Sexual Harassment in the Workplace
- ☛ First Responder to Sexual Assault and Sexual Abuse (through ASSAS)

And more

Crisis Lines

Emergency
911

Kids Help Line
1.800.668.6868

Sexual Assault/Abuse Crisis Line:
1.877.237.5888

Programs and services funded by:



Alberta Human Services



About SARC

We are here to provide leadership, coordination, and a unified voice on issues of sexual assault and sexual abuse in the Southeastern Alberta region.

☎ 403.548.2717

www.mhsarc.com

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