

## How often do I need to attend counselling?

Counselling sessions are usually 50-60 minutes long and are typically booked every two weeks. If you "no show" to your appointment 3 times, your file may be closed or you may be moved back onto the waitlist.

Counselling can be hard, especially when working through trauma and sexualized violence. If you're finding counselling too difficult, triggering, or not helpful, talk to your counsellor first, rather than stopping counselling.

## Can I do counselling online?

Along with 1-1 counselling, we offer phone counselling, as well as confidential online counselling for adults and older youth.

## How long will it take to finish STV counselling?

Counselling is a space for you to heal, grow, achieve goals, and learn new skills to manage your trauma symptoms. Healing from abuse is not a linear process. When you feel confident that you can manage your trauma symptoms, it will signal an end to your counselling at KSACC.



# STOPPING THE VIOLENCE

For adults of all  
genders who are  
survivors of  
sexualized violence.

### STAY IN TOUCH



/kamloopsassaultcentre



@kamloops.sexual.assault.centre

KSACC gratefully acknowledges that our work takes place on the traditional, unceded territory of the Tk'emlúps te Secwépemc people.



KSACC  
KAMLOOPS SEXUAL ASSAULT  
COUNSELLING CENTRE

## What is STV?

STV stands for Stopping the Violence. Our STV counsellors provide 1-1 counselling to adults of all genders who are survivors of sexualized violence. This includes sexual assault, domestic violence, historical childhood sexual abuse, as well as emotional and psychological abuse.

## Is there a waitlist?

Yes, KSACC has a waitlist for STV counselling, which can be a 6-12 month wait. An STV counsellor or KSACC worker will reach out when a space has become available to begin counselling.



## CONTACT US

**Kamloops**

**250.372.0179**

**Chase**

**250.299.8792**

**Logan Lake**

**250.682.4380**

**Anti-Violence**

**Crisis Line**

**1.888.974.7278**

Email: [ksacc@ksacc.ca](mailto:ksacc@ksacc.ca)

[www.ksacc.ca](http://www.ksacc.ca)

## What does a STV counselling session look like?

KSACC is a feminist organization that strives to offer non-judgmental, safe, and confidential counselling. Together, you and your counsellor will work to regain your safety, set goals, identify social supports, learn coping strategies, and explore self-care. You and your counsellor may work to recognize and understand the dynamics of abuse, explore past or current abuse, or work to strengthen self-confidence and self-worth.

## Does KSACC offer group counselling?

Yes, KSACC offers group counselling to individuals who have been added to the STV waitlist. You can email [groups@ksacc.ca](mailto:groups@ksacc.ca) for information on upcoming groups or to register.

