

What is CCASA?

Calgary Communities Against Sexual Abuse

(CCASA) is the primary sexual harassment, sexual abuse and sexual assault crisis, counselling and education service provider for Calgary and the surrounding areas. Our services are available to everyone including people of all colour, race, ability, sexual orientation, religion, education, socio-economic status, or gender.

Our Vision

Healthy communities free of sexual violence, including sexual abuse, sexual assault and sexual harassment.

Our Mission

To lead in the provision of specialized sexual violence services and educate communities to shift attitudes and responses to sexual violence.

CCASA offers free and confidential services, including:

- Counselling (Individual and Group)
- CCASA Support and Information Line
- Sexual Assault Response Team (24-Hour Hospital Accompaniment)
- Public Education and Training
- Police and Court Support (PACES)

Arrangements for interpreters available upon request.

CCASA Support & Information Line
9am-9pm – 7 days a week
403-237-5888

Alberta's One Line for Sexual Violence
(Phone/Text) 1-866-403-8000
TTY Line 403-508-7888
Chat www.calgarycasa.com

9am-9pm – 7 days a week

For more information on our programs and services:

Email | info@calgarycasa.com
Business | 403-237-6905

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

Thank you to our funders:



SEXUAL ABUSE & SEXUAL ASSAULT SERVICES



CSART

Calgary Sexual Assault Response Team

If an individual has been sexually assaulted, they may react in many different ways. Reactions can include:

- Problems with sleeping
- Problems with eating
- Physical symptoms, including injuries, nausea or headaches
- Flashbacks
- Recurring thoughts about the assault or "what if?" scenarios

If an individual has been sexually assaulted, they may feel:

- Guilt
- Shame
- Helpless
- Shock
- Emotional numbness
- Confusion

This is not an exhaustive list. Every individual's reaction or feeling after experiencing sexual assault can be different. It is important that individuals receive support and information to reduce the isolating effects of sexual violence.

If you have experienced sexual assault, be patient with your recovery. You may go through several different emotions after the sexual assault. Give yourself permission to take the time needed to heal, even if it may take days or years.

If you are in need of support or would like to learn more call
403-237-5888 – 7 days a week

CCASA Services

CCASA Support and Information Line

The CCASA Support and Information Line is available to anyone who has been affected by any form of sexual violence, including 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.

Individual Counselling

We offer specialized individual counselling for anyone impacted by any form of sexual violence including child sexual abuse, sexual assault and sexual harassment. Counselling is offered to both those who experienced sexual violence and their support persons.

Group Counselling

CCASA's sessions offer support and counselling in a group setting to people who have experienced sexual violence. To participate in a group, individuals must have attended individual counselling provided by CCASA or another agency or therapist.

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.

Calgary Sexual Assault Response Team (CSART)

The Calgary Sexual Assault Response Team (CSART) provides specialized care to individuals who have been sexually assaulted within the past 96 hours. The service is available through any Calgary emergency department or urgent care centre, and the team works primarily out of their specialized facilities in the Sheldon Chumir Health Centre. This service is available 24/7 to anyone 12 years of age or older who has experienced a sexual assault. Children under 12 are supported at the Alberta Children's Hospital.

Police and Court Support (PACES)

The PACES program provides specialized information, education and support to people who have experienced sexual violence as they navigate the legal system, or as they consider doing so.

Contact Us

Contact us for more information about our services or to complete an intake.

403-237-5888

Monday to Friday, 9 AM to 5 PM

