

Who we are

CCASA is the primary sexual assault and sexual abuse crisis and education service provider for Calgary and surrounding areas. CCASA provides safe, accessible, professional services for people of all races, abilities, religions, sexual orientations, and genders.

Our Vision

Healthy communities free of sexual abuse and sexual assault.

Our Mission

Provide leadership to impact attitudes and actions around sexual abuse and sexual assault.

CCASA offers free and confidential services

- Individual Counselling
- Group Counselling *(sliding fee scale)
- 24-Hour Support and Information Line
- 24-Hour Toll Free Line (in Alberta)
- 24-Hour Hospital Accompaniment
- Public Education and Outreach
- Police And Court Education and Support (P.A.C.E.S.)

** There is a small fee for group counselling, however, no individual will be turned away if they cannot afford the fee.*

Arrangements for interpreters available upon request.

For more information on our programs and services as well as community engagement and volunteer opportunities please visit:

Website: calgarycasa.com

Phone: 403-237-6905

Fax: 403-264-8355



Dedicated to reducing the impact of sexual abuse and sexual assault

CCASA is a proud partner of



Connect Family and Sexual Abuse Network is a partnership between Calgary and area service providers who are working together to simplify access to essential services for individuals and families affected by family and sexual violence. For more information please visit the Connect website at connectnetwork.ca.

Thank you to our funders



CCASA would also like to thank The Printing House LTD. for their quality work, efficiency, and unparalleled customer service.



Sexual Abuse and Sexual Assault Survivor Services

24-Hour Support and Information Line
403-237-5888

24-Hour Toll-Free
1-877-237-5888
TTY Line: 403-508-7888

Email/Online
info@calgarycasa.com
calgarycasa.com

CCASA
Suite 700, 910 7th Avenue SW
Calgary, Alberta T2P 3N8

If someone has been sexually abused or sexually assaulted, they may experience...

- Problems sleeping and eating
- Difficulty feeling safe with others
- Physical Symptoms (injuries, nausea, headaches)
- Flashbacks or memories of the assault
- Recurring thoughts about the assault, (i.e. "what if?" scenarios)
- Anxiety and fears
- Confusion

If someone has been sexually abused or sexually assaulted, they may feel...

- Shame
- Helpless
- Shock
- Guilt
- Confused
- Emotionally numb
- Responsible
- Angry

All of these reactions are commonly experienced by survivors of sexual violence. CCASA provides support and information that can help reduce the isolation that many individuals may experience following sexual abuse or sexual assault.

**If you are in need of support,
or would like information, call
403-237-5888
24 hours a day, 7 days a week.**

CCASA Services

24-Hour Support and Information Line

The 24-Hour Support and Information Line is available to anyone who has been affected by sexual abuse or sexual assault and their support persons. The services offered on the line include crisis intervention, emotional support, problem solving, referrals, professional consultation and information on how to access all CCASA services. This line is available toll free to all Albertans.

The 24-Hour Support and Information Line is also used to complete intakes for the counselling program and police and court support between the hours of 9:00 am and 5:00 pm Monday to Friday.

Crisis Intervention and Support Counselling

CCASA provides individual specialized counselling for past or recent survivors of sexual abuse and sexual assault and their support persons.

Group Counselling

These sessions offer survivors of sexual abuse and sexual assault support and counselling in a group setting. There is a small fee for group counselling, based on a sliding fee scale, although no person will be turned away if they cannot pay.

Group counselling options include:

- Female survivors of childhood sexual abuse
- Female survivors of sexual assault
- Male survivors of childhood sexual abuse
- Male survivors of sexual assault

Camp Chief Hector Empowerment and Celebration Weekend

CCASA offers a weekend of celebration of personal growth and healing for female survivors of sexual abuse and sexual assault who have attended individual and/or group counselling sessions at CCASA. This celebration is held at the Camp Chief Hector YMCA facility in Kananaskis.

Sexual Assault Response Team (SART)

SART provides specialized services to individuals who have been sexually assaulted within the past 72 hours. The team consists of specially trained doctors and nurses, crisis counsellors from CCASA and members of the Calgary Police Service, RCMP or Tribal Police. Individuals may choose to have any or all of these professionals involved in their care. This service is available through the Sheldon Chumir Urgent Care Centre (1213 4th Street. S.W.) and the Alberta Children's Hospital. The team will travel to other hospitals when required.

P.A.C.E.S.

The Police And Court Education and Support Program (P.A.C.E.S.) provides specialized information, education and support to past or recent survivors of sexual abuse and sexual assault and their support persons. Experienced and specialized sexual assault workers are able to help survivors learn about and navigate through the legal system.

Options for Support may include:

- Discussing reporting options and concerns
- Helping survivors complete paperwork such as financial benefits or victim impact statements
- Providing education on sexual assault and the legal system
- Accompanying survivors to meetings with the police, the crown prosecutor and to court

**To book a counselling appointment, call
403-237-5888
Monday to Friday, 9 AM to 5 PM**