



We provide...

- *Free confidential counselling for victims and their families;*
- *Education about sexual violence and the impact it has on an individual;*
- *Community and school presentations;*
- *A culturally-supportive and safe environment.*

SIGN Next Steps
*Sexual violence counselling,
support and education*
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When sexual violence happens 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.



Next Steps provides counselling support for victims of sexual violence.

If you are a victim, counselling can help you process your experience and guide you through your healing process.

You will learn how sexual violence impacts your physical, emotional, social and spiritual wellbeing; it helps you gain tools and learn coping skills; and gain self-awareness and confidence.

Common feelings and effects survivors may experience include shock, disbelief, numbness, helplessness, flashbacks, fear, anxiety, depression, feelings of worthlessness or feeling “damaged”, anger, self-blame, guilt, and nightmares.

*We are here to help.
You are not alone.*

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