Education

The Education program is for those age 5 and up. These presentations include consent, sexual violence, healthy relationships, positive coping skills, healthy masculinity, toxic masculinity, and ending gender based violence.

**Elementary School (Gr. K-6)**
- “Who Do You Tell?”™ Program

**Junior High School (Gr. 7-9)**
- Healthy Relationships Plus Program (HRPP)
- No Also Means Know (Sexual Assault/Consent)
- I Think She’s a 10 (Sexual Harassment)
- Starting Strong (Healthy Relationships)

**High School (Gr. 10-12)**
- Safe Dates
- Understanding Sexual Assault

**Fun & Interactive Games (Gr. 7-12)**
- Class Feud
- Jeopardy/Trivia
- Human Sorry Game
- Giant Jenga

**Adult (18+)**
- “Who Do You Tell?”™ Program Information Session
- Teachable Moments
- Sexual Harassment in the Workplace
- First Responder to Sexual Assault and Sexual Abuse (through AASAS)

*C some content used taken from www.sace.ca website

Crisis Lines

**Emergency**
911

**Kids Help Line**
1.800.668.6868

**Sexual Assault/Abuse Crisis Line:**
1.877.237.5888

About SARC

We are here to provide leadership, coordination, and a unified voice on issues of sexual assault and sexual abuse in the Southeastern Alberta region.

 phone 403.548.2717
 www.mhsarc.com
 info@mhsarc.com
 #108 - 640 3rd St SE, Medicine Hat, AB T1A 0H5

Programs and services funded by:

Alberta Health Services

Alberta Human Services
Realizing there was a need in the community to provide support to survivors of sexual assault, a grassroots effort brought like-minded people together in the 1980s. Over the years, the Sexual Assault Response Committee (SARC) grew into a government grant and donation funded registered charity. With funding now available, SARC was able to expand its services in the community and reach more people needing help.

Today, SARC offers sexual trauma-specific therapy services for survivors and those affected by sexual violence, victim’s navigation services, and numerous school education programs to prevent sexual violence.

SARC is a member of the Association of Alberta Sexual Assault Services (AASAS).

**About SARC**

**Victim’s Navigation Services**

Victim’s Navigation Services is a partnership between SARC and Victim Assistance - Medicine Hat Police Service, to enhance people’s experience in the criminal justice system. This service was developed to make it easier for people to get the information and support that they need after experiencing sexual violence. Victim’s Navigation can help you get the information you need to make informed decisions about your personal path to healing, choices and engagement.

We can provide information about the investigation process, the rights people have, along with the risks and benefits that come with reporting sexual assault.

We can also coordinate services with Victim Assistance to provide peer support and information about the criminal justice process, court updates, victim’s programs, and court support.

**Therapy**

“It can be a hard decision whether or not to go to therapy, but receiving help and support can speed up the recovery process.”

SARC is committed to helping survivors of all genders regain their strength and independence. It can be a hard decision whether or not to go to therapy and it can take a lot of strength and courage to ask for help. SARC offers individual and group therapy for individuals who have experienced sexual violence. These trauma-informed specialized services are available to people of all genders ages 6 and up. Therapy is provided by professionals who have completed a Master’s-level counselling program.

Therapy can be destabilizing and due to the specialized, short-term nature of SARC therapy it is not possible to address core impacts of sexual violence until a level of stability is attended to. It is important that before and during therapy those individuals struggling with managing mental health, disordered eating, addictions, housing instability, or active suicidality have additional supports in place.

There is no fee charged to those who participate in the therapy program.