

After Sexual Assault: Checklist

Are you a victim of a recent sexual assault?

This was NOT your fault. The perpetrator is the only one responsible for committing this crime.

You have the right to medical care: try not to shower, go to the washroom, eat, drink, or change your clothes if you wish to have evidence collected.

Even if you do not want a forensic exam, please consider treatment for STI's, possible pregnancy, and/or physical injuries.

Seek personal support from non-judgemental friends and family.

Seek professional support from your local sexual assault centre or mental health professional.

Sexual assault is a crime; you can report to any police station. There is no statute of limitations on reporting this crime; you can report it today or years from now. Contact your local police service or discuss reporting options with your local sexual assault centre.

-SSAIC

Contact us!



Office



1830 MACKAY STREET, REGINA SK,
CANADA

OPEN: MONDAY-FRIDAY

9:00AM - 4:30PM

PHONE: 306-522-2777

FAX: 306-522-5070

EMAIL: RSAC@SASKTEL.NET

Crisis Line

306:352-0434

TOLL FREE: 1-844-952-0434

24-HOUR COUNSELLING FROM
TRAINED ADVOCATES

Website

REGINASEXUALASSAULTCENTRE.CA

Facebook/Instagram

@RSAC SUPPORT



Regina Sexual Assault Centre



Regina Sexual Assault Centre (RSAC) is a non-profit organization that connects its community with local resources to overcome sexual and intimate partner violence. Through the use of education, support, and advocacy, we aim to minimize the impact of sexual violence while reducing the prevalence and stigma associated with it.

Our Services

Counselling

- RSAC offers free, confidential, clinical services to anyone age 5+ who is coping with sexual or intimate partner violence, as well as friends and family of survivors
- Our team of counsellors are trained professionals with Master's level education
- Clinical services are offered in the form of individual, family and/or group therapy and follow trauma-informed practices
- Our services are informed by a client-centered, multi model, collaborative approach
- Individuals with transportation barriers may be eligible for over-the-phone and online counselling
- We offer a 24-hour crisis line accessible for crisis intervention with trained advocates (English only)

Advocacy

- RSAC encourages clients to have a voice throughout their healing process. We offer accompaniment to health, justice, legal, and/or social services appointments
- Our team can connect individuals to local resources such as pro bono legal aid, medical services, etc.
- Trained advocates on our team can accompany individuals in difficult processes such as police reporting, and/or hospital visits

Training & Education

Workplace Training Presentations and Workshops

- RSAC works closely with the community to create personalized educational workshops that meet the needs of the specific group.

Supporting Survivors of Sexualized Violence Training

- This training provides participants with crucial information pertaining to sexual violence and the tools to support those who have disclosed sexual violence. The objectives of this training are to: broaden your understanding of sexualized violence and its impacts; increase your level of confidence in supporting survivors of sexualized violence; and equip you with skills to respond to disclosures of sexualized violence and support survivors in their next steps after disclosure.

Kids on the Block (KOTB)

- KOTB is a children's puppet-based educational program that provides age appropriate conversation about violence prevention.
- Key components of the grades PreK-5 presentation include safety, bullying, and abuse prevention
- Youth programs (grades 5-8) focus on personal boundaries, healthy relationships, legal age of consent, gender roles and "sexting"