

Have you experienced a recent sexual assault?

The assault was NOT your fault. Regardless of where you were, who you were with or whether or not you were sober, the perpetrator is the person who made the choice to commit a crime. You did not cause the assault.

If you are considering reporting to police and want evidence collected, try not to shower, go to the bathroom, eat, or drink. Place the clothes worn during the assault into a bag and bring them to the hospital with you.

Even if you don't want to report, we encouraged you to get medical care and testing for STIs, pregnancy, and injuries.

Seek support from non-judgmental family, friends, or through a sexual assault centre like ours. It is normal to feel numb, angry, scared, or overwhelmed. Be sure to reach out if those feelings are too much. Talking to safe people can make a difference.

If you are 18 years or older, the choice to report is yours and there is no statute of limitations: you can report today or years from now.

We are here to listen to you, believe you, and help you with your next steps. Contact us at our 24/7 crisis and information line for more information.

Courtesy of Saskatoon Sexual Assault and Information Centre.

Contact Us:

OFFICE

1040 Winnipeg Street
Regina, SK, S4R 8P8, Canada

HOURS

Monday to Friday
9:00 AM - 4:30 PM
Closed on statutory holidays



306.522.2777

rsac@sasktel.net

reginasexualassaultcentre.ca

24/7 CRISIS LINE

306-352-0434

TOLL-FREE

1-844-952-0434

24-hour

Support from
trained advocates



@rsacsupport

Funded by:



Government
— of —
Saskatchewan
Ministry of Justice

and generous donations from our community

REGINA+AREA

sexual assault centre

Your Truth. Our Purpose.

Regina and Area Sexual Assault Centre (RSAC) is a non-profit organization that provides resources to those impacted by sexual and intimate partner violence. Through education, support, and advocacy, we aim to minimize the impact of sexual violence, while reducing prevalence and stigma in our communities.

Our Services



COUNSELLING

- RSAC offers free, confidential, trauma-informed services to anyone 5 years or older impacted by sexualized or interpersonal violence. Counsellors can also provide sessions to the family members of survivors who are seeking information and support.
- Our team of qualified counsellors are committed to the best quality care and participate regularly in professional development to continually grow to meet the needs of those we serve.
- We offer individual, family, and sometimes group therapy that is client-centred, multi-modal and collaborative. Our counsellors offer traditional talk-therapy as well as trauma-based practices such as EMDR.
- We offer in-person and virtual counselling options for low-barrier access to support. We may be able to offer assistance with transportation for those in Regina.
- We operate a 24/7 toll-free crisis and information line (English only) overseen by trained staff and volunteers.



ADVOCACY

- RSAC encourages clients to have a voice and a choice throughout their healing journey. We can offer accompaniment to health, justice, legal, and/or social services appointments.
- Our staff can help connect individuals with other community resources to best support them in their healing journeys.



TRAINING + EDUCATION

WORKPLACE + COMMUNITY TRAINING, WORKSHOPS, AND PRESENTATIONS

- RSAC is a leader in providing education and consultation for diverse groups and professions on the topic of sexualized violence, consent, trauma and its impacts, and more.
- We can offer training and presentations for legal professionals, medical professionals, community organizations, workplaces, educators and more in Regina and surrounding regions. Contact our office for more information on what we can offer.

SUPPORTING SURVIVORS OF SEXUALIZED VIOLENCE

Created by Saskatoon Sexual Assault and Information Centre, RSAC offers this workshop in half-day and full-day formats to anyone who works with, or may find themselves supporting someone impacted by sexualized violence (HINT: that is almost everyone). The workshop provides a comprehensive overview of all forms of sexual violence, the neuro-psycho-social impacts, trauma-informed communication and support, duty to report, and options for emotional, legal, and medical care in Regina and area. Private workplace + organization trainings can be offered, and we offer public training dates as well throughout the year. SST is eligible for law CPD hours.

KIDS ON THE BLOCK

KOTB is a children's puppet-based educational program that provides age-appropriate conversations about violence prevention. Key messages include personal safety, how to say 'no', safe adults, trusting instincts, safe/unsafe situations, bullying, and child abuse. The presentations help children engage in the topic and learn basic personal safety.

The program has delivered violence prevention education to over 13,000 students in Southern Saskatchewan. KOTB presentations can be arranged for classrooms, day camps, community events, and more. Contact us for more information.