



Sexual Assault Support Program

- ◇ For women 18+ who have experienced childhood sexual abuse or sexual assault later in life
- ◇ Supportive individual counselling, short and long-term
- ◇ Topics often addressed: impacts and after effects, self-esteem, trust, sex, shame, blame, moving forward
- ◇ Available throughout the county: office space in Carleton Place, Smiths Falls and Perth
- ◇ Accompaniment available to court, police, hospital



Groups:

- ◇ Healing Through Expression
- ◇ Building a Healthy Life
- ◇ Healthy Sexuality: Moving Forward

LCIH Sexual Assault Support Program at 613-253-3336 ext 11
LCIH Crisis Line: 1-800-267-7946
TTY: (613)-257-1952