

We provide...

- ◆ Free counselling service;
- ◆ Confidential counselling for victims and their families;
- ◆ Education about sexual violence and the impact it has on an individual;
- ◆ Community and school presentations;
- ◆ Supportive counselling services for residential school survivors;
- ◆ A culturally-supportive environment.

Next Steps

Sexual violence counselling,
support, education

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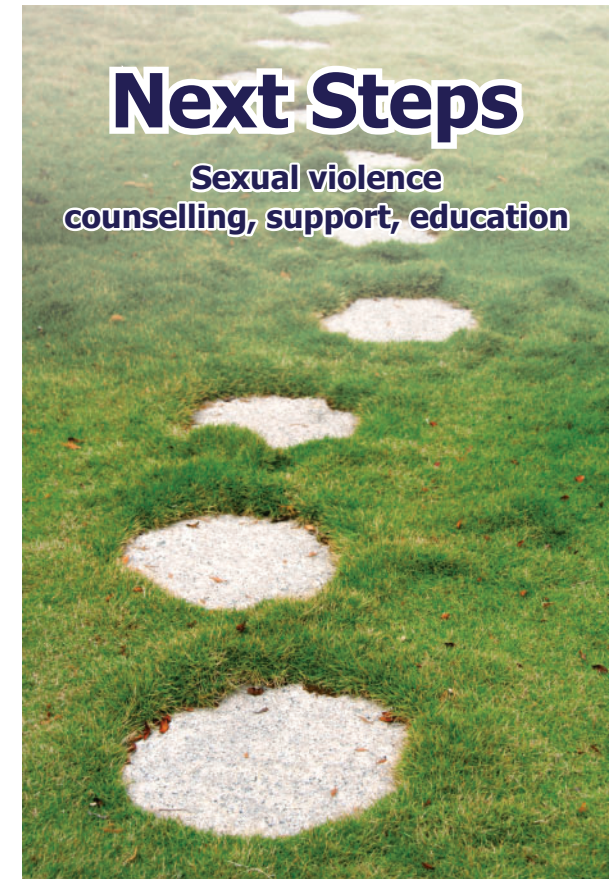
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When sexual violence has happened to someone close to you:

- ◆ **Believe the survivor;**
- ◆ **Offer your support, encouragement and respect;**
- ◆ **Emphasize to them their strength in surviving the violence;**
- ◆ **Listen to their feelings and allow them to express themselves;**
- ◆ **Emphasize that she/he is not to blame;**
- ◆ **Educate yourself about the effects of sexual violence;**
- ◆ **Be aware of your own needs and limits;**
- ◆ **Encourage them to seek counselling;**
- ◆ **Take time out for your own nurturing.**

Common feelings and effects survivors may experience include...

- ◆ Shock, disbelief, numbness;
- ◆ Confusion, helplessness;
- ◆ Flashbacks;
- ◆ Fear, terror, feeling unsafe;
- ◆ Anxiety, depression, sadness;
- ◆ Feelings of worthlessness or feeling "damaged" or "dirty";
- ◆ Problems with sex and intimacy;
- ◆ Denial, anger, and mood swings;
- ◆ Self-blame, guilt;
- ◆ Nightmares, headaches, nausea;
- ◆ Increased substance use.

Counselling helps you:

- ✓ **To process your experience and guide you through your healing process;**
- ✓ **To learn how sexual violence impacts your physical, emotional, social and spiritual wellbeing;**
- ✓ **To gain tools and learn coping skills;**
- ✓ **To gain self-awareness and confidence.**

Counselling support for sexual violence can alleviate feelings of disconnect and isolation. You are not alone.

Owning our story and loving ourselves through that process is the bravest thing that we'll ever do.

-Brené Brown



Society for the Involvement of
Good Neighbours **NEXT STEPS**