

WHAT IS SEXUAL VIOLENCE?

Sexual Violence happens to people we know in our communities.

At Survivor's Hope Crisis Centre, we use the term "sexual violence" as an umbrella term, as it broadly describes any violence, physical or psychological, carried out through sexual means or by targeting sexuality that violates an individual and is typically about power and control, rather than sex.

If someone identifies an event as sexual violence we will treat it as such.

Sexual violence takes different forms and can include: sexual abuse, assault, harassment, stalking, indecent or sexualized exposure, degrading sexual imagery, non-consensual sharing of intimate images, voyeurism, cyber harassment, trafficking, sexual exploitation, or any experience that the individual defines as sexual in nature.

It is the experience of the survivor that matters.

We recognize that any instance of sexual violence can be incredibly impactful, regardless of the legal definition.



**SURVIVOR'S
HOPE**
CRISIS
CENTRE

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SARAH

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SADI

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Reaching Out

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Volunteer Inquiries

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www.survivors-hope.ca/donate
Survivor's Hope Crisis Centre Inc. is a Registered
Charitable organization #898311709 RR 0001.

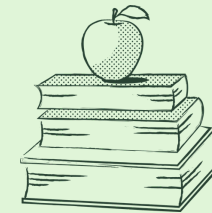


**SURVIVOR'S
HOPE**
CRISIS
CENTRE

hope and healing

for those affected by sexual assault
and violence

SARAH



SADI

**Reaching
Out**



*working throughout
Interlake-Eastern Manitoba*

SARAH

The SARAH (Sexual Assault Recovery and Healing) Program provides 24/7 crisis support, long-term & short-term counselling, support groups, advocacy, and referrals to those affected by sexual violence in Interlake-Eastern Manitoba.

Counselling

Who can access SARAH Counselling?

- Residents of the Interlake-Eastern area 13+
- Any income level & gender – free to all
- Survivors of sexual violence & those indirectly impacted by supporting a loved one

Where is SARAH Counselling?

- In person, by phone, or virtual
- Comfortable, confidential spaces provided during sessions

Crisis

What does SARAH Crisis offer?

- 24/7 support & advocacy for individuals seeking care for sexual violence
- Information on medical & legal options
- Provision of clothing & personal items
- Connection to SARAH Counselling

Where is SARAH Crisis?

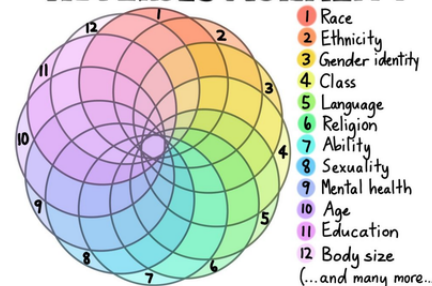
- Hospitals and RCMP detachments in the Interlake-Eastern area – ask for a SARAH worker

SADI

The SADI (Sexual Assault Discussion Initiative) Program is an education resource for schools in Interlake-Eastern Manitoba, providing workshops on topics including healthy self-esteem, gender, media literacy, internet safety and exploitation, mental health and trauma, healthy relationships, and sexual violence.

- Grades 6, 8, 10 and 12 students
- Approx. 60-75 minutes long
- Knowledge, support, and discussion opportunities
- Alignment with Manitoba's Education and Early Childhood document on Supporting Transgender and Gender Diverse Students, the Canadian National Action Plan to End Gender-Based Violence, and the United Nations Convention on the Elimination of all Forms of Discrimination Against Women (CEDAW)

INTERSECTIONALITY



Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.
– Kimberlé Crenshaw –

REACHING OUT

The Reaching Out Program aims to engage community members in discussions around sexualized violence with the goal of enhancing knowledge, reducing stigma, and providing connection to resources.

- Workshops & presentations – Compassionate Responding to Sexual Violence, Digital Consent, Consent in the Workplace, etc.
- Community events & wellness fairs
- Support at music festivals and town fairs
- Brochures, posters, Interlake-Eastern Regional Resource Guide & infographics
- Social media content & e-mail newsletter
- Collaboration with other agencies & service providers
- Committees, networks, & advocacy

