



**pasac**

Prince Albert  
**Sexual Assault Centre**



# PASAC Service Areas

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Prince Albert

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La Ronge

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Meadow Lake



Prince Albert  
**MOBILE CRISIS UNIT**

**pasac**

Prince Albert  
Sexual Assault Centre

15-15<sup>th</sup> Street West, Prince Albert

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Piwapan



Women's Centre

La Ronge



Meadow Lake

# How to Access Services



Self Referrals via phone,  
email, social media or walk in



Agencies completing a referral  
send via email to  
[saw@pacrisis.ca](mailto:saw@pacrisis.ca)

Who do we work  
with?

**Everyone**

No matter your race, social status, gender identity: we do not discriminate. We welcome people from all walks of life.

What do we charge  
for counselling?

**\$0**

Our services are free of charge to anyone and everyone.



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# Accessing Services

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# Our Clientele

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- Any Age
- Any Gender identity
- Any Socioeconomic status
- Any Race
- Secondary Victims



# Reporting to Police

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- As an adult, it does not need to be reported to police
- Child = Duty to Report
- Work with survivors at any point in the judicial process



## Other Supports

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- Court Support
- Hospital Attendance

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# Public Education

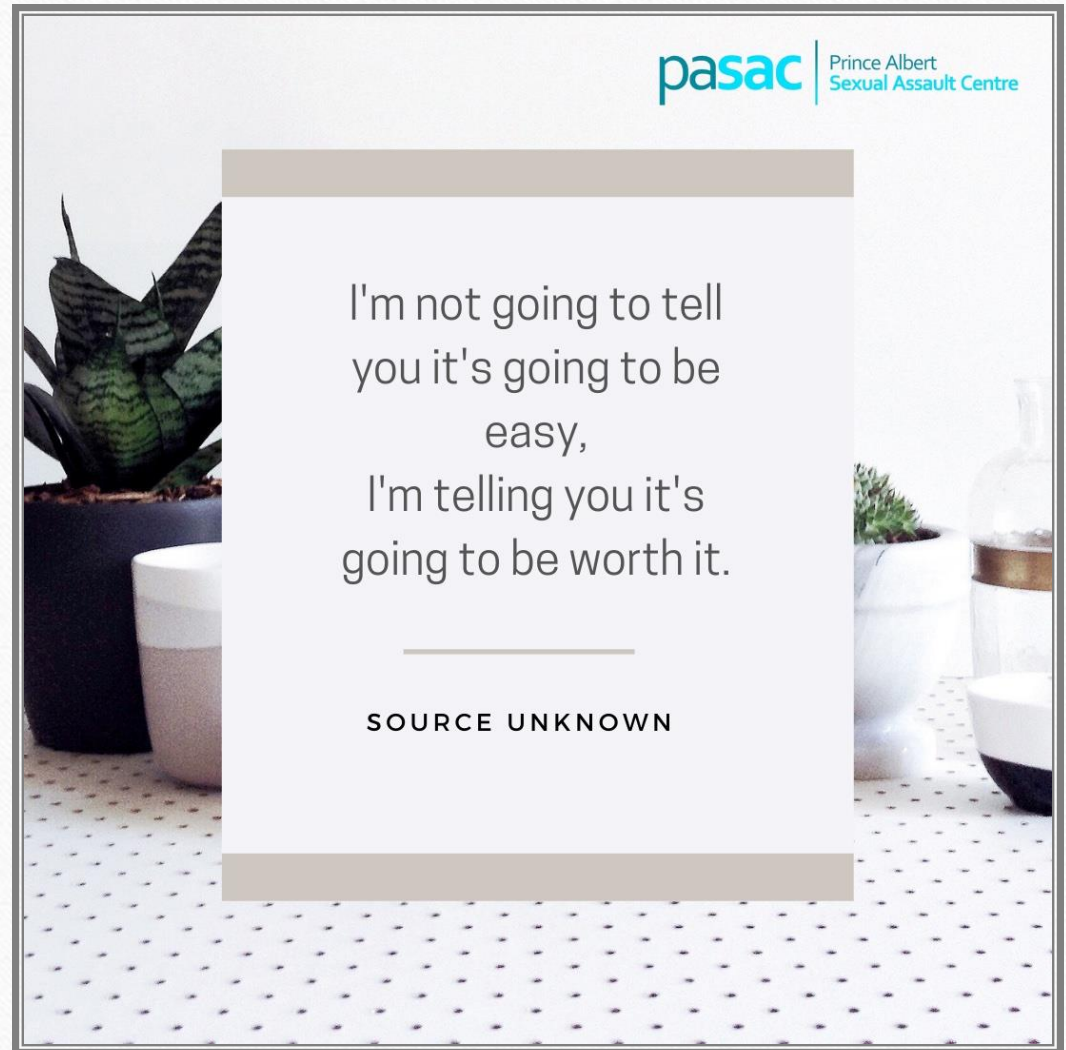
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- Provide public education to a range of ages and target groups
  - Career and health fairs
  - Information sessions
  - General public or professional learnings/events
  - Over the phone consults

## What to Expect from Counselling at PASAC

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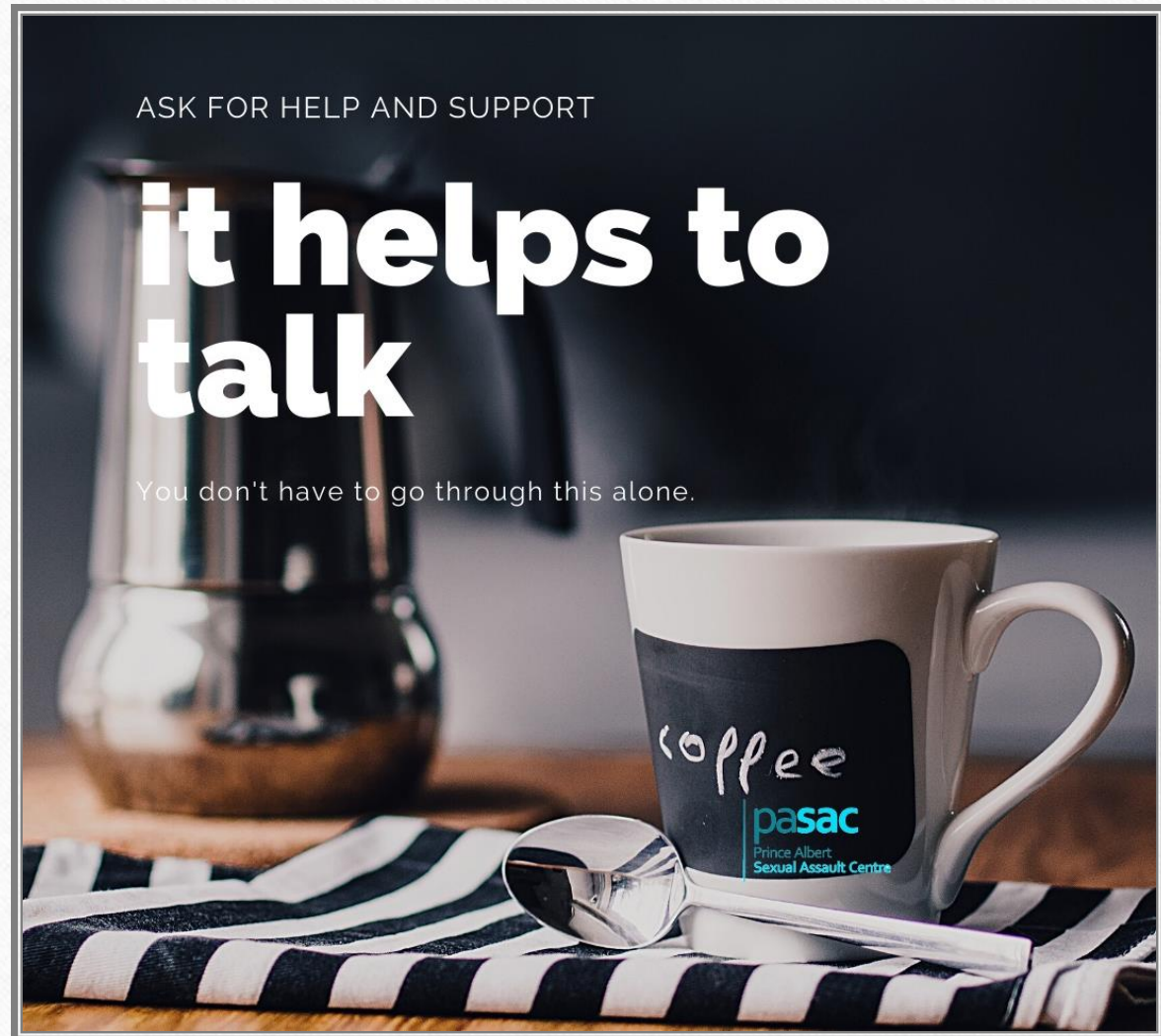
- Sessions are between 45 to 60 minutes in length
- The first session is 'getting to know one another'
- A case plan will be formulated with each survivor based on their goals
- We do not have a set limit of sessions: this is dependent on each survivor's needs



## Symptoms to Address Through Counselling

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- Shame
- Guilt
- Embarrassment
- Triggers
- Nightmares
- Flashbacks
- Dissociations
- Anxiety and depressive symptoms
- Eating disorders



## Types of Therapy

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- Talk Therapy
- Art and Play therapy
- Land based
- Cultural methods
- Cognitive Behavioral Therapy
- Yoga and body awareness
- Somatic Experiencing



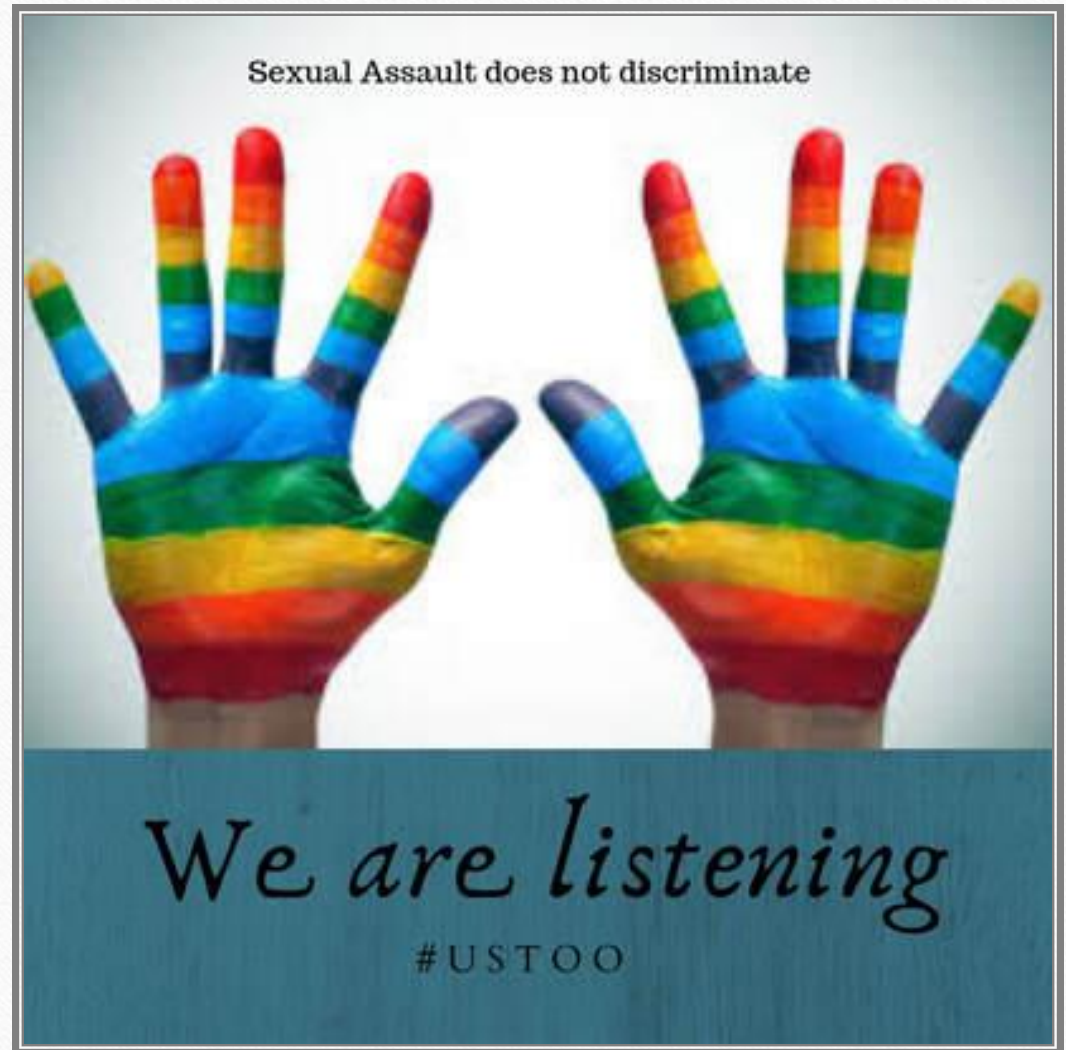
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## The Reality of Sexual Assault

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- 1 in 3 women
- 1 in 5 men
- Sub-populations at higher risk:
  - First Nations
  - Ethnic Minorities
  - Females
  - Children
  - Persons with disabilities
  - LGBTQ community
  - Seniors



# SEXUAL ASSAULT STATISTICS

**91%** of sexual assaults are not reported to the police.



1 in 3 females will be assaulted in her lifetime



1 in 6 males will be assaulted in his lifetime



Aboriginal women are 3x more likely to be assaulted than non-Aboriginal women



**SASS**  
Sexual Assault Services  
of Saskatchewan

**460,000**  
Assaults in Canada  
Every Year



# The Law

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- All suspicions of abuse of children must be reported as per the *Saskatchewan Child Abuse Protocol (2017)*
- When in doubt, make a report to Social Services, First Nations Child and Family Programs, or your local police agency
- Canadian Criminal Code definition of sexual assault:
  - Any unwanted sexual act done by one person to another or sexual activity without one person's consent or voluntary agreement

## Report Child Abuse:

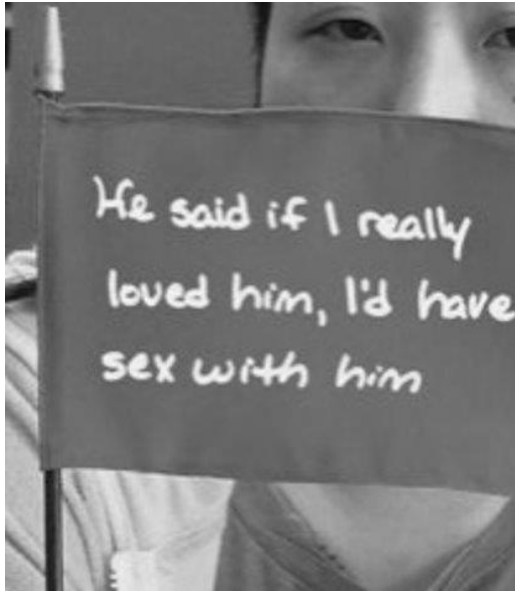


Child and Family Programs -  
Ministry of Social Services  
1-866-719-6164

**Your local First Nations Agency**  
**Your local RCMP/Police**



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## Sexual Contact without your consent is sexual assault even if you...

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- Agreed to go home with the other person or invited them to your place
- Agreed to go on a date
- Agreed to some sexual activity with them but not all sexual activities
- Agreed to the activity in the past

# Common Feelings for Survivors

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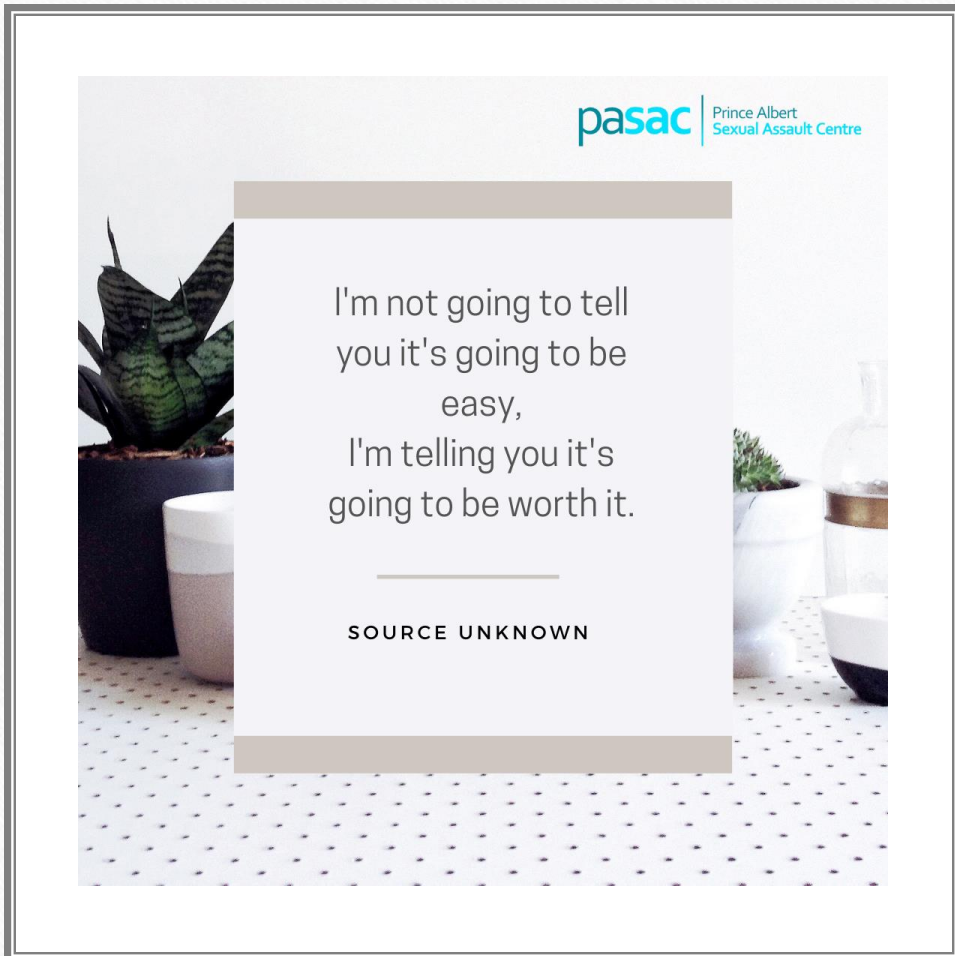
- Shock
- Self-blame
- Shame
- Embarrassment
- Anger
- Depression
- Fear
- Anxiety
- Trouble Eating
- Difficulty sleeping and bad dreams
- Mood swings

#shatterthesilence

Keeping the abuse  
a secret further  
victimizes the  
survivor

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# We want survivors to know...

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- We believe you
- It is **NOT** your fault
- The offender is to blame



## Other Support Services

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- KidsHelp Line at 1-800-668-6868 or text CONNECT to 686868
- Adults text HOME to 686868
- SK Health Line – 811
- Canada Suicide Prevention Services at 1-833-456-4566 or text 45645
- First Nations and Inuit Hope for Wellness Helpline at 1-855-242-3310

# Human Trafficking Support Services

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- National Human Trafficking Resource Centre 24-hour hotline at:  
1-888-373-7888
- The Canadian Human Trafficking Hotline 1-833-900-1010.
- For more information about the Canadian Human Trafficking Hotline, visit: <https://www.canadianhumantraffickinghotline.ca/>



# Contacting PASAC

- Weekdays, daytime hours - 306-764-1039
- MCU (after hours, weekends and stats) - 306-764-1011
- Website: <https://www.pacrisis.ca>
- Email: [saw@pacrisis.ca](mailto:saw@pacrisis.ca)
- Physical Address: 15-15th Street West, Prince Albert (right beside the Prince Albert Police Station)

# Follow Us

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- Prince Albert Sexual Assault Centre



- @pasexualassaultcentre

ANY  
QUESTIONS?



CALL PASAC  
306-764-1039

Thank you

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TO DO

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