

## Who we are

CCASA is the primary sexual assault and sexual abuse crisis and education service provider for Calgary and surrounding areas. CCASA provides safe, accessible, professional services for people of all races, abilities, religions, sexual orientations, and genders.

## Our Vision

Healthy communities free of sexual abuse and sexual assault.

## Our Mission

Provide leadership to impact attitudes and actions around sexual abuse and sexual assault.

## CCASA offers free and confidential services

- Individual Counselling
- Group Counselling \*(sliding fee scale)
- 24-Hour Support and Information Line
- 24-Hour Toll Free Line (in Alberta)
- 24-Hour Hospital Accompaniment
- Public Education and Outreach
- Police And Court Education and Support (P.A.C.E.S.)

*\* There is a small fee for group counselling, however, no individual will be turned away if they cannot afford the fee.*

Arrangements for interpreters available upon request.

For more information on our programs and services as well as community engagement and volunteer opportunities please visit:

Website: [calgarycasa.com](http://calgarycasa.com)

Phone: 403-237-6905

Fax: 403-264-8355



Dedicated to reducing the impact of sexual abuse and sexual assault

## CCASA is a proud partner of



Connect Family and Sexual Abuse Network is a partnership between Calgary and area service providers who are working together to simplify access to essential services for individuals and families affected by family and sexual violence. For more information please visit the Connect website at [connectnetwork.ca](http://connectnetwork.ca).

## Thank you to our funders



**CCASA would also like to thank The Printing House LTD. for their quality work, efficiency, and unparalleled customer service.**



# ccasa

Calgary Communities  
Against Sexual Abuse



## What To Do

When someone you know has been sexually assaulted

### 24-Hour Support and Information Line

403-237-5888

### 24-Hour Toll-Free

1-877-237-5888

TTY Line: 403-508-7888

### Email/Online

[info@calgarycasa.com](mailto:info@calgarycasa.com)

[calgarycasa.com](http://calgarycasa.com)

### CCASA

Suite 700, 910 7th Avenue SW  
Calgary, Alberta T2P 3N8

CCASA recognizes that the trauma from sexual violence can be extremely impacting and can affect the person who experienced the sexual violence, their family, friends and support persons.

### **If someone has been sexually abused or sexually assaulted, they may experience...**

- Problems sleeping and eating
- Difficulty feeling safe with others
- Physical symptoms (injuries, nausea, headaches)
- Flashbacks or memories of the sexual assault
- Recurring thoughts about the sexual assault (i.e. “what if?” scenarios)
- Anxiety and fears
- Confusion

### **If someone has been sexually abused or sexually assaulted, they may feel...**

- Shame
- Helpless
- Shock
- Guilt
- Confused
- Emotionally numb
- Responsible
- Angry

All of these reactions are commonly experienced by individuals who have been impacted by sexual violence. CCASA provides support and information that can help reduce the isolation that individuals may experience following the sexual violence that was committed against them.

### **How you can help someone who has been sexually abused or sexually assaulted:**

#### **Believe Them**

Believe what they tell you and make sure they know what happened is **not their fault**. Recognize that the person who was sexually assaulted is not to blame. Only the offender(s) should be held responsible for the crime of sexual violence they committed when they chose to hurt another person.

#### **Be Supportive**

Sexual assault can be devastating for the person who was sexually assaulted and their families. Respect an individual’s physical and emotional boundaries and acknowledge their fears. Time may be required to build up a healthy sense of safety and trust again. Do not pressure them to make decisions, and do not make decisions for them. Support what they decide to do after the assault.

#### **Be Understanding**

Understand that if there is a lack of tears or anger this does not mean that they do not feel any emotional trauma. Initial shock is normal and natural and many emotions may take time to surface. Also understand that it is more important to talk about how they are feeling than the details of the assault. Do not try to find a reason for what happened to them. Remember, offenders know what they are doing is wrong and they are making a choice to commit a crime.

#### **Be Encouraging**

Offer to help the person who was sexually assaulted figure out their options and connect them to whatever services they request. Avoid pressuring them into doing anything they are not ready to do, even if it is what you think is best for them.

### **How you can help yourself:**

• A natural reaction in response to a crime of sexual assault is anger. If you are experiencing angry feelings, it is important for you to find healthy ways to vent and recognize when to seek support services for yourself. It is also important that you do not direct your anger towards the individual who was sexually assaulted, as the crime committed against them was done by an offender who made the choice to hurt them.

• Sadness over the trauma is also common. However, excessive grieving in front of the person who was sexually assaulted will make them feel responsible for you. Get support for yourself as well.

• Understanding what a person who was sexually assaulted may be feeling does not mean you have to take responsibility for what they may be going through. Do not feel pressure to ‘fix’ things for them. It is important for you to cope with your feelings around the assault as much as it is important for them to cope with theirs.

• Initially, the person who was sexually assaulted may not want to talk to you or anyone about what they are going through. Do not force care onto them. Be available when they are ready to reach out to you and support them when they choose to access helping resources.

• Just as the person who was sexually assaulted is not responsible for the assault, neither are you. Feelings of sadness, anger, confusion and despair can be intense and emotionally draining. Stay positive and know you too will heal in time.

• Educate yourself about sexual abuse and sexual assault. Visit the CCASA website at [calgarycasa.com](http://calgarycasa.com) or call our 24-hour Support and Information Line at 403-237-5888 for more information.

### **Some facts about sexual assault:**

- Sexual assault is a criminal offence.
- Sexual assault is a crime of power and control in which sex is used as the weapon. Sexual violence violates an individual’s body, and their sense of safety and control over aspects of their life.
- Most sexual assaults are committed by an offender who knows and is in contact with that person (*Juristat Service Bulletin, Canadian Centre for Justice Statistics, 1994*).
- The crime of sexual violence has no boundaries. Any person regardless of age, appearance, race, profession, gender, income, sobriety etc. can experience this crime.