



**SURVIVOR'S
HOPE**
CRISIS
CENTRE



SARAH

Sexual Assault Recovery and Healing

**Counselling and
Support Program**

Available to those in the
Interlake Eastern region of Manitoba

Free ongoing counselling is available to anyone who has experienced teen or adult sexual violence.

The SARAH Counselling and Support program aims to help survivors with their recovery and healing by providing a place to share their story and to be heard. We believe empowerment can come from safety, advocacy, and accurate information.

Individual Counselling

- Available to those 15 years old and up
- Offered by phone and encrypted Google Meet (in-person support can take place post-pandemic)
- Includes appropriate referrals and advocacy with relevant systems
- Free, confidential, and by appointment only
- Available to those living in north eastern MB

Support Groups

- Information will be available in 2021

If you would like to talk to a counsellor, please call **204-753-5353** and leave a message or send an email through **survivors-hope.ca/contact**.

We will contact you to arrange an appointment.