

How does the legal system define ‘sexual assault’? (from CPS)

Sexual assault is any form of sexual contact without both parties' voluntary consent. Sexual assault can also include non-consensual fondling, touching, or kissing. Feelings of fear and anger as a result of being threatened or intimidated during the sexual assault. Sexual assault is a criminal act and the complexities of the criminal justice system can cause additional stress. (Link: <https://www.calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-resources-sexual-assault-and-violence.html>)

How do I know if I have been sexually assaulted?

The purpose of providing these links is to help Survivors answer the question: “How do I know if I have been sexually assaulted?”. All Survivors are able to get through the experience by having someone believe them (we do!) and accessing counseling support. Survivors are not alone. The last link is from the USA, who have different laws, but valuable reflective questions are asked.

CCASA - Assess your need (30 second questionnaire): <http://www.connectnetwork.ca/take-our-quiz/>

Chatham-Kent Sexual Assault Crisis Center (Chatham, Ontario): <https://cksacc.org/about-sexual-assault/how-do-i-know-if-i-have-been-sexually-assaulted/>

USA resource: <https://www.healthline.com/health/was-i-raped#resources>

Survivor Resources:

CCASA: Calgary Communities Against Sexual Abuse

<https://calgarycasa.com>

24-hour crisis line: 403-237-5888 or toll-free 1-877-237-5888

Connect: Family and Sexual Abuse Network

Relationships and experiences come in all shapes and sizes. Some build you up, make you feel safe, happy, capable, and truly cared for. Others can leave you feeling scared, betrayed, cheap, small, and unsure of yourself. Do you think you might be in an abusive relationship?

At Connect, we’re here to help if your gut says something in your relationship – or a sexual experience – isn’t quite right. We’re not here to make judgments or tell you what to do. We are here to help YOU decide what’s healthy and what’s not. And to help you find what you need – at your own pace – and confidentially.

Resources in Calgary as of November 22, 2021: Links and phone numbers do change. We hope this list of resources remains accurate for several years to come.

One phone call connects you to Calgary's network of services and support. We're a friendly, easy, confidential service that helps you – or someone you know – find the answers you need. It's for anyone who needs help – and the people who care about them.

Assess your need (30 second questionnaire): <http://www.connectnetwork.ca/take-our-quiz/>

What if I have been sexually assaulted? <http://www.connectnetwork.ca/sexually-assaulted/>

1. You are in control.
2. Your options:
 - a. Option 1: Medical treatment and/or counseling only.
 - b. Option 2: Medical treatment and/or counseling and evidence collection for reporting to police.
 - c. Option 3: Medical treatment and/or counseling and evidence collection for storage.

If you have any questions or need more information about how the three options work, please call 403-237-5888. Be assured, you will not be pressured - a trained counselor will help you decide what you want to do next.

Calgary Counselling Centre

<https://calgarycounselling.com>

Telephone: 403-691-5991 (business hours)

The Distress Center

<https://www.distresscentre.com>

24 hour crisis line: 403-266 HELP (4357)

- Confidential online chat available:
<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=2181&pid=1&cc=en-US>

→ Connecteen

<https://calgaryconnecteen.com>

- Confidential online chat available (connected to the Distress Center):
<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=2181&pid=2&cc=en-US>

Calgary Immigrant Women's Association

<https://www.ciwa-online.com>

Telephone: 403-263-4414

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Health Resources

Calgary Sexual Assault Response Team

<https://calgarycasa.com/support-services/sexual-assault-response-team/>

Telephone: 403-237-5888

Address: Sheldon M. Chumir Health Centre, 1213 4th Street SW (24-hour service)

- Specialized doctors and nurses provide comprehensive care to individuals who have experienced sexual assault (rape) or abuse within the past 96 hours.
- Clients may choose what services they wish to receive.

Sexual and Reproductive Health – Clinical Services

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1671>

These confidential clinics offer STD testing, treatment, emergency contraception and support.

Multiple locations in Calgary

Center for Sexuality (formerly Calgary Sexual Health Center)

Telephone: 403-283-558. Monday to Friday – 9:00 am – 5:00 pm.

<https://www.centreforsexuality.ca>

- Information, support and referrals by telephone to individuals who prefer to call or who are unable to access our services in person. Counselling and education services available.

Calgary Police Service

<https://www.calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-resources-sexual-assault-and-violence.html>

→ Victim Assistance Support Team:

<https://www.calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-assistance-support-team.html>

Call center:

- Contact: 403-428-8398 or toll-free 1-888-327-7828
- Hours: Monday to Thursday, 8 a.m. - 9 p.m. Friday 8 a.m. - 4 p.m.

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