

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
ONTARIO			
National Helpline	<p>Hotline 1-800-4-A-CHILD Hotline 1-800-422-4453 Crisis counselors available 24/7 Founded in 1957 by Sara O'Meara and Yvonne Fedderson. Childhelp is a leading national non-profit organization dedicated to helping victims of child abuse and neglect. Serving the United States, it's Territories and Canada, our hotline is staffed 24 hours a day 7 days a week with professional counselors who, through interpreters can provide assistance in 170 languages. We also offer a range of programs, please see our website for regional details.</p>	<p>Childhelp Prevention and Treatment of Child Abuse</p>	<p>www.childhelp.org info@childhelp.org Email support form on the website</p>
Province wide	<p>The Mission of "I'm 1 in 5" is to raise awareness of the issues that surround sexual abuse and assault. Founded by Paulie O'Byrne himself a survivor and is currently raising awareness by stick handling a hockey ball across Canada while raising awareness of the abuse that can happen in sporting environments such as hockey and football.</p>	<p>1 in 5 Paulie O'Byrne Ontario</p>	<p>www.im1in5.com/</p>
Province wide	<p>Hotlines 416-979-1446 Or 1-800-668-8258 Toll Free Legal Aid Ontario funds 77 clinics in the communities throughout the province. 13 of these clinics provide specialty legal services. Each is a non-profit legal centre governed by an independent board of directors. To find a clinic near you key your post code into the websites search box Or call toll free 1-800-668-8258 during regular business hours. All services in French and English.</p>	<p>Legal Aid Ontario Province wide Ontario 1-800-668-8258 Toll Free</p>	<p>www.legalaid.on.ca info@lao.on.ca</p>
Province wide	<p>Voicefound is a nationally registered non profit organization that focuses on education to prevent sexual abuse of children and support for adult survivors. Prevention workshops Resources for survivors</p>	<p>VoiveFound Ontario</p>	<p>www.voicefound.ca info@voicefound.ca</p>

Ajax	<p>Support Group for Individuals Who have Experienced Abuse</p> <p>I would like to bring together people who are facing the same challenges One thing we might have in common is that we have been isolated, I hope that we can create an atmosphere of sharing information, experiences and support. The group welcomes both men and women and we are open to discussion about all types of abuse. To join this group contact Catherine on the website on the right of our page.</p>	<p>Meetup Abuse Survivors Group Ajax Ontario www.meetup.com/topics/abusesurvivors/all/</p>
Barrie	<p>Men's "Facing the Past" Support and Commiseration Group</p> <p>This group is for men who have been affected by childhood abuse in all it's forms: Sexual, Mental and physical abuse. Get together in an informal, non judgemental setting to discuss the past the present and the future. To join this group visit the website on the right of this page.</p>	<p>Meetup Abuse Survivors Group Barrie Ontario www.meetup.com/topics/abusesurvivors/all/</p>
Belleville	<p>1-877-544-6424 Toll Free Sexual assault victims support agency offering Counselling services Resources and information Group therapy Paths to Courage Healing Program a one week therapeutic program for survivors of sexual violence. The program is available to all residents (men and women) in Ontario 16 years and older. Serving Hastings and Prince Edward Counties.</p>	<p>Sexual Assault Centre - Quinte 41 Octavia Street Belleville Ontario K8P 3P1 613-967-6300 Office www.sacqd.com sacqd@lks.net</p>
Bracebridge	<p>Hotline 1-866-531-2600 We provide individual and group therapy to women survivors of sexual abuse or assault.</p>	<p>Sexual Assault Intervention for Living (SAIL) 29-1 Manitoba Street Bracebridge Ontario P1L 1S4 705-646-2122 Office www.facebook.com/mpssas/?ref=page_internal lauren@daphnewymn.com</p>
Brampton	<p>We are a non-profit organization offering services to francophone women aged 16+ in the Greater Toronto area and in Hatton Peel. Transitional and housing support Counselling Art therapy groups Contact office for more details</p>	<p>Oasis Centre des Femmes PO Box 74089 150 Main Street Brampton Ontario L6V 1M0 905-454-3332 Office www.oasisfemmes.org services@oasisfemmes.org</p>
Brampton	<p>Hotline 800-810-0180 24 Hour crisis hotline</p>	<p>Sexual Assault Crisis Centre of Peel www.hope247.ca/ info@hopeplace.ca</p>

Providing individual and group counselling to women who have experienced sexual violence in their lives.
Workshops and therapeutic groups

2250 Bovaird Drive East
Unit 610
Brampton
Ontario L6R 0W0
905-792-0821 Office

Brampton

We help men and women who have been sexually assaulted within the Safe unit "Chantel's House" have incurred recent injuries as a result of domestic violence. Safe unit "Chantel's House" FREE counselling for recent abuse Counselling for those 12 years + who have experienced peer assault in the past.

Regional Sexual Assault and Domestic Violence Services
60 West Drive
Suite 110
Safe Centre of Peel
Brampton
Ontario L6T 3T6
905-848-7689 Office

www.trilliumhealthcentre.org

www.trilliumhealthpartners.ca/patientservices/womens/Pages/sexualassault.aspx

Brampton

Men and women's Peer to Peer Support Group
This is a 10 week closed group that offers support in the presence of 2 adult trained facilitators. This group offers the opportunity to voice feelings about their childhood abuse and relate to other survivors.
Cost \$20 -\$70 per session

Mr Richard Perry
Horizon Counselling
Brampton
Ontario L6T 4W7
416-994-2455 Office

horizonct@gmail.com

www.linkedin.com/in/richard-perry-24b79130

Brantford

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Brantford General Site
200 Terrace Street
Brantford
Ontario
519-751-5544 ext 4449

www.sadvtreatmentcentres.ca

sheila.macdonald@wchospital.ca

www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Brantford

Hotline 519-751-3471
24 Hour crisis hotline
All our services are FREE and confidential. We offer a 24 hour crisis and support line for Male and female survivors of sexual violence. FREE counselling (bus tickets are available)
Hospital accompaniments
Police & court accompaniment

Sexual Assault Centre of Brant
Brantford
Ontario N3T 3J1
519-751-1164 Office

www.sacbrant.ca

sexualassaultcentre@sacbrant.ca

Brockville

Hotline 613-345-3881
Or 1-800-567-7415
Offering services to women, men teens and children affected by sexual assault, sexual abuse or domestic violence.
Support groups such as:
Healthy relationships group

Assault Response & Care Ctn
70 Charles Street
Suite 201
Brockville
Ontario K6V 1T3
613-345-3881 Office / Hotline

www.arc-c.ca

arcc@bgh-on.ca

Growing up again group
Healing Arts Workshop

Brockville	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Brockville General Hospital 70 Charles Street Suite 201 Brockville Ontario 613-345-3881 Office sheila.macdonald@wchospital.ca</p>	<p>www.sadvttreatmentcentres.ca</p> <p>www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>
Burlington	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Nina's Place Joseph Brant Hospital 1230 North Shore Blvd. Burlington Ontario 905-632-3737 ext 5708 sheila.macdonald@wchospital.ca</p>	<p>www.sadvttreatmentcentres.ca</p> <p>www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>
Chatham	<p>Hotline 519-354-8688 24 hour 7 day hotline We believe that survivors are the experts of their own experience. 24 Hour crisis intervention Support and advocacy Community outreach</p>	<p>Chatham - Kent Sexual Assault Crisis Centre 405 Riverview Drive Unit 101 Chatham Ontario N7M 5J5 519-354-8908 Office</p>	<p>www.cksacc.org cksacc@ciaccess.com</p>
Chatham	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Chatham-Kent Health Alliance 80 Grand Avenue West Chatham Ontario 519-352-6400 ext 6382 sheila.macdonald@wchospital.ca</p>	<p>www.sadvttreatmentcentres.ca</p> <p>www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>
Chatham	<p>Male Survivors Support Group This is a 12 week group run three times a year supported by the Silence to Hope Project. Contact Tom Wilken on 1-877-676-7613 for more details or email the address on the right of our page.</p>	<p>Silence to Hope Project Chatham Ontario 1-877-676-7613 Office</p>	<p>www.malesurvivor.org silencetohope@hotmail.com</p>
Cornwall	<p>1-866-863-0511 Womens hotline 1-866-887-0015 Mens hotline</p>	<p>Adult Community Healing Resource Centre.</p>	

All our services are bilingual, FREE and confidential.
 Referrals to other agencies
 Public education to community
 Advocacy - help with paperwork
 Accompaniment - police, courts and at the hospital
 Individual and group counselling
 Group therapy
 Talking circles support groups for men and women.

PO Box 1192
 Cornwall
 Ontario K6H 5V3
 613-932-1755 ext 29 Office

Cornwall

Hotline 1-800-480-4208
 Our counselors provide outreach counselling in the clients home, handling trouble calls and crisis calls. We provide group work in several different area's of need.

Iethinisten: Ha Family Wellness Program
 Po Box 579
 Cornwall
 Ontario K6H 5T3
 613-973-4322 Office

www.akwesasne.ca
www.akwesasne.ca/AFWP

Cornwall

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
 Crisis intervention
 Collection of forensic evidence
 Medical follow up & counselling
 Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
 Cornwall Community Hospital
 Second Street Site
 510 Second Street East
 Cornwall
 Ontario
 613-932-3300 ext 4202

www.sadvreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Demorestville

Counselling and advocacy for victims of sexual assault since '91. Our residential healing program is one of a kind, pioneered by the sexual assault center of Quinte. Paths of Courage is to provide survivors with safe opportunities to make the healing journey to self awareness and wholeness.

Paths of courage Healing and Retreat Centre
 336 Sprague Road
 Demorestville
 Ontario K0K 1W0
 613-476-7000 Office

www.pathsofcourage.com
info@pathsofcourage.com

Dryden

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
 Crisis intervention
 Collection of forensic evidence
 Medical follow up & counselling
 Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
 Dryden Regional Health Centre
 58 Goodall Street
 Dryden
 Ontario
 807-223-7427 Office

www.sadvreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Guelph

Sexual Abuse Healing Group
 We are committed to working with survivors to achive self healing. We help sexual abuse survivors develop the tools they need to live a more

Family Counseling and Support Services
 109 Surrey Street
 Guelph
 ON N1H 3P7

www.familyserviceguelph.on.ca
info@familyserviceguelph.on.ca

satisfying life. You will be invited to attend a healing group, sharing experiences and advice with others

519-824-2431 Office
1-800-307-7078 Toll Free

Guelph

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources.

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Guelph General Hospital
115 Delhi Street
Guelph
Ontario
519-837-6440 ext 2758

www.sadvttreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Guelph

Hotline 519-836-5710
Or 1-800-265-7233
Emergency shelter
Sexual assault center
Rural women's support program
Support groups for victims of domestic violence
Individual and group counseling for women who have experienced childhood sexual assault or incest
All our services are FREE of charge.

Women in Crisis
38 Elizabeth Street
Guelph
ON N1H 6N9
519-836-1110 Office.

www.gwwomenincrisis.org
feedback@gwwomenincrisis.org

Hamilton

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Hamilton health Sciences
McMaster University
1200 Main Street West
Hamilton
Ontario
905-521-2100 ext 73557

www.sadvttreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Hamilton

Hotline 905-525-4162
24 Hour support line
We are a feminist organization that believes all women have a human right to live without violence
Individual and group counseling
"Women's voices" supper group for survivors of sexual assault / abuse
"Women's relationships" is a ten week group for women who are survivors of childhood sexual abuse
Meets on Tuesdays 5.30 - 7.30 pm
Call Eliabeth 905-525-4573 ext 229
Or Maria on 905-525-4573 ext 226
for more info about these groups.

SACHA
75 MacNab Street South
3rd Floor
Hamilton
ON L8P 3C1
905-525-4573 Office.

www.sacha.ca

Kenora

Hotlines 807-468-7233
Or 1-800-565-6161 Toll Free

Kenora Sexual Assault Centre
201-136 Main Street

ksac@kmts.ca

24 Hour crisis hotlines
Legal, medical and financial referrals
Advocacy and information
Hospital & police accompaniment
Long & short term counselling
Women's groups and workshops

Kenora
Ontario
807-468-7958 Office.
www.kenoralsexualassaultcentre.ca/

Kenora

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Lake of the Woods District Hospital
21 Sylvan Street West
Kenora
Ontario
807-468-9861 ext 428

www.sadvtreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Kingston

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Kingston General Hospital
76 Stuart Street
Kingston
Ontario
613-549-6666 ext 4880

www.sadvtreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Kingston

Hotlines 613-544-6424
Or 1-877-544-6424
24 Hour crisis hotlines
Since 1977 we have been providing FREE and confidential non judgemental support to survivors of sexualized violence.
Counselling services and programs
Crisis support
Young women's program 12-18
Group counselling available.

Sexual Assault Centre Kingston
PO Box 1461
Kingston
Ontario K7L 5C7
613-545-0762 Office

www.sackingston.com
sack@sackingston.com

Kitchener

Peer Support Groups
Our Revive program supports men and women who are healing from sexual trauma.
Separate peer support groups for males and females. These groups are art base.

Community Justice Initiative
49 Queen Street North
3rd Floor
Kitchener
ON N2H 2G9
519-744-6549 Office

www.cjiwr.com
info@cjiwr.com

Kitchener

Support Group for Adult Survivors of Child Abuse
A support group for adult survivors of childhood sexual abuse, incest, domestic violence, rape and sexual assault. To join this chapter email Margie McKinnon at the address on

Lampighter Movement
Kitchener
Ontario

www.thelampighters.org
margie@thelampighters.org

the right of this page

Kitchener

Hotline 519-741-8633
24 Hour support hotline
We support those who have been sexually assaulted as children or as adults by providing FREE of charge:
Individual & group counselling
Information and referrals
Accompaniment to court, hospitals, police station and other hearings.
Emergency practical assistance

Sexual Assault Support Centre of the Waterloo Region
201-151 Frederick Street
Kitchener
Ontario N2H 2M2
519-571-0121 Office.

www.sascwr.org
info@sascwr.org

London

Learning Support Group for Adult Survivors of Childhood Abuse.
We meet two Saturdays every month, although only once in August in a second floor meeting room of the London Public Library. Interested parties can either call me on 519-471-7608 or visit the web page given here. Meeting are 10am to noon.

Sheila M. Stevenson A.C.C.
PO Box 25053
London
Ontario N6C 6A8
519-471-7608
519-671-5225 C Canada only
CoachSheila@sheilastevensongroup.com

www.sheilastevensongroup.com/

London

Male Survivors Support Group
A 12 week group that helps male survivors of childhood sexual abuse over the age of 18. We focus on trust and personal strengths, understand the effects of childhood sexual abuse and connect with other men who are survivors.
Groups run in winter, spring and fall and usually meets Wednesday evenings. Screening interview is required and there is no fee for the groups. For more information contact John Field 519-433-0183 Extention 8219

Male Survivors Group
London
Ontario N6H 2H1
519-433-0183 ext 8219

www.malesurvivor.org

London

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence.
Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
St. Joseph's Health Care
268 Grosvenor Street
London
Ontario
519-646-6100 ext 64224

www.sadvreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

London

Hotline 519-438-2272 Toll Free
24 Hour crisis & support line which is also available for male survivors
If you have experienced sexual violence including sexual assault or childhood sexual abuse at any

Sexual Assault Center - London
255 Horton Street
3rd Floor
Suite 5
London
ON N6B 1L1

www.sacl.ca
sacl@sacl.ca

time in your life, you no longer have to feel alone.
Acompaniment and advocacy
Public education and outreach
Individual and group counseling
for women aged 15 and over, please call 519-439-0844 for group details
All our services are FREE of charge.

London Male Survivors Support Group
This is a 12 week group run three times a year supported by the Silence to Hope Project. Contact Tom Wilken on 1-877-676-7613 for more details or email the address on the right of our page.

Silence to Hope Project
London
Ontario
1-877-676-7613 Office

www.malesurvivor.org
silencetohope@hotmail.com

Midland Hotline 705-737-2008
Or 1-800-987-0799
24 Hour crisis hotlines
Support for women aged 16+ who have experienced sexual abuse as children and/or adults. Services available in Alliston, Barrie, Orillia, Collingwood and Midland.
Advocacy on behalf on women
Information and referrals
Legal support at the police station at the hospital and in the courts
9 week support group for those who have experienced abuse in their intimate relationships running in the Spring and Fall. For group info contact 705-526-3221-ext 231.

Athena's Sexual Assault
Counselling & Advocacy Centre
PO Box Box 54
Midland
Ontario L4R 4K6
705-526-3221 ext 231 Office

www.huroniatransitionhomes.ca
kwillis@rosewood.on.ca

Midland Hotlines 705-526-4211
Or 1-800-461-1750
24 Hour hotlines
We believe that all violence against women and children must end. We are committed to providing shelter to abused women and their children and to provide counselling to women survivors of sexual assault.
Rosewood Emergency shelter
Advocacy, information & referrals
Legal support, individual counsel
Out reach services for women who have left or are leaving an abusive relationship. Support groups

Huronian Transition Homes
PO Box 54
Midland
Ontario L4R 4K6
705-526-3221 Office

www.huroniatransitionhomes.ca
kwillis@rosewood.on.ca

Mississauga Trauma Survivors Social Group
This group is for anyone who has led a less than straight path to where they are now. If you have been victimized in the past and would like to share some time with those who understand, can share and can help, this group is for you.
To join this group visit the website

Meetup Abuse Survivors Group
Mississauga
Ontario
www.meetup.com/topics/abusesurvivors/all/

on the right of this page.

Mississauga	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p> <p>www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres The Trillium Health Centre 100 Queensway West Mississauga Ontario 905-848-7580 ext 2142</p>	<p>www.sadvttreatmentcentres.ca sheila.macdonald@wchospital.ca</p>
Mississauga	<p>We help men and women who have been sexually assaulted within the Safe unit "Chantel's House" have incurred recent injuries as a result of domestic violence. Safe unit "Chantel's House" FREE counselling for recent abuse Counselling for those 12 years + who have experienced peer assault in the past</p> <p>www.trilliumhealthpartners.ca/patientservices/womens/Pages/sexualassault.aspx</p>	<p>Regional Sexual Assault and Domestic Violence Services 100 Queensway West Mississauga Ontario 905-848-7689 Office</p>	<p>www.trilliumhealthcentre.org</p>
Morrison	<p>Women Experiencing Partner Abuse Group Meets Thursdays 7 - 9 pm Cost \$20 - \$30 per session Contact 519-900-1607 for details</p>	<p>Mr David Fine Morrison Ontario N0B 2C0 519-900-1607 Office</p>	<p>www.finetherapy.ca yourlife@finetherapy.ca</p>
Newmarket	<p>Male Survivors Support Group Our groups are offered in three 10 week cycles, winter, spring and fall. They are closed groups so members are admitted in January, April and September. The group is facilitated by 2 trained professionals A face to face interview is required before joining the group. NO sex offenders will be admitted. Meets Thursdays 6 - 8 pm There is no fee for the group, for more info contact Brent Diaz 905-853-3040 extention 314 or email him at the address on the right of our page.</p>	<p>York Region Abuse Program Newmarket Ontario 905-853-3040 ext 314</p>	<p>www.malesurvivor.org</p>
Newmarket	<p>Hotline 1-800-263-6734 We serve women who have experienced childhood or adult sexual abuse, sexual assault, sexual harassment, date rape ect. Counselling support and advocacy All services are FREE of charge.</p>	<p>Women's Support Network of York Region 1110 Stellar Drive Unit 109 Newmarket Ontario L3Y 7B7 905-895-3646 Office generalinfo@womenssupportnetwork.ca</p>	<p>www.womenssupportnetwork.ca</p>
North Bay	<p>Hotline 705-476-3355 24 Hour crisis hotline</p>	<p>Amelia Rising 101 Worthington Street East</p>	<p>www.ameliarising.ca info@ameliarising.ca</p>

Our paid staff provide individual and group counselling
12 Week individual counselling for women who have experienced childhood sexual abuse.
2 Group counselling Models.
1st group - childhood sexual abuse
2nd group - Beyond the trauma
these groups run for 12 weeks.

Suite 11
North Bay
Ontario P1B 1G5
705-840-2403 Office

North Bay

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
North Bay Regional Health Ctn
50 College Drive
North Bay
Ontario
705-474-8600 ext 4478

www.sadvttreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Oakville

Hotline 905-875-1555
Or 1-877-268-8416 Toll Free
24 Hour crisis hotlines
SAVIS is a non profit organization provincially funded by the Ministry of the Attorney General. We provide FREE, confidential and non judgemental 24 hour support to all survivors of sexual violence.
Advocacy and accompaniment to the hospital, courts and lawyers
Education programs grades 1 to 12
Individual and group counselling
Drop-in service Fridays 1 - 3 pm
Spanish drop-in Tuesdays 1-3pm.

Sexual Assault and Violence Intervention Services
1515 Rebecca Street
Suite 227
Oakville
Ontario L6L 5G8
905-825-3622 Office

www.savisofhalton.org
savis@savisofhalton.org

Orangeville

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Orangeville Campus
100 rolling Hills Drive
Orangeville
Ontario
519-941-2702 ext 2255

www.sadvttreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Orillia

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
Crisis intervention

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Soldiers Memorial Hospital
170 Colborne Street West
Orillia
Ontario
1-877-377-7438 Office

www.sadvttreatmentcentres.ca
sheila.macdonald@wchospital.ca

Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources
www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Orillia	Hotline 705-327-9155 Or 1-877-377-7438 Toll Free We are located at the Orillia Soldier's Hospital. Our treatment centre provides emergency medical care and treatment options to victims of sexual and domestic that has happened within a 72 hour period. We have specialist nurses to treat domestic violence victims We also have a suspected child abuse and neglect program.	Simcoe County and Mississauga Regional Sexual Assault Care and Treatment Centre. Orillia Ontario L3V 2Z3 705-327-9155 Office / Hotline	www.osmh.on.ca info@osmh.on.ca Click Programs and services on website Then Regional Women and childrens Program
Oshawa	We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en	Ontario Network of Sexual Assault / Domestic Violence Treatment Centres 115 Simcoe Street South Oshawa Ontario 905-721-6128 ext 2787	www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca
Ottawa	We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en	Ontario Network of Sexual Assault / Domestic Violence Treatment Centres The Ottawa Hospital Civic Campus 1053 Carling Avenue Ottawa Ontario 613-798-5555 ext 16555 admin	www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca
Ottawa	Hotline 613-562-2333 24 Hour crisis hotline We are a pro-active, anti racist feminist organization providing help and support to women who have been affected by childhood sexual abuse and or incest. Public awareness & education prog Crisis counselling Long term counselling Group counselling and workshops.	Ottawa Rape Crisis Centre PO Box 20206 Ottawa Ontario K1N 9P4 613-562-2334 Office	www.orcc.net orcc@magma.ca
Ottawa	The Mens Project Phase 1 Thursday evenings Phase 2 Mondays & Thursdays Phase 1 is an 8 week psycho -	the Men's Project Ottawa Ontario 613-230-6179 ext 221	www.malesurvivor.org www.themensproject.ca

educational program focusing on trauma and recovery.
Phase 2 is a longer term process oriented group therapy. For more details about this project contact Wes Moore 613-230-6179 ext 221

Ottawa

Hotline 613-234-2266
Individual counselling for women who have experienced violence is available upon request. We offer 8 week support & 6 month support
To be on our waiting list please call 613-725-2160 ext 227 for details
Support groups for survivors of sexual assault usually 20 weeks.
Drop-in for advocacy and workshops at various sites in the community
Ritual Abuse program
Public awareness and education.

The Sexual Assault Support Centre of Ottawa (SASC)
PO Box 4441
Station B
Ottawa
Ontario K1S 5B4
613-725-2160 Office

www.sascottawa.com/
sascott@istar.ca

Owen Sound

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence.
Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
the Greer Bruce Regional Health Centre
1800- 8th Street East
Owen Sound
Ontario
519-376-2121 ext 2458

www.sadvtreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Parry Sound

Hotline 1-800-461-2929
24 Hour hotline
We offer various sexual assault services such as referrals and advocacy, counselling, Crisis concerns
A drop- in program
Court, police or medical support
Drop in available Thursdays 10-12.

Muskoka Parry Sound Coordinated Sexual Assault Services.
7 William Street
Suite 5
Parry Sound
Ontario P2A 1V2
705-774-9083 Office

diane@daphnewymn.com

www.facebook.com/mpssas/?ref=page_internal

Pembroke

Hotline 1-866-996-0991
Individual and group counselling for sexual abuse victims male or female.
click "social work services" on web site.

Sexual Assault Counselling - Pembroke Hospital
705 MacKay Street
Pembroke
Ontario K8A 1G8
613-732-8770 Office

www.pemreghos.org
pr@pemreghos.org

www.pemreghos.org/adultcounselling

Pembroke

Hotline 1-800-663-3060
24 hour 7 day hotline
We provide emotional support, information and advocacy to women and girls who have been affected by sexual violence whether it has happened recently or in the past.

Women's Sexual Assault Centre of Renfrew County.
PO Box 1274
Pembroke
Ontario
K8A 6Y6
613-735-5551 Office

www.wsac.ca
directorwsac@vianet.ca

Perth	<p>The emergency departments of Perth and Smith Falls districts hospitals, Carlton Place & district hospital and the Almmonte general hospital provide specialized medical and nursing care to victims of domestic violence and sexual assault. This includes: Crisis intervention Crisis counselling Safety planning Forensic evidence collection.</p>	<p>Lanark County Sexual Assault Domestic Violence Program 33 Drummond Street West Perth Ontario K7H 2K1 613-276-1500 Office.</p>	<p>www.psfdh.on.ca</p>
<p>www.psfdh.on.ca/services/specialty-services/lanark-county-sexual-assault-domestic-violence-program/</p>			
Peterborough	<p>Hotlines 705-741-0260 Or 1-866-298-7778 24 Hour crisis hotlines through qualified trauma specialists men and women survivors of past and recent assault receive professional, well developed and responsive healing support. Accompaniment to medical and legal appointments. Individual & group counselling Workshops for men and women Out reach services in Peterborough, Northumberland, Haliburton and Kawartha Lakes.</p>	<p>Kawartha Sexual Assault Centre 411 Water Street Suite 102 Peterborough Ontario K9H 3L9 705-748-5901 Office.</p>	<p>ksac@nexicom.net</p>
<p>www.kawarthasexualassaultcentre.com</p>			
Peterborough	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Women's Health Care Centre 157 Charlotte Street Peterborough Ontario 705-743-4132 Office</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>
<p>www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>			
Renfrew	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Renfrew Victoria Hospital 499 Raglan Street North Renfrew Ontario 613-432-4851 ext 818</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>
<p>www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>			
Richmond Hill	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Mackenzie Richmond Hill Hsptl</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>

assaulted or who are victims or survivors of domestic violence.
Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources
www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

10 Trench Street
Richmond Hill
Ontario
905-832-1406 ext 2 Office

Sarnia

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence.
Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources
www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
Bluewater Health
8 Norman Street
Sarnia
Ontario
519-464-4522 Office

www.sadvtreatmentcentres.ca
sheila.macdonald@wchospital.ca

Sarnia

Hotline 519-337-3320
24 Hour crisis hotline
We are currently funded by the Ministry of the Attorney General. We offer a full range of services to victims/survivors of sexual assault and sexual abuse aged 16+. Men and women are welcome to call us.
Public education program
Rural outreach in Petrolia & Forest
Advocacy & accompaniment to the police station, hospitals and courts.
Counselling for survivors of childhood sexual abuse and incest
Group counselling for sexual abuse and incest in childhood.

Sexual Assault Survivors Centre
Sarnia - Lambton
189 Wellington Street
Unit 3
Sarnia
Ontario N7T 1G6
519-337-3154 Office
www.facebook.com/sascsarnia

Sarnia

Male Survivors Support Group
This is a 12 week group run three times a year supported by the Silence to Hope Project. Contact Tom Wilken on 1-877-676-7613 for more details or email the address on the right of our page.

Silence to Hope Project
Sarnia
Ontario
1-877-676-7613 Office

www.malesurvivor.org
silencetohope@hotmail.com

Sault Ste. Marie

Hotline 705-759-5143 8am-4pm
Services for women, children and men plus significant others.
Medical response for sexual assault or partner assault.
Individual counselling
Groups for victims of sexual abuse or assault.
Interpreters available in multiple languages.

Sexual Assault - Partner Assault Clinic.
Asult Area Hospital
915 Queen Street East
Sault Ste. Marie
Ontario P6A 2C4
705-759-5143 Office / Hotline

www.sacc.to
email@sacc.to

Sault Ste. Marie

Hotlines 705-759-1230
Or 1-877-759-1230

Women in Crisis (Algoma Inc)
23 Oakland Avenue

www.womenincrisis.ca

24 Hour crisis hotlines
24 Hour shelter and support
Abuse counselling and therapy
Public awareness & education
Family court support
Telephone/walk in crisis counselling
Sexual abuse long term counselling
languages: English, French and
Italian spoken.

Sault Ste. Marie
Ontario P6A 2T2
705-759-1230 Office / Hotline

Scarborough

We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

Ontario Network of Sexual Assault / Domestic Violence Treatment Centres
The Scarborough Hospital
Grace Campus
3030 Birchmount Road
Scarborough
Ontario
416-495-2555

www.sadvttreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Scarborough

Male Survivors Support Group
We offer three groups,
Wednesdays 1- 3pm
2 on Wednesdays 6.45 - 8.45 pm
Our groups are process oriented groups. All work is focused on understanding the damage that early childhood sexual abuse and trauma does to one's life and sense of self. We explore all issues from anxiety, depression, suicidal thoughts, addictions and anger. Fees are covered by O.H.I.P. Pre group interview is required, NO adult sexual offenders will be admitted. Contact Jim Hall on 416-281-7301 ext 4160.

Rouge Valley Health Systems
Scarborough
Ontario
416-281-7301 ext 4160

www.malesurvivor.org

Simcoe

Hotline 519-428-4295
Or 1-800-265-8076
We are a charitable, non profit corporation governed by an elected board of directors. In addition to the services and programs for those who have experienced abuse and children who have witnessed abuse we educate and advocate for social change. Shelter program for women 16+ with or without children
Sexual assault/abuse program for women who have experienced sexual abuse recently or in the past.
Legal advocacy
Systems accompaniment
Short and long term counselling
Groups for female survivors

Haldimand & Norfolk Women's Services
Simcoe
Ontario
519-426-8048 Office

www.hnws.on.ca
hnws@hnws.on.ca

Sioux Lookout	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p> <p>www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Meno Ya Win Health Centre 60 1/2 Front Street Upper Level Sioux Lookout Ontario 807-737-0015 Office</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>
Smith Falls	<p>The emergency departments of Perth and Smith Falls districts hospitals, Carlton Place & district hospital and the Almmonte general hospital provide specialized medical and nursing care to victims of domestic violence and sexual assault. This includes: Crisis intervention Crisis counselling Safety planning Forensic evidence collection.</p> <p>www.psfhdh.on.ca/services/specialty-services/lanark-county-sexual-assault-domestic-violence-program/</p>	<p>Lanark County Sexual Assault Domestic Violence Program 60 Cornelia Street West Smith Falls Ontario 613-283-2330 Office.</p>	<p>www.psfhdh.on.ca</p>
Smith Falls	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p> <p>www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Perth and Smith Falls Distict Hospital 60 Cornelia Street Smith Falls Ontario 613-283-2330 ext 1258</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>
St. Catharines	<p>Hotline 905-682-4584 24 Hour crisis hotline We are a non profit, community based organization which provides counselling and support services for women, by women, who have survived sexual assault and incest. Individual and group counselling Emergency counselling available Court and medical accompaniment Workshops and support groups Out reach counselling in Niagara Falls, Welland, Beamsville, Port Colborne, Fort Erie and Grimsby.</p>	<p>Niagara Region Sexual Assault Centre 43 Church Street Suite 503 St. Catharines Ontario L2R 7E1 905-682-7258 Office</p>	<p>www.sexualassaultniagara.org</p>
St. Catharines	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Niagra Health Systems St. Catharines General Site</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>

survivors of domestic violence. 142 Queenston Street
Emergency medical nursing care St. Catharines
Crisis intervention Ontario
Collection of forensic evidence 905-684-7271 ext 45300
Medical follow up & counselling
Referrals to community resources

www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

St. Thomas

Hotline 1-800-265-4305 Violence Against Women
24 Hour crisis hotline Services Elgin County
Love is not about control and fear. 300 Talbot Street
Emergency shelter Suite 26
Drop-in counselling St. Thomas
FREE legal consultations Ontario N5P 4E2
Counselling for adults abused as 519-633-0155 Office
children.
Community education in schools
Services available across Elgin
County.

www.vawsec.on.ca
info@vawsec.on.ca

Sudbury

We are made up of 35 hospital Ontario Network of Sexual
based centres that provide 24/7 Assault / Domestic Violence
emergency care to women, children Treatment Centres
and men who have been sexually St Joseph's Health Centre
assaulted or who are victims or 700 Pan's Street
survivors of domestic violence. Sudbury
Emergency medical nursing care Ontario
Crisis intervention 705-675-4743 Office
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources

www.sadvreatmentcentres.ca
sheila.macdonald@wchospital.ca

www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Sudbury

Hotlines 705-675-1323 Sudbury Sexual Assault Crisis
Or 1-888-675-1323 Toll Free Centre
We provide barrier free support Sudbury
services to female survivors of Ontario
historic and current sexual violence. 705-675-8071 Office
Referrals, advocacy and support at
medical, court and hearings
Public & community education
Individual and group counselling.

www.voicesforwomen.ca/

Thunder Bay

Support Group for Adult Survivors Lamplighter Movement
of Child Abuse Thunder Bay
A support group for adult survivors Ontario.
of childhood sexual abuse, incest,
domestic violence, rape and sexual
assault. To join this chapter email
Margie McKinnon at the address on
the right of this page

www.thelamplighters.org
margie@thelamplighters.org

Thunder Bay

We are made up of 35 hospital Ontario Network of Sexual
based centres that provide 24/7 Assault / Domestic Violence
emergency care to women, children Treatment Centres
and men who have been sexually Thunder Bay Regional HSC
assaulted or who are victims or 980 Oliver Road
survivors of domestic violence. Thunder Bay
Emergency medical nursing care Ontario
Crisis intervention 807-684-6750 Office

www.sadvreatmentcentres.ca
sheila.macdonald@wchospital.ca

Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources
www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Thunder Bay	Hotline 807-344-4502 24 Hour crisis hotline We serve victims who may have been victimized years ago in their childhood or just recently. Crisis intervention Information and advocacy Community outreach and education Professional individual counselling 8 Week group counselling course for males and females, for more details call 807-345-0894. Intake interview will be required.	Thunder Bay Sexual Assault & Sexual Abuse Counselling & Crisis Centre 385 Mooney Street Thunder Bay Sexual Assault & Ontario P7B 5L5 807-345-0894 Office	www.tbsasa.org tbcounselling@tbsasa.org
Timmis	Hotlines 705-268-8380 Or 1-877-286-8380 Toll Free Our family court program provides support for female victims of domestic violence who are involved in the family court process. Information - court accompaniment Safety planning advice HER Place Safe shelter Our Sexual Assault Center offers: Individual and group counselling and support to women aged 16+ Individual and group counselling for those affected by incest and childhood sexual abuse.	Timmis & Area Women in Crisis Timmis Ontario 705-268-8380 Office / Hotline	www.tawc.ca info@tawc.ca
Toronto	Hotlines 416-863-0511 Or 1-866-863-0511 Toll Free Or 1-877-336-2433 En Francais We provide FREE 24 hour 7 days a week crisis counselling, referrals, emotional support and information via the telephone in up to 154 languages completely confidential and anonymous	Assaulted Women's Helpline PO Box 369 Station B Toronto Ontario M5T 2W2 416-364-4144 Office 1-888-364-1210 Toll Free.	www.awhl.org www.femaide.ca
Toronto	Male Survivors Support Group supported by the Martin Kruze memorial fund, survivors of childhood sexual abuse experiences of hope and recovery. This group is on going, survivors attend as long as they need to. Intake interview is required. Meets Mondays 5.30-7.30 Contact Lynne MacDonell for more details 416-996-4050 or email her at address on the right of the page.	The Martin Kruze Foundation Toronto Ontario 416-996-4050 Office	www.malesurvivor.org lmtherapy@gmail.com
Toronto	Sexuality Toronto Support Group Different people have different comfort levels when talking about	Meetup Abuse Survivors Group Toronto Ontario	

sexuality, so meetings happen in one of two flavours - Private work - shops and open group discussions. Were you sexually assaulted, abused or experienced any kind of sexual trauma and feel this still affects you? For more information visit the website on the right of this page.

www.meetup.com/topics/abusesurvivors/all/

Toronto	Survivors of Violence Against Women Support Group We create a safe place where survivors can meet and discuss issues surrounding violence against women. It's an opportunity to share our stories and meet other women, share resources and look at ways to help other victims and survivors. Visit our website at the address on the right of our page. Contact Gaby to join this group.	Meetup Abuse Survivors Group Toronto Ontario www.meetup.com/topics/abusesurvivors/all/
Toronto	Soul Speak Toronto - Sexual Abuse Meeetup Group An all age non gender specific group for sexual abuse survivors, meeting once a month in Toronto. To join this group contact Kristine on the web site on the right of our page.	Meetup Abuse Survivor Group Toronto Ontario www.meetup.com/topics/abusesurvivors/all/
Toronto	Toronto Trauma Survivors Support Group. Have you experienced traumatic events in your life that are keeping you from moving forward? Do your friends and family keep telling you to get over it? Did the traumatic event leave you with anxiety, depression, anger, panic attacks, nightmares and flashbacks. This self help group will allow you to join others in learning about PTSI and PTSD and how to manage and learn new coping skills.	Meetup Survivors Group Toronto Ontario www.meetup.com/ptsd-trauma/ www.meetup.com/topics/abusesurvivors/all/
Toronto	We are a non-profit organization offering services to francophone women aged 16+ in the Greater Toronto area and in Hatton Peel. Transitional and housing support Counselling Art therapy groups Contact office for more details	Oasis Centre des Femmes PO Box 46085 College Park Toronto Ontario M5G 2P6 416-591-6565 Office www.oasisfemmes.org services@oasisfemmes.org
Toronto	We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually	Ontario Network of Sexual Assault / Domestic Violence Treatment Centres 76 Grenville Street www.sadvtreatmentcentres.ca sheila.macdonald@wchospital.ca

assaulted or who are victims or survivors of domestic violence.
Emergency medical nursing care
Crisis intervention
Collection of forensic evidence
Medical follow up & counselling
Referrals to community resources
www.sadvtreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en

Toronto
Ontario M5S 1B2
416-323-6400 Head Office

Toronto

Hotline 416-759-0138
24 Hour crisis hotline
Crisis intervention

SOS Femmes
PO Box 46018
College Park
Toronto
Ontario M5G 2P6
416-759-0138 Office / Hotline

Toronto

Survivors Support Group
We are a spiritual, self help group of men and women aged 18+ who are guided by a set of 12 suggested steps and 12 traditions as borrowed from AA. There are no fee or dues, everything that is said in the group must be held in strict confidence. SIA is not a replacement for therapy, the only requirement is that you are a victim of childhood sexual abuse and that you want to recover. Meets 2nd & 4th Wednesday at 6.30 - 8 pm. For more information contact Jenny at her email address on the right of this page.

Survivors of Incest Anonymous
Toronto
Ontario

www.siawso.org
www.the519.org
jlceltic@hotmail.com

Toronto

Intimacy Issues with Victims of Sexual Assault Group
If you are a victim of sexual assault, abuse or incest, you may have issues with intimacy in your future relationships. You may avoid intimacy or be "hot and cold" and not know why. Through various means including writing and art therapy we will help you work through these stumbling blocks. Cost \$80 - \$120

Ms Sandra Tenus
Toronto
Ontario M5J 2Y2
416-691-0033 Office
www.harbourfrontpsychotherapy.com
help@BeachesPsychotherapy.com

Toronto

Hotline 416-597-8808
We believe survivors of sexual violence are experts in their own healing. Together we work towards healing with survivors of all backgrounds, genders and spiritualities. In person one to one counselling available Mondays - Fridays call 416-597-1171 ext 228 for details
Public education and workshops
Advocacy and court accompaniment
Latin american women's program
Support groups for survivors.

Toronto Rape Crisis Centre / Multicultural Women Against Rape
Toronto
Ontario
416-597-1171 Office.

www.trccmwar.ca
trcc@web.net

Trenton	<p>Reclaiming Sexuality from Child Sexual Abuse Group Contact office for more information about this group. Cost \$50 - \$90 per session</p>	<p>Jessica Ford Trenton Ontario K8V 6B1 613-801-0243 Office</p>	<p>www.jafordgroup.com info@jafordgroup.com</p>
Trenton	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Quinte Health Centre 242 King Street West Trenton Ontario 613-392-2540 ext 5024</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>
Waterloo	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources www.sadvreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres St Mary's General Hospital 400 Queen Street Waterloo Ontario 519-749-6994 office</p>	<p>www.sadvreatmentcentres.ca sheila.macdonald@wchospital.ca</p>
Wayside Niagara	<p>Male Survivors Support Group Peer support group for adult male survivors of childhood sexual abuse and or sexual assault. Meets Tuesdays at 7 pm Contact Glenn Allan 905-975-6455</p>	<p>Niagara Region Sexual Assault Centre Wayside Niagara Ontario 905-682-7258 Office</p>	<p>www.sexualassaultniagara.org</p>
Welland	<p>Hotlines 403-327-7905 Or 1-888-787-2880 If you are struggling with the very difficult to cope with symptoms of childhood abuse in your adulthood, and you feel at your wits end with no place to turn. Turn to us</p>	<p>Distress Line of Southwestern Alberta Welland Ontario L3C 5Z4 403-327 7905 Office.</p>	<p>www.yourlifecounts.org</p>
Whitby	<p>Hotline 905-668-9200 24 Hour crisis hotline We work to provide support services to recent as well as historical or childhood survivors of sexual abuse. We are a feminist organization that believes in the equality of all. Advocacy and accompaniment dealing with healthcare, help with legal matters and support through the justice system FREE individual counselling FREE group counseling including</p>	<p>Durham Rape Crisis Centre PO Box 567 Whitby Ontario L1N 5V3 905-444-9672 Office</p>	<p>www.drcc.ca info@drcc.ca donna@drcc.ca</p>

a group for survivors of childhood sexual assault. For more details contact Donna 905-444-9672 ex 24

Whitby	<p>Men of Courage Group Men of courage is a 10 week group program designed for adult men recovering from childhood sexual and or physical abuse. The group will help members to understand the impact of trauma - identify and manage the triggers, feelings and flashbacks - improve relationships and build trust - reduce feelings of shame, loneliness and guilt. Cost \$40 - \$50 per session</p>	<p>Mr Derek Wright Whitby Ontario L1N 5Z5 289-271-0758 Office</p>	<p>www.wrightpath.ca counselling@wrightpath.ca</p>
Windsor	<p>We are made up of 35 hospital based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence. Emergency medical nursing care Crisis intervention Collection of forensic evidence Medical follow up & counselling Referrals to community resources</p>	<p>Ontario Network of Sexual Assault / Domestic Violence Treatment Centres Windsor Regional Hospital Grace Campus 1995 Lens Avenue Windsor Ontario 519-255-2234 Office</p>	<p>www.sadvttreatmentcentres.ca sheila.macdonald@wchospital.ca www.sadvttreatmentcentres.ca/en/view.php?key=42&menu=37&lang=en</p>
Windsor	<p>Hotline 519-253-9667 If you are a child, adolescent or an adult, male or female and have been sexually violated whether in the past or recently we can help! Crisis intervention Public education program Counselling for male and female survivors of sexual abuse or incest.</p>	<p>Sexual Assault Crisis Centre 1407 Ottawa Street Unit G Windsor Ontario N8X 2G1 519-253-3100 Office www.facebook.com/SACCWindsor/?hc_location=ufi</p>	
Windsor	<p>Male Survivors Support Group This is a 12 week group run three times a year supported by the Silence to Hope Project. Contact Tom Wilken on 1-877-676-7613 for more details or email the address on the right of our page.</p>	<p>Silence to Hope Project Windsor Ontario 1-877-676-7613 Office</p>	<p>www.malesurvivor.org silencetohope@hotmail.com</p>
Woodstock	<p>Hotline 519-539-4811 Or 1-800-265-1938 Toll Free 24 Hour crisis hotlines We are leaders in providing crisis intervention, shelter, counselling and advocacy for women and their children impacted by abuse in Oxford county. Safe short term accomodation Transitional housing support prog Sexual assault counselling for women aged 16+ who have been</p>	<p>Domestic Abuse Services 975-James Street Woodstock ON N4S 8X8 519-539-7488 Office</p>	<p>www.daso.ca rhonda@daso.ca</p>

sexually abused 519-539-7488 ext
226 for more details

Weekly support groups open to all
women impacted by abuse now or
in the past 519-539-7488 ext 234
for more group details.

Outreach program including
counselling sessions in Tillsonburg
and Ingersoll.