

# RESOURCE GUIDE



KAMLOOPS SEXUAL ASSAULT  
COUNSELLING CENTRE

SERVICES, COMMUNITY RESOURCES, AND MORE!



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# Territory Acknowledgement

Kamloops Sexual Assault Counselling Centre is on the territory of the Tk'emlúps te Secwépemc people. Our work takes place in both Secwepemcúl'ecw and Nlaka'pamux territory. We extend our deepest gratitude to the traditional caretakers of these territories.

KSACC also acknowledges our complicity in colonial systems. As we work to decolonize our practice, we must be accountable for the harm that social service agencies and the justice system have perpetuated against Indigenous people, and how our organization has benefitted from colonial structures and white supremacy. As we stand in the discomfort of facing this truth, we commit to the principles of justice, equity, and humility. The link between ongoing colonial violence and gendered violence is strong. We recognize that the Canada many of us know was built on Indigenous lands without consent. Manipulation and violence have been, and continues to be, used to control Indigenous peoples' bodies and lands through colonialism.

Importantly, alongside every act of violence exists a parallel story of resistance to that violence. We recognize and honour Indigenous peoples historical and ongoing resistance to both colonial and gendered violence.

*Parts of this territorial acknowledgment were inspired by words from TRU's Sexual Violence Prevention and Response office.*



# WELCOME TO KSACC!

**History:** In 1981, the Women's Access Centre of Cariboo College sponsored a conference with the theme "Violence Against Women". Five feminist women who attended that conference were moved to establish a Society in Kamloops to provide crisis services to women who had been sexually assaulted. With start-up funding provided by the Ministry of the Attorney General, the Thompson Nicola Rape Crisis Centre opened its doors in October of 1982 with one staff member and a handful of very dedicated volunteers. They resolved to work within established systems to not only provide services but to educate the public to effect the societal changes necessary to reduce the incidence of violence against women and children.

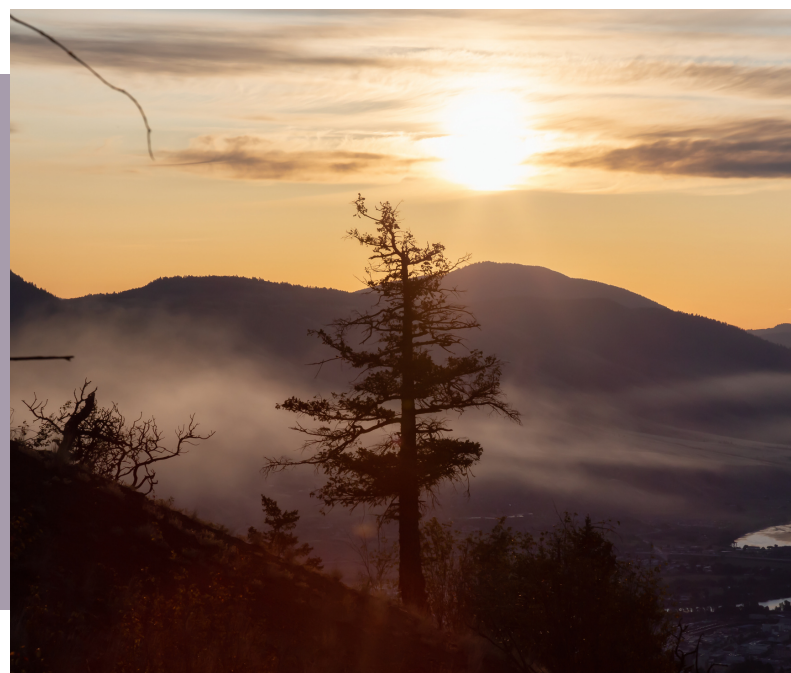
**Mission Statement:** Kamloops Sexual Assault Counselling Centre is a feminist organization that supports individuals who have experienced sexualized violence. We provide **free** counselling, support services, advocacy, education and prevention.

**Values & Beliefs:** Sexualized violence is an umbrella term, used by KSACC, to encompass all forms of violence including: intimate partner violence (IPV), domestic violence, gender-based violence, sexual assault, and sexual abuse.

**KSACC is a safe and accessible space.**



“We see you.  
We hear you.  
We believe you.”





# STV - ADULT COUNSELLING

**What is STV?** STV stands for Stopping the Violence. Our STV counsellors provide one on one counselling to adults of all genders who are survivors of sexualized violence. This includes sexual assault, domestic violence, historical childhood sexual abuse, as well as emotional and psychological abuse.

**What does a STV counselling session look like?** KSACC is a feminist organization that strives to offer nonjudgmental, safe, and confidential counselling. Together, you and your counsellor will work to regain your safety, set goals, identify social supports, learn coping strategies, and explore self-care. You and your counsellor may also work to recognize and understand the dynamics of abuse, explore past or current abuse, or work to strengthen self-confidence and self-worth.

**Is there a waitlist for STV counselling?** Yes, KSACC has a waitlist for STV counselling, which can be a 6-12 month wait. An STV counsellor or KSACC worker will reach out when a space has become available to begin counselling.

**Does KSACC offer Group counselling?** Yes, KSACC offers Group counselling to individuals who have been added to the STV waitlist. You can email [ksacc@ksacc.ca](mailto:ksacc@ksacc.ca) for information on upcoming groups.




# STV – ADULT COUNSELLING

**How often do I need to attend counselling?** Counselling sessions are usually 50 to 60 minutes long and are typically booked every two weeks. If you “no show” to your appointment 3 times, your file may be closed or you may be moved back onto the waitlist. If you do not attend counselling for 3 months, your file will be closed. If you need to resume counselling after 3 “no shows” or 3 months, you will need to go through the Assessment process again and may be put back on the waitlist. Counselling can be hard, especially when working through trauma and sexualized violence. If you’re finding counselling too difficult, triggering, or not helpful, talk to your counsellor first, rather than stopping counselling.

**I’m unable to get to the KSACC office regularly. Can I do counselling online?** KSACC recognizes that it can be difficult or unsafe to attend in person counselling at our office. Along with one on one counselling, we offer phone counselling, as well as confidential online counselling for adults and older youth.

**How long does it take to finish STV counselling?** Counselling is a space for you to heal, grow, achieve goals, and learn new skills and techniques to manage your trauma symptoms. When you feel confident that you can manage your trauma symptoms, you and your counsellor will celebrate your success which will signal an end to your STV counselling at KSACC. Healing from abuse is not a linear process. Trauma symptoms like memories, flashbacks, or nightmares can come back, weeks, months, or even years after counselling. It’s important to understand that this is normal. If your symptoms are becoming too difficult to manage on your own, you are always welcome to reach out to KSACC again.



*NOTE: You must live within KSACC's service area to access services, whether online or in-person. Discuss service areas with a KSACC staff member.*

# SAIP – CHILD & YOUTH COUNSELLING

**What is SAIP?** SAIP stands for Sexual Abuse Intervention Program. Our SAIP counsellors provide counselling to children and youth between the ages of 3 and 18 who have experienced sexual abuse, sexual assault, sexual exploitation, or for children 12 and under who are showing signs of sexually inappropriate behaviour.

**What does a SAIP counselling session look like?** Our SAIP counsellors are trained in Play Therapy and KSACC has a playroom filled with therapeutic toys, arts and crafts, educational books and worksheets, a sand tray, and sensory toys. Children are able to freely explore the playroom while learning about consent, boundaries, safety, and breathing and grounding exercises while working on identifying their feelings. During play, the counsellor asks gentle questions and identifies themes and your child's strengths. For older youth and teens, most prefer a counselling office setting where they can participate in talk therapy while colouring or sketching.

**Is there a waitlist for my child or youth to receive SAIP counselling?**

Yes, KSACC has a waitlist for SAIP counselling which is estimated at a 3 month wait. During the Assessment, the SAIP counsellor will determine if your child or youth is considered "high risk" they may be able to access counselling immediately, without being put on the waitlist.

**How often does my child or youth need to come for counselling?**

Counselling sessions are usually 50 minutes long and are typically booked every two weeks. If your child "no shows" to their appointment 3 times, they will be moved onto the waitlist. If a child or youth does not attend counselling for 3 months, their file will be closed. If your child needs to resume counselling after 3 "no shows" or 3 months, they will need to go through the Assessment process again and may be put on the waitlist.

# SAIP – CHILD & YOUTH COUNSELLING

**How can I support my child or youth during counselling?** The best way to support your child during their counselling at KSACC is to ensure they attend regular sessions. It is important that your child develops a safe and trusting relationship with their counsellor. You can also ask your child to show you any breathing or grounding techniques they have learned so they can practice, arts and crafts they have done, or what books they enjoyed.

**What happens if my child discloses abuse?** Part of the role of a SAIP counsellor is to ensure that children and youth are safe; safe in their body and safe in their home and community. If your child or youth discloses abuse that has not already been reported to a child protection agency and/or the RCMP, the parent or guardian will need to report the abuse. KSACC and the SAIP counsellor will support you and your child in this process. If the parent or caregiver does not report the abuse, the counsellor has a legal and ethical obligation to report the abuse to a child protection agency.





# COMMUNITY BASED VICTIM SERVICES

Community Based Victims Services (CBVS) is a program that provides information and emotional supports to victims who are navigating the criminal justice system. The CBVS support worker is also the only person in Kamloops who can help individuals who are interested in completing a Third Party Report. We will explain and assist clients in filling out Victim Impact Statements, Crime Victim Assistance Forms, and register them with the Victim Safety Unit.

## **Who We Support**

- Children, youth, and adults of all genders who are survivors of violence, and will be a Crown Witness.
- Emotional support and accompaniment to family court for women who are victims of intimate partner violence.

## **Other Resources:**

### **Kamloops RCMP Victim Service Unit**

**Phone: 250-828-3223**

- Support for all victims of crime.
- Referrals to Community Resources.



# PEACE PROGRAM – COUNSELLING FOR CHILDREN & YOUTH (CHASE, BC)

The PEACE program provides free, confidential counselling for children and youth (3-18) who have witnessed or experienced violence or abuse in the home, including emotional, psychological, and physical abuse.

Sessions provide a safe place where children and youth can process their experiences, identify and express their feelings, and learn safety skills and strategies to overcome the effects of trauma. The PEACE counsellor facilitates healing through education, art, and play activities suitable to each child or youth's age.

## **The PEACE program helps children and youth to:**

- Identify their feelings and express them in a healthy way
- Recognize their strengths and increase their self-esteem
- Overcome the short- and long-term effects of trauma
- Understand what abuse is and that they are not responsible
- Identify support networks and develop a safety plan
- Develop healthy relationship building skills
- Learn emotional regulation and grounding techniques

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## **Chase Resources:**

Chase Mental Health & Substance Use: 250-679-3312

Chase Police-Based Victim Services: 250-679-8638

SAFE Society (STV Counselling and Women's Shelter in Salmon Arm): 250-832-9616

**NOTE:** The PEACE program in Kamloops is offered through the **YMCA-YWCA**. They can be contacted at: **250-376-7800**

# SUPPORT GROUPS

KSACC's support groups are an opportunity for survivors who have experienced violence to come and share a safe space while exploring the things that violence often leaves behind. We cover topics such as resilience, resistance, communication, letting go and self-love. Participants get to discuss these topics in a variety of ways whether it's art, writing or just sharing common experiences.

All conversations in the group are confidential, and folks can choose to be active participants, quiet learners or all styles in between. For safety and containment, we do not talk about our "trauma stories". This is because your story is sacred and deserves to be given the time to be told properly and in the right place; this can't safely happen within a one hour group.

We recognize that talking about violence can be triggering and we always offer lots of ways to stay grounded in the work and group space.

We look forward to sharing space with you at group!



# ANTI-VIOLENCE CRISIS RESPONSE

**24/7 Crisis Line:** Trained staff and volunteers are available 24/7 to support survivors of domestic violence and sexual assault. Whether you've experienced recent or historical violence, we're here to offer support.

**Who can call?** The crisis line is intended for anyone 13 and up who has experienced domestic violence or sexual assault. We provide support to all genders. We also provide support to friends or loved ones of survivors, or other community members and professionals.

## **What do you offer?**

- Emotional support
- Information about domestic violence and sexual assault, medical and forensic procedures, reporting and legal options, and community supports and services.
- Information on follow-up counselling and justice related services available through KSACC.
- Community resources and referrals.

**Crisis Line:**  
**1-888-974-**  
**7278**

**Hospital Accompaniment:** Staff can accompany you through your medical treatment and/or forensic examination for sexual assault. Staff are able to provide emotional support, advocacy, and provide information about medical treatment, forensic examinations, and reporting to police.

**What is a forensic examination?** A forensic examination involves a medical practitioner documenting injuries, and collecting samples (evidence) from a sexual assault. Ideally, forensic examinations are completed within seven days of the sexual assault.

**How long does a forensic examination take?** Because the forensic examination is based out of the Emergency Department, the times can vary. The typical timeframe is approximately 2-6hrs.

**How do I access Hospital Accompaniment?** Attend the Emergency Department of Royal Inland Hospital in Kamloops. When speaking with triage, let the nurse know that you would like a support worker from Kamloops Sexual Assault Counselling Centre to attend. The nurse will contact the centre, and a worker will arrive at the hospital as soon as possible.

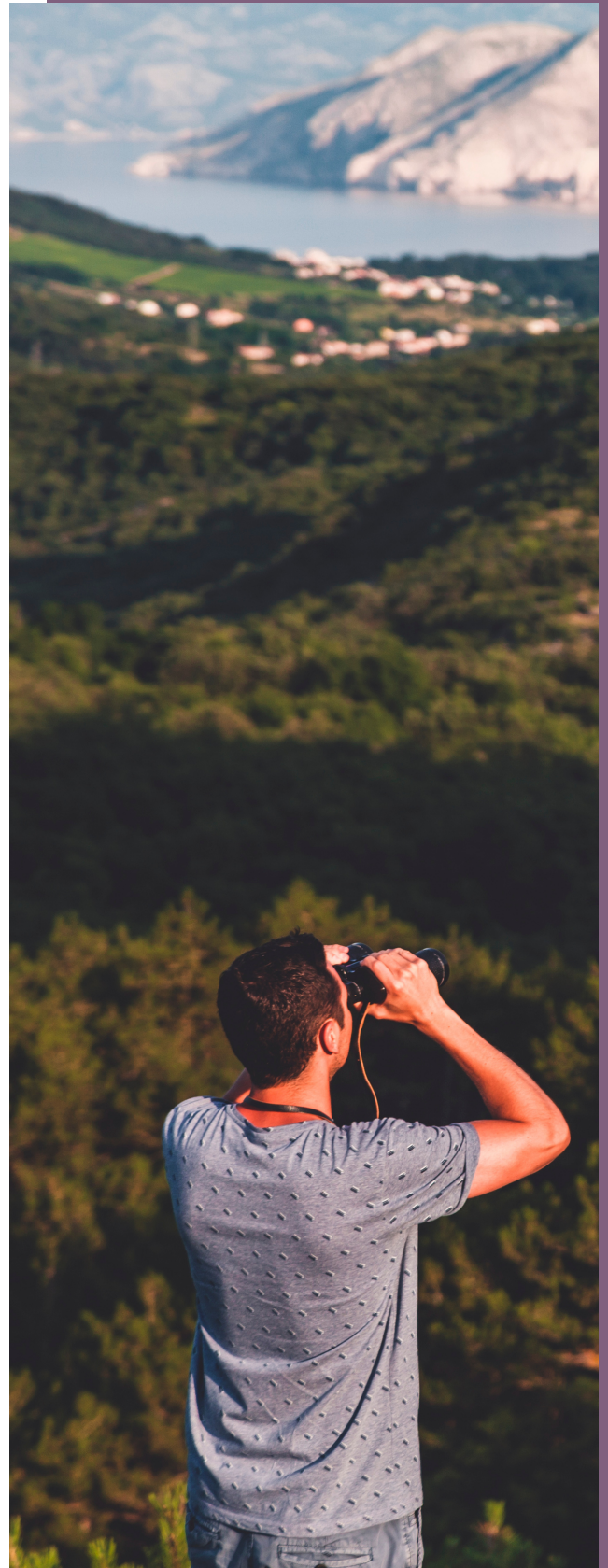


# ARCH PROGRAM – AFFORDABLE RECREATION FOR COMMUNITY HEALTH

**What is the ARCH program?** ARCH is a subsidy program through the City of Kamloops to provide individuals and families with access to various recreational facilities and programs within the city.

**What are the eligible amounts?** Eligible Amounts are currently \$300 for adults, \$150 for children and youth.

**How can I apply?** Let a KSACC staff member know you're interested in applying for the ARCH program, they will assist you with the application process.





# PRIVATE COUNSELLORS

**Approved through the Crime Victim Assistance Program**

**Synergy Counselling Associates**

Ph: 250-314-0298

Nadine Matthews, BSW, MSW, RSW.  
nadine@synergycounselling.ca

Sean Monaghan, BA, MC, RCC.  
sean@synergycounselling.ca

Viviane Wingerak, BSc, MEd, RCC.  
viviane@synergycounselling.ca

Celeste Schell, BA, MC, RCC.  
celeste@synergycounselling.ca

**White Wolf Wellness Counselling & Consulting**

Ph: 250-320-8615

Sharon Todd, RCC, RSW.  
stodd66@telus.net

**Hearthfire Wellness**

Ph: 250-819-2380

Emily Rouleau, MEd, RCC.  
emily@hearthfirewellness.com





# PRIVATE COUNSELLORS

**Approved through the Crime Victim Assistance Program**

**Paul Roberge**

Ph: 250-571-4446

Paul Roberge, MEd, R.Psych.

paulroberge@live.com

**Marian Anderberg Counselling & Consulting**

Ph: 250-851-5155

Marian Anderberg, BSW, MSW, RSW.

marian.anderberg@gmail.com

**Kamloops Counselling Canadian Certified  
Counsellors**

Ph: 778-471-5898

Gregory Pearce, CCC.

Peter Persad, CCC.

**Sadhra Counselling & Consulting**

Ph: 778-257-0480

Sandip Sadhra, BA, BEd, MEd, RCC.

ssadhra7@gmail.com

**Mindwise Counselling & Consulting**

Ph: 250-819-1376

Rolynda Simpson, MEd, CCC.

rolynda@mindwisewcounsellor.com

# SUPPORT LINES

## **BC Nurses Line (Health Link BC)**

24/7 health-related support from registered nurses.

**811**

## **BC Mental Health Support Line**

24/7 support for any mental health questions or emotional support.

**310-6789** (do not add an area code)

## **Hope for Wellness Helpline**

24/7 mental health counselling and crisis intervention for Indigenous peoples across Canada.

**Toll Free: 1-855-242-3310**

## **Indian Residential School Survivors Society**

24/7 support for survivors, families, and communities affected by Indian Residential schools.

**Toll Free: 1-800-721-0066**

## **Interior Crisis Hotline**

24/7 crisis support.

**1-888-353-2273**

## **Kids Help Phone**

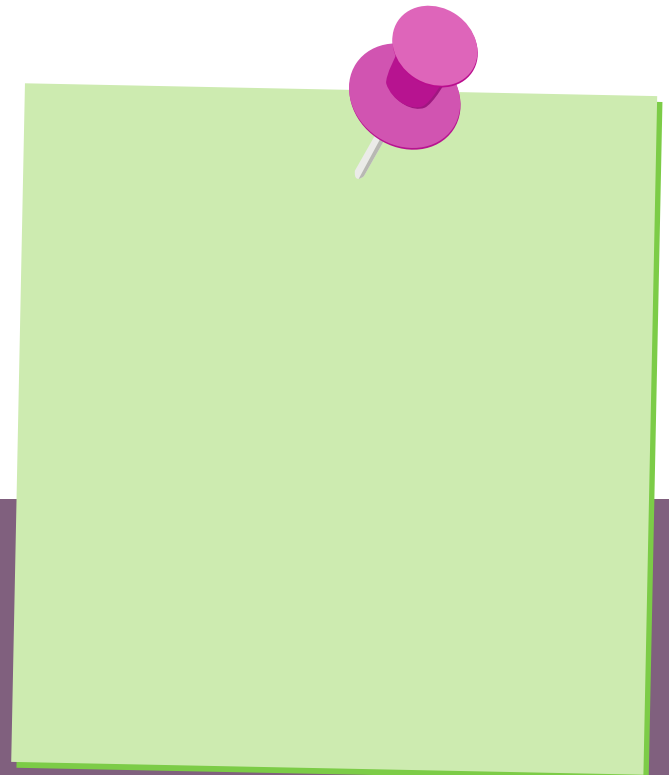
24/7 confidential phone support for kids.

**1-800-668-6868**

## **Kamloops Sexual Assault Counselling Centre (KSACC)**

24/7 support for survivors of sexualized violence. Ages 13+

**1-888-974-7278**





# SUPPORT LINES

## **KUU-US Crisis Line Society (HealthLink BC)**

First Nations and Indigenous specific crisis line offered 24/7.

**Toll free: 1-800-588-8717**

## **Suicide Hotline**

24/7 support for those in distress or who have concerns about someone else.

**1-800-784-2433**

## **Trans Lifeline**

Peer emotional support for trans and questioning folks.

**1-887-330-6366**

## **Victim Link BC**

Information and referrals to a variety of services for those who are victims of a crime.

**1-800-563-0808**

## **Y Women's Emergency Shelter Kamloops**

24/7 emotional support and crisis intervention for self-identified women who've experienced violence.

**250-374-6162**

**Free,  
confidential  
support at your  
fingertips.**



# COMMUNITY RESOURCES

## **ASK Wellness Society**

A wide range of supports and services including health, housing, emergency funding, and employment.

**250-376-7558**

[www.askwellness.ca](http://www.askwellness.ca)

## **Axis 1st Step Program**

Ongoing and situational substance use services consisting of; one to one counselling, family counselling, and outreach services.

**Kamloops office: 250-851-2947**

## **BC211**

Call/text 211 for referrals to every kind of support imaginable.

**211**

[www.bc211.ca](http://www.bc211.ca)

## **BGC**

Drop in groups for children and youth, free parenting programs.

**250-554-5437**

[www.bgckamloops.ca](http://www.bgckamloops.ca)

## **Canadian Mental Health Association**

Mental health supports.

**250-374-0440**

## **Childcare Resource & Referral Centre (CCRR) & Early Years Learning Centre (EYR)**

Resources and referrals for childcare providers. Information and supports for Childcare Subsidy and Grants.

**250-376-4771**

## **Children's Therapy & Family Resource Centre**

A non-profit agency with therapy services for children & youth (birth to 19 years) and support for children, their families and the community in which they live.

**250-371-4100**

## **Elizabeth Fry Society**

Community justice & legal services, housing resources, youth programs, community programs.

**Main office: 250-374-2119**

**Legal aid offices: 250-314-9000**

## **Family Tree & Family Centre**

Trauma & addictions counselling, support for mothers in recovery, drop-in program, pregnancy care program.

**250-377-6890**

## **Indian Residential School Survivors Society**

Emotional, mental, and spiritual development, along with healing and recovery, through culturally-based values and guiding principles for Survivors, families and communities.

**Kamloops Office: 250-828-1633**

# COMMUNITY RESOURCES

## **Interior Community Services**

Wide range of parenting programs, family counselling, family supports, and anger and conflict management.

**250-374-7435**

## **Kamloops Aboriginal Friendship Society**

Early childhood development, family preservation and youth services, elder connections and cultural services, health services, mental health services, outreach services, and more.

**250-376-1296**

## **Kamloops Community YMCA-YWCA**

Family & parenting programs, mental health & wellness programs.

**Downtown Y: 250-372-7725**

**John Tod Y: 250-554-9622**

## **Kamloops Immigrant Services**

Settlement & integrations services, community connections, interpretation & translation, children, youth & family services, workplace support.

**778-470-6101**

## **Kamloops Sexual Assault Counselling Centre**

Counselling for adults, youth, and children. Psycho-educational groups for self-identified females and non-binary folks. Community-based Victim Services.

**250-372-0179**

**1-888-974-7278**

## **Stopping the Violence Outreach Services (YMCA-YWCA)**

Outreach services for female-identifying adults who have experienced violence. Referral and accompaniment to medical, legal, and other support agencies.

**250-320-3110**

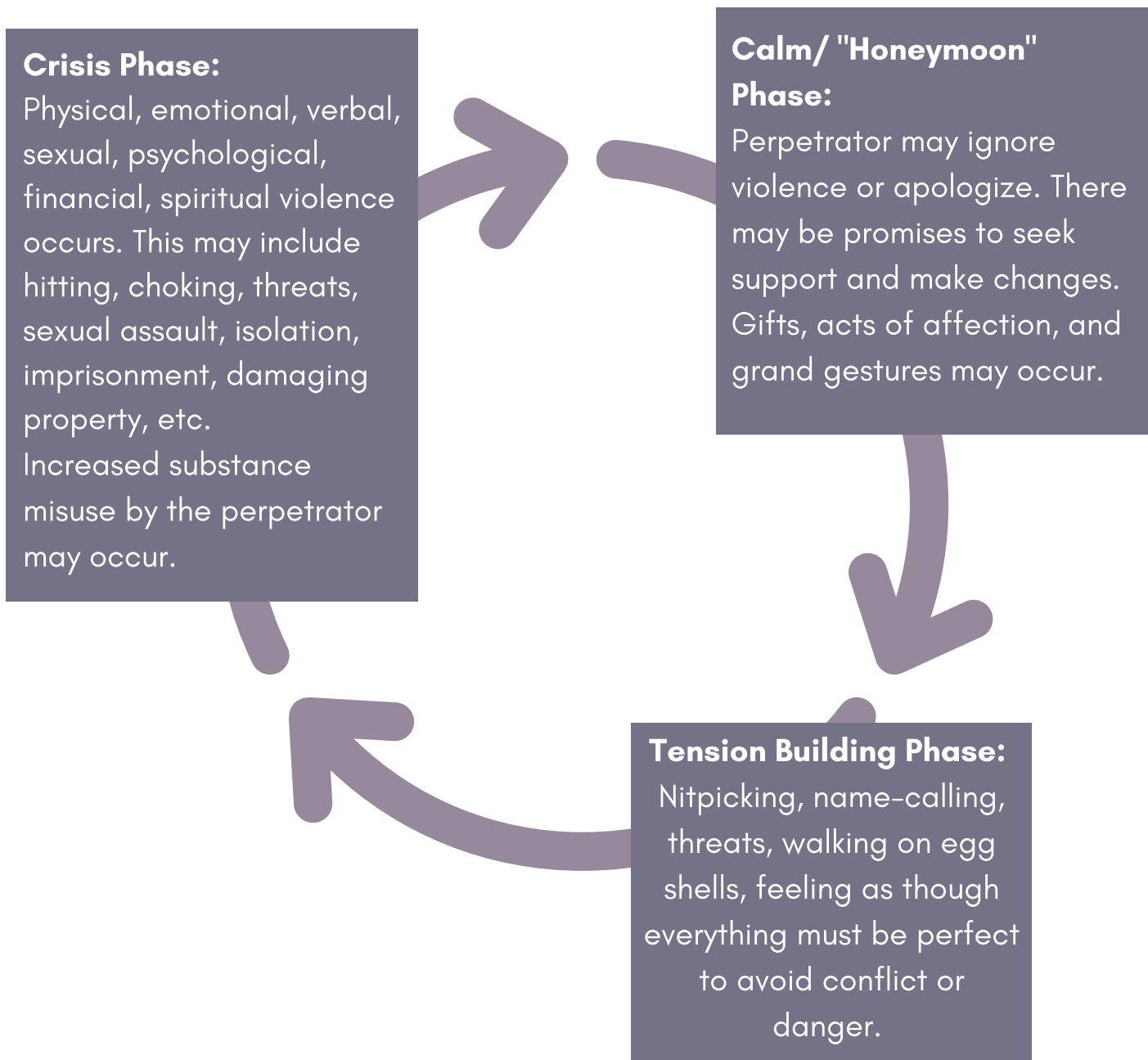
## **Y Women's Emergency Shelter (YMCA-YWCA)**

Transition house for women and their children fleeing violence.

**250-374-6162**



# THE CYCLE OF VIOLENCE





# SAFETY PLANNING

If you are living in an unsafe situation it can helpful to create a safety plan for yourself. Consider putting some essential items aside in a "go bag" and keep it in a safe space away from your perpetrator. Some examples of safe spaces to leave a go bag could be your workplace, a friend or family's home, or with a local agency.

**Some safe people I can reach out to are:**

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**If I'm feeling unsafe, I will leave and go to:**

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**Important phone numbers for me to remember:**

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**The safest place in my home is:**

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Important Items to pack:

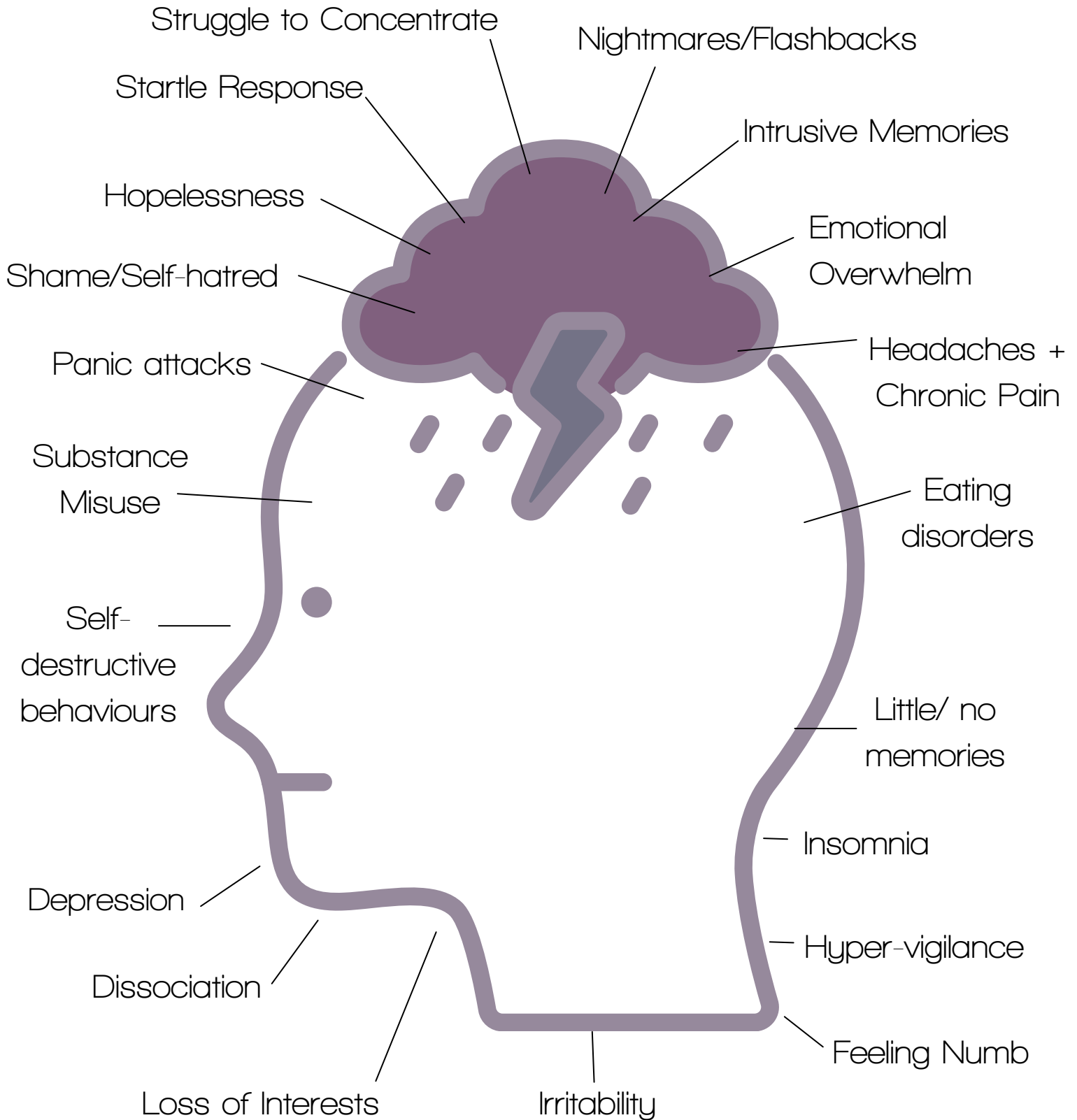
- ID, birth certificate, SIN card,
- Important documents (or copies of them)
- Medications
- Keys
- Jewelry, sentimental items
- Basics (clothing, toiletries, etc.)



**KSACC 24/7 ANTI-VIOLENCE CRISIS LINE**  
**1-888-974-7278**

**KAMLOOPS Y WOMEN'S EMERGENCY**  
**SHELTER 24/7**  
**250-374-6162**

# TRAUMA SYMPTOMS



# TRAUMA COPING SKILLS

Coping skills are things we can do to help us better manage our trauma symptoms. They help us calm our brain and body, think more clearly, and develop inner strength to overcome past trauma.

## Develop Resilience

- Set and work towards goals
- Focus on your strengths, improve upon your weaknesses
- Discover your purpose/passion
- Practice flexibility, go with the flow, let things go
- Practice optimism
- Use problem solving skills

## Relaxation Skills

- Practice deep belly breaths with long exhales
- Use a relaxation app
- Tense and relax your muscles
- Visualize a peaceful pace
- Self-massage neck/shoulders
- Take a nap, or warm bath/shower
- Stretching, yoga, Tai Chi, Qi Gong

## Emotional/Physical Release

- Do push ups, wall sits, jumping jacks, or planks until you're tired
- Take a cold bath/shower
- Squeeze ice
- Yell into a pillow
- Allow yourself to cry
- Dance, laugh, run

## Shift Your Thoughts/Mindset

- Understand your trauma symptoms
- Understand your triggers to distressing emotions
- Notice + challenge negative/unhelpful thoughts
- Coach/encourage yourself during difficult times
- Think of three things you are grateful for each day
- Adopt a growth mindset

## Health Habits/Self-Care

- Practice self-compassion
- Get good sleep
- Good diet/nutrition
- Exercise regularly
- Make a self-care kit
- Daily hygiene routine
- Stay hydrated
- Reduce caffeine consumption
- Get outside
- Avoid drugs and alcohol

## Mindful Isolation/Distraction

- Remove yourself from triggering interactions or places
- Creative outlets such as writing, art, building, music, crafting
- Watch TV/ movies, read a book
- Colour, puzzles, word searches
- Play with a pet

## Grounding Skills

- 5: Acknowledge FIVE things you see around you.
- 4: Acknowledge FOUR things you can touch around you.
- 3: Acknowledge THREE things you hear.
- 2: Acknowledge TWO things you can smell.
- 1: Acknowledge ONE thing you can taste.

## Ask For Help/Support

- Talk with supportive friends, family, teachers
- Talk to a therapist/counsellor
- Connect with a trauma support group
- Talk to your doctor if you feel medication may be helpful
- Call or text a support line

Adapted from: @MentalHealthCentre

**You are  
enough.**

KSACC

@kamloops.sexual.assault.centre