

24-Hour Sexual Assault Crisis Line

This is a confidential, anonymous service, answered by specifically-trained volunteers, who provide information, support and referrals.

Questions or concerns regarding recent or historic sexual assault, sexual harassment, stalking/ criminal harassment or child sexual abuse are addressed through this line.

**24-Hour Sexual Assault Crisis Line
403-356-1099 (Red Deer Local)
1-866-956-1099 (Toll Free)**

Sexual assault victims can access assistance at the hospital or police through this line, anytime. Counseling appointments are available through the business line (403) 340-1124, weekdays only.

All services are available at no cost.

Help Us Help

BE AWARE of your own beliefs and attitudes about equality in relationships. Sexual assault is about power. Educate yourself to recognize potentially harmful situations.

MAKE A SMALL CHANGE in your own life. Strive for an equal balance of power in your relationships. Speak out when you see others in controlling or dominating situations. Recognize the consequences of tasteless jokes and comments. Challenge inappropriate stereotypes.

ASSIST OTHERS by listening to concerns of family and friends. Support healthy choices in relationships. Utilize agencies who can help by requesting printed information or attending appointments as a support person.

SUPPORT AGENCIES who provide services to victims of sexual assault. Book a speaker, display a poster, inform others, attend public events, volunteer. Whatever your comfort level, agencies appreciate support for their efforts.

MISSION STATEMENT

The Central Alberta Sexual Assault Support Centre (CASASC) will educate, support and empower individuals, families and communities regarding all aspects of Sexual Abuse and Sexual Assault.



**CENTRAL ALBERTA SEXUAL ASSAULT
SUPPORT CENTRE**

**We are located at:
A201, 5212 - 48 Street
Red Deer, AB
T4N 7C3**

**On the web:
www.casasc.ca**

**On Facebook:
CASASC**

**On Twitter:
@CASASC2**

**Office: (403) 340-1124
Fax: (403) 340-1163**

**Outreach in Rocky Mtn House
Call main office for appointment.**

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Core Beliefs

We believe:

- people can heal
- we are facilitators of the healing process
- 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 to grow
- in creating a safe environment and maintaining confidentiality
- services must be accessible to children, adolescents, women and men
- 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
- public education and advocacy are vital for eliminating violence

Funders



**Government
of Alberta**



CENTRAL ALBERTA SEXUAL ASSAULT
SUPPORT CENTRE

The Central Alberta Sexual Assault Support Centre is a voluntary, non-profit organization serving the Central Alberta region under the direction of a community-based Board of Directors.

The CASASC educates, supports and empowers individuals, families and communities regarding all aspects of Sexual Abuse and Sexual Assault.

What is Sexual Assault?

Sexual assault is unwanted sexual contact and can range from unwanted touching to sexual intercourse. **Sexual assault is not about sex; it is about power.** Sexual assault is a crime of violent intent, where offenders view the assault as a way to gain power and control in their own lives.

It is common for survivors of sexual assault, especially when they know the attacker, to question whether the experience was a true case of sexual assault. Some victims wait days, months or years before seeking help. We help with a better understanding of the effects of the assault.

Anyone can be a victim.

In 85% of sexual assaults, the victim knows the attacker. Victims range in ages from very young children to seniors, and include both males and females.

- Sexual assault is committed more frequently and reported less often than any other crime.
- The police are often not contacted when a person is assaulted by someone they know. If the assault is reported, there is usually a delay.
- People who are sexually assaulted often blame themselves.

Counseling

Crisis and short-term counseling services are available to victims of sexual assault and their families. Individual sessions are designed to support personal coping skills and accelerate recovery in people who are experiencing the after-effects of a trauma. Regardless of the length of time since the assault, all victims can benefit from appropriate supportive intervention.

In addition to individual sessions, psycho-educational groups are also offered. Some individuals feel they may benefit from participation in a group setting. Our groups offer educational sessions combined with the value of a shared experience.

Empowerment and Guidance

Medical assistance: CASASC staff are on call 24 hours a day to provide accompaniment to the hospital for victims of recent assaults.

These individuals, their family and friends or hospital staff may access this service by phoning the Sexual Assault Crisis Line. If individuals prefer, staff can also provide accompaniment and support to their family doctor or the Teen/Young Adult Sexual Health Clinic.

Police assistance: CASASC staff can facilitate and provide accompaniment to police for those individuals wishing to make a report. There is no statute of limitations on sexual assault; that is, a police report can be made regardless of the length of time since the assault occurred.

Court support: For those involved in the court process, staff are available to assist with information, preparation and accompaniment throughout the court proceedings.

Victims of Sexual Assault / Sexual Abuse deserve support and assistance.

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Therapy

A qualified therapist is accessible by appointment to provide long-term counseling. Play therapy for young children is also available. The trauma of sexual assault can occasionally trigger a reoccurrence of other issues for individuals. The combination of physical and emotional symptoms can result in ongoing or situational stress that is difficult to manage alone. To book a counseling appointment, phone 403-340-1124 during business hours. To talk to someone immediately, phone the 24-Hour Sexual Assault Crisis Line.

Education Program

The Central Alberta Sexual Assault Support Centre is the leader when it comes to educating and providing information to people (regardless of age or gender) concerning sexual assault. As a dedicated non-profit agency, our staff believes strongly that offering proactive programs is one way we are making a difference in helping to build healthier communities.

Our education programs are tailored to meet the needs of the people in our communities. At CASASC, we take pride in providing custom-designed education programs especially for the audience we are trying to reach. Our in-school education programs cover all age groups, from kindergarten to post-secondary. We also offer programs focused towards professional development for volunteer groups, employee groups and the general public as well as targeted professional development opportunities for staff and volunteers in contact with those who have been sexually assaulted.

Through years of experience helping those who have been sexually assaulted, we believe the following statement to be true:

Education + Knowledge = Empowerment

All services are available at no cost.

CASASC Office (403) 340-1124