

Niagara Region Sexual Assault Centre

OUR NEW ADDRESS: 43 Church St., Suite 503, St. Catharines L2R 7E1

Crisis Line – 905 682-4584



Are you aware that an Outreach Worker provides Individual Counselling options in the following cities/communities?

- Beamsville & Grimsby
- Niagara Falls
- Welland
- Port Colborne
- Ridgeway
- Fort Erie

Please call (905) 682-7258 for further information and an appointment.

Educational And Therapeutic Groups And Workshops

As an agency, we are committed to providing services that inform, support and empower. With this in mind we are once again offering our 12 week Survivor Group. In addition, in response to requests from a number of clients, we have developed a new group for past participants of Survivor Groups. Both groups offer a variety of therapeutic and educational opportunities for women who have experienced sexual assault, childhood sexual abuse and/or incest.

Survivor Group

A 12 week therapy group for women who have experienced childhood sexual abuse and/or sexual assault. An opportunity to acknowledge and address the impact of this form of violence, to reduce the isolation, and to strengthen bonds of connection and hope. Facilitated by experienced counsellors.

Date: Sept. 27th to Dec. 13th, 06

Day and Time: Wednesdays, 1:30pm to 3:30pm

Thriver Group

A 6 week therapy group for women who have completed the Survivor Group recently or in the past few years. This group presents an opportunity to examine the progress of your healing journey in a supportive environment. The emphasis will be on identifying personal goals, developing a plan of action and recognizing the next steps in this important life journey.

Facilitated by experienced counsellors.

Date: Oct. 25th to Nov. 29th, 06

Day and Time: Wednesdays, 7:00pm to 8:30pm

PLEASE CALL 905 682-7258 TO INDICATE YOUR INTEREST IN PARTICIPATING IN THESE GROUPS, AND TO MAKE AN APPOINTMENT FOR AN INFORMATION SESSION WITH A COUNSELLOR.

Wheelchair Accessible Location