



## Sexual Assault and Partner Abuse Care Centre

519-376-2121 Ext. 2458

We care for women, men and children. Our clients are victims and survivors of sexual assault, historic child sexual abuse or partner abuse.

*It's not your fault. You are not alone!*



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### Partner Abuse

- Is also called domestic violence
- Happens when a current or past close partner threatens, tries, or does abuse your body or feelings or forces you to have sex
- The partner may be a spouse, an ex-spouse, a current or former boyfriend or girlfriend, or a dating partner

### Sexual Assault

- Is any form of sexual act that is forced on a person without their consent. Sexual assault can range from private or intimate touching to forced intercourse
- Victims include women, men and children
- People may not be able to speak up and say “No”. They may be disabled, drunk, scared or forced into a sexual act

### Child Sexual Abuse

- When an adult or teenager uses a person under aged 16 for sexual purposes

At Grey Bruce Health Services, Owen Sound Hospital, a team of Nurses and Social Workers with special training are available each day to help clients.

We offer private, respectful support to help clients choose the right care and options for themselves.

### We can help with:

- Emotional support
- Assessment and documentation of injury
- Treatment to prevent sexually transmitted infections and pregnancy
- Collection of evidence (with or without police involvement)
- Safety planning
- Follow-up care and counseling
- Information and referrals to community resources

## How to access our care

- If you require immediate medical care or if the assault happened within the past 7 days, go to your nearest hospital emergency department
- If the assault happened more than 7 days ago and you do not require immediate medical care, please call our office to arrange an appointment
- **Call 519-376-2121 Ext. 2458**

## Counseling Services

We offer private trauma counseling to women and men aged 12 and older. The trauma may have been caused by:

- Childhood sexual abuse
- Adult sexual assault
- Partner abuse

We provide a safe and accepting place where you can talk about your life. This may help with:

- Dealing with ways that trauma is still hurting you. This may include anxiety or depression
- Working through feelings. Some people feel shame, betrayal and anger
- Developing your sense of worth and value
- Learning how to manage strong emotions
- Finding more joy and peace in life
- Providing you with other information or resources

Our staff are familiar with counseling and therapy approaches that are helpful for healing from trauma. These may include body and mind relaxation plans.

Clients may refer themselves for counseling or agree to being referred by a care or service partner in the community.

## Other activities

Serving our clients is our main focus. However, we also welcome opportunities to educate the public on sexual assault and domestic violence.

We are available to:

- Contribute to the education of other professionals (e.g., Health Care, Police, Crown attorneys)
- Make presentations to student and community groups (e.g., high schools, universities, crisis intervention centres)
- Join in activities to educate the public.

Much of our community work focuses on ways to reduce the risk of sexual assault and domestic violence. We do this by working with other agencies that provide services to victims and survivors (e.g., women's shelters, Victim services). Contact our Care Centre if you would like a presentation to your group. 519-376-2121 ext. 2458.

## Important numbers

*Emergency (Police, Fire, Medical)*  
911

*Community and Social Services*  
211      [www.211ontario.ca](http://www.211ontario.ca)

*The Women's Centre, Grey and Bruce*  
24 hour Crisis Help Line  
519-371-1600 or 1-800-265-3722  
[www.thewomenscentre.org](http://www.thewomenscentre.org)

*Women's House Serving Bruce and Grey*  
24 hour support  
519-396-9655 or 1-866-578-5566  
[www.whsbg.on.ca](http://www.whsbg.on.ca)

*Kabaeshiwim Respite Women's Shelter*  
24 hour crisis 519-797-3677

*Mental Health Crisis Line of Grey and Bruce*  
24 hour crisis 1-877-470-5200

### **Our contact information:**

*Sexual Assault and Partner Abuse Care Centre*

Grey Bruce Health Services  
1800 8<sup>th</sup> St. East Owen Sound  
519-376-2121 Ext. 2458  
[www.gbhs.on.ca](http://www.gbhs.on.ca)

*Assaulted Women's Helpline*  
24 hour crisis  
416-364-4144 or 1-866-863-0511

*Ontario Coalition of Rape Crisis Centres*  
[www.sexualassaultsupport.ca](http://www.sexualassaultsupport.ca)

*Victim Services Bruce Grey Perth*  
24 hour crisis 1-866-376-9852

*Victim Witness Assistance Program*  
519-376-8927 or 1-866-4823

*Public Health Unit Grey Bruce*  
519-376-9420 or 1-800-263-3456  
Sexual Health Clinic ext. 1256  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)