

SARAH TRAINING SCHEDULE

Two weekends of extensive, no-cost training (in-person & virtual):

- Training Topics :
 - Compassionate responding
 - Ideologies & Stigma
 - Medical and Legal Options
 - Traditional Teachings
 - Harm Reduction
 - Suicide and Risk Assessment
 - 2SLGBTQIA+ Awareness, Inclusion and Affirmation
 - Role play practice
 - Meeting and chatting with seasoned experienced volunteers to discuss their experience and knowledge



**Survivor's Hope Crisis Centre
Supports SARAH Volunteers in many
ways.**

- Training in trauma-informed care, suicide assessment and intervention, medical and legal options following a sexual assault and more
- Opportunities to debrief with Survivor's Hope team and counsellors
- Monthly meetings with volunteer group for connections
- Further training opportunities
- Volunteer recognition and appreciation

HOW DO I BECOME A VOLUNTEER?

- Download an application form at www.survivors-hope.ca/volunteer Complete and send to volunteer@survivors-hope.ca
- Complete a brief interview
- Apply for record checks (expenses are covered by Survivor's Hope) criminal with volunteer sector check, child & adult abuse checks.
- Successfully complete training



**Survivor's Hope Crisis Centre
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Pinawa, MB RoE 1Lo**



**Ph: 1-204-753-5353
volunteer@survivors-hope.ca
www.survivors-hope.ca**

SARAH VOLUNTEER PROGRAM

(SARAH) Sexual Assault
Recovery & Healing



*supporting and
empowering survivors*

SURVIVORS-HOPE.CA



**SURVIVOR'S
HOPE
CRISIS
CENTRE**

SURVIVOR'S HOPE CRISIS CENTRE

Survivor's Hope Crisis Centre is a sexual assault and violence resource centre, serving those of all genders in the Interlake-Eastern Region of Manitoba. We provide inclusive support and sexual assault crisis intervention to survivors and those affected by sexualized violence.

SARAH (SEXUAL ASSAULT RECOVERY AND HEALING)

The SARAH Program has two components:

- **Long-term individual counselling & healing groups (SARAH Counsellors)**
 - For survivors & those who care about them
 - All genders
 - 13+
 - Meets with participants in-person in their home community, virtually, or by phone
 - Drop-in counselling
- **Crisis program (SARAH Volunteers)**
 - Partnered with IERHA hospitals & RCMP detachments
 - 24/7 availability of SARAH Workers/Volunteers

All volunteers must be at least 18 years old, able to respond to crisis situations in a calm, empathetic, and non-judgmental manner, and have excellent communication and listening skills. The applicant must also have a valid driver's license, access to a reliable vehicle, and be willing to travel in Interlake-Eastern Manitoba.



THE ROLE OF A SARAH VOLUNTEER

- “Sit With” while survivor accesses support from other service providers (RCMP, medical, etc.)
- Emotionally support and validate survivors' experience
- Provide support & compassion for survivors' loved ones who are present
- Normalize responses to trauma
- Provide information on medical & legal options, assisting survivors in making informed decisions
- Provide advocacy & empowerment, ensuring the survivor's rights and needs are forefront
- Assess & document risk, including suicide/self-harm, child welfare, and harm to others
- Offer information on community resources and services available, including connection to the SARAH Counselling program
- Respect and preserve privacy of personal information as required by Personal Health Information Act (PHIA)



HOURS OF VOLUNTEERING

- On-call hours are 6:00pm Friday - 12:00am Monday
- (12:00am Tuesday on holiday Mondays)
- Survivor's Hope staff rotate on-call phone, 24/7
- Schedules are created in 2 month increments, based upon volunteer's availability
- If services are needed, volunteers are expected to arrive at the survivor's location as soon as reasonably possible (mileage is compensated)
- Two volunteers on-call & attend together

OPPORTUNITIES

We offer training opportunities, connections and other volunteering opportunities such as Folk Fest & other exciting events and markets.

