

Need to talk?

EMERGENCY (RCMP) 9-1-1
CAPITAL HEALTH S.A.R.T. (24HR) 408-LINK (5465)
CHILD ABUSE HOTLINE (24HR) 1-800-387-5437
SEXUAL ASSAULT CRISIS LINE 780-423-4121
KIDS HELP PHONE 1-800-668-6868
SAFFRON 780-449-0900
EDMONTON PROTECTION ORDER PROG. 780-422-9222

Client Story

My journey has been a tough one... but life is much better now! I am in my early 30's and had experienced severe depression, anxiety and physical symptoms for most of my life but worse over the last 3-4 years. The symptoms became unbearable soon after the birth of our first child. I searched for help in the "typical" medical system for some time— seeing over 35 physicians. I saw generalists, specialists and even surgeons.

After all these attempts failed to help me, I started seeing some alternative therapists such as a naturopath, homeopath and even a body talker. I made little progress while following their treatment strategies. In the spring of 2005, I saw a counselling psychologist who helped me deal with my sexual abuse problems. Although my healing was unbelievable, our treatments ended due to him relocating to a different city. At this time, I began searching for other avenues to continue my healing journey.

I started seeing a counsellor for private counselling at the Strathcona Sexual Assault Centre. I am grateful for the individual and group counseling that I have been so blessed to have received through the Centre. The counsellor has been such a special inspiration to my damaged heart. My private and group times have allowed me to feel strong and excited about my future. The anxiety, depression and physical symptoms are part of my past... a chapter in my life that has been closed. I am thrilled to begin my next phase of life... one filled with joy, appreciation, love and spirit.

- a very content lady



Show your support for SAFFRON's mission of
"working towards the prevention of sexual abuse and sexual assault"

SAFFRON
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Seeds of Healing
counselling
program

SAFFRON
STRATHCONA SEXUAL ASSAULT CENTRE LTD

Help is here,
you are not
alone...



Our Mission

“Working towards the prevention of sexual assault and sexual abuse.”

We strive to...

Empower individuals affected by sexual abuse and sexual assault

-AND-

Empower communities to take action against sexual violence

What does SAFFRON mean?

In 2006, Strathcona Sexual Assault Centre took on a new name. Saffron is greek for ‘crocus’, which in flower language means ‘abuse not’. The crocus is one of the first flowers that emerges out of the snow in the spring. Through this symbol, we celebrate the emergence of renewed life for the participants in our ‘Seeds of Healing Program’. Learning to live after abuse can be like coming in from the cold and discovering the warmth of your own heart.

contact us
for more information,
or to schedule an intake

by phone: **780-449-0900**

by email: **info@saffron-ssac.com**

or online: **www.saffron-ssac.com**

it is **never**
the victim's **fault**

Now what do I do?

Talk to Someone

Individuals affected by sexual assault often feel that they are to blame. This is NEVER true, sexual violence is never the victim's fault. Talking to a trusted adult, friend or another support person may be of great benefit.

SAFFRON offers individual, group counselling services and crisis intervention services. The Centre provides counselling not only to survivors but for spouses, non-offending family members, and other members of a survivor's support system. Intakes are normally done over the phone by the Counselling Coordinator. Our Counsellors will determine the frequency and duration of the sessions, subject to availability and resources.

Group Counselling

Healing from the Hurt

A group for parents, caregivers and / or other family members of children and youth who have been affected by sexual violence.

Roots of Healing Level I & II

Counselling groups for survivors of sexual violence.

ONYX Teen Girls

This group is aimed at addressing the concerns of young women including self-esteem, communication, healthy relationships, sexuality, body awareness and media influences.

Trauma, Loss and Recovery

Addressing trauma and loss in a 3-day workshop format.

The Facts

Sexual assault impacts more people than you think...

- 75% of all survivors know their attackers
- 4 out of 5 female undergrads at Canadian Universities become victims of physical or sexual violence in a dating relationship
- of violent crimes sexual assault is the most under-reported crime
- 1 in 4 Canadian women will be sexually assaulted at some point in their life
- only 6% of all sexual assaults are reported to the police