Other SARC Services

Healing House:
Is a weekly psycho-ed group for youth who have experienced sexual trauma. You will not be asked to share your story. Instead, we will help you build skills for you to use every day.

Education programs for ages 5 and up:
These presentation topics include consent, sexual violence, healthy relationships, positive coping skills, healthy masculinity, toxic masculinity, and ending gender based violence.

Victim's Navigation Services:
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.

Additional Resources

Emergency Medical/Police Services
911

Non-Emergency Police Assistance
403.529.8400

Sexual Assault/Abuse Crisis Line
1.877.237.5888

Distress Centre
1.800.784.2433

Medicine Hat Women’s Shelter
1.800.661.7949

Cantara Safe House (Brooks)
403.793.2232

Adult Treatment & Support Groups

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

Programs and services funded by:

Alberta Health Services

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About Adult Treatment & Support Groups

SARC offers adult drop-in group and a weekly psycho-ed group for those of all genders who are 18+ who have experienced sexual trauma. You will not be asked to share your story. Instead, we help you build skills for you to use every day.

Why Join a Group?
Group therapy can be really empowering. It feels good to be surrounded by others who understand what you have experienced. We can learn from and teach other group members new ways of coping. We can validate each other's feelings and experiences. And together, we learn that we are not alone.

Like all forms of therapy, group therapy may cause people to think about the sexual abuse more often. This is normal, but it may cause increased anxiety, anger, flashbacks, and other post-trauma responses. One way of looking at therapy is like cleaning a wound from wiping out on a bicycle. To help our injury get better, we needed to clean the area, and take out pieces of rock or gravel, which can really hurt! But by cleaning and taking care of our wound, it heals.

Therapy is like that. Sometimes it hurts a little to help with the healing. Rather than pretending that sad or angry feelings don't exist, we learn how to express them in healthy ways. As part of group, we will be talking about how to take care of ourselves, and we will learn and practice healthy coping skills together.

Sexual Trauma & Recovery (STAR)
STAR is a safe space for women 18+ who have experienced sexual trauma. STAR empowers women in the recovery process, by offering weekly therapeutic group sessions.

Over the course of the program, topics include:
- You Are Not Alone & Myths and Facts
- Self-Care
- Triggers
- Emotional Regulation
- Building Supports
- Shame & Self-Blame
- Boundaries & Respect
- Healthy Relationships
- Planning for the Future
- Graduation

The Courage Group
A group for men who have, or are, experiencing addiction and have been impacted by sexual trauma.
- Learn & practice skills for getting through the day & life
- Gain fellowship
- Find out the roots of addiction
- Learn what it means to take your life back!

Positive Affirmation Through Healing (PATH)
PATH is a safe space for those who are 18+ who have experienced sexual trauma to build confidence and further develop skills learned through STAR and one-on-one therapy.