

24hr Sexual Assault Crisis Line
403-356-1099 OR 1-866-956-1099

If you're not sure of who to call
OR
If you should call, then do it!

Pick what's right for **YOU**

- One to One
- Group Therapy
- Play Therapy
- Pet Therapy
- Education "No Secrets"
- Family Intervention
- S.A.R.T. Program
- Text, Web, Call-in

Anyone can be a victim...

- 85% of victims know their attacker
- Victims come in all ages, shapes, backgrounds
- DO NOT blame yourself

#IRespect

Who we are ...

We are committed to ending the culture of sexual violence to build safer communities for all Albertans through the culture of **RESPECT**

By adopting six basic elements:
Core Principles of a Trauma-Informed Culture

Safety- ensuring physical and emotional safety, "do no harm"
Trustworthiness- making tasks clear, maintaining appropriate boundaries
Choice - Prioritizing survivor choice and decision-making; supporting survivors' control over their own healing journey
Collaboration-sharing power with survivors
Empowerment- Identifying strengths, prioritizing building skills that promote survivor healing and growth
Cultural competence- Ensuring; sensitivity to the role of culture in lived experience and decision-making.
(Adapted from Profit, 2010)

#IRespect

Join our campaign on any of our social media pages today to show your support.



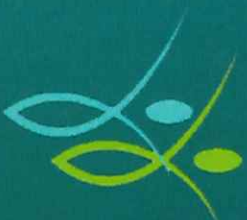
casascrd



@casasc2

casasc.ca

A201, 5212 - 48 Street
Red Deer, Alberta T4N 7C3



CASASC
CENTRAL ALBERTA
SEXUAL ASSAULT SUPPORT CENTRE

WE ARE HERE TO HELP 24/7

403-986-HELP TEXT (4357)



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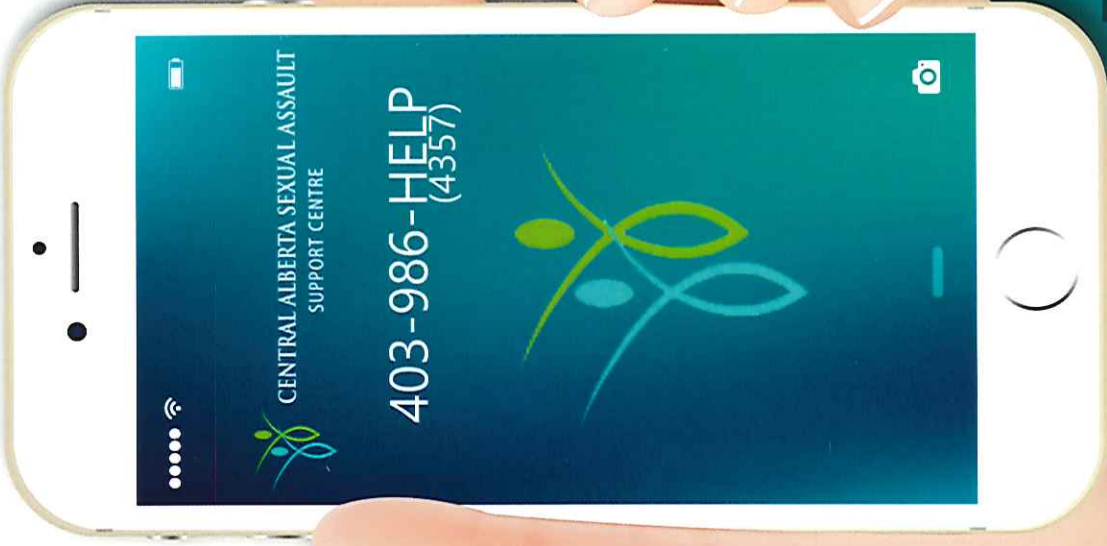
The Central Alberta Sexual Assault Support Centre is a voluntary, non-profit organization serving the Central Alberta region under the direction of a community - based Board of Directors.



What is sexual assault/ sexual abuse?

Sexual assault / sexual abuse is a crime of violent intent, where offenders view the assault as a way to gain power and control in their own lives. Sexual assault / sexual abuse can range from coercive exposure to pornography and inappropriate sexual behaviors to uninvited touching that may include forced sexual intercourse.

Victims of Sexual Assault or Abuse Deserve Support and Assistance



Education Program

CASASC is the leader when it comes to education and providing information to people concerning sexual assault. Our staff believes strongly that offering proactive programs is a key way to building healthier communities.

In-school education programs are a must. From as young as kindergarten to post-secondary, we offer programs focused to their own age level.

We also offer programs focused towards:

- Volunteer groups
- Employee groups
- General public
- Targeted professional development

Creating opportunities that open up space for collaboration amongst employees, volunteers, community members and individuals we serve.

Thank You To Our Supporters



EDUCATION + KNOWLEDGE = EMPOWERMENT