

Sexual Violence Outreach  
Program  
Cumberland County

Amherst, NS

Tel: 902. 694.SVOW (7869)

svow.cumbco@gmail.com

<http://svowcumbco.wixsite.com/svow>

Office Hours:

Monday – Friday

9AM – 5PM

*Flexible hours can be arranged as necessary. Please call or text for details*



Sexual  
Violence  
Outreach  
Program

---

Cumberland  
County



The Sexual Violence Outreach Program (SVOP) is dedicated to Breaking the Silence about sexual violence.

We provide supportive counselling to Survivors of sexual violence, as well as to loved ones of Survivors.

If your loved one has experienced sexual trauma, and you are interested in seeking information or support, please contact us.

---

## ABOUT US

The Sexual Violence Outreach Program is located in Cumberland County. We are here to provide counselling to persons aged 16 or over who have been affected by sexual violence.

We provide inclusive, non-judgmental supportive counselling services for males, females, and the LGBTQ community.

Have you or a loved one been affected by sexual trauma? We are here to help.

## SERVICES

### 1. Individual Counselling

We know how important it is to have a safe space to talk about your experience.

We are here for you.

We believe you.

The Sexual Violence Outreach Program offers a range of counselling services, from support sessions to crisis and distress counselling.

Whether you find yourself in a current state of crisis or you are healing from a past sexual trauma, the Sexual Violence Outreach Program is here to support your healing journey.

We understand that survivors who are accessing services are at different points in their healing journey; we will work with you meet your unique needs.

Where can you access these services? This can be decided when you **contact** the Sexual Violence Outreach Worker. Some examples of meeting points could be a hospital, a police station or a school.

### 2. Group Counselling

Sharing your story with other Survivors can be *empowering*, as it gives you a chance to talk with people who have similar experiences. Here are some topics you can expect to be covered in group:

- What is sexual trauma?
- Expressing emotions
- Common feelings after sexual assault
- Coping skills
- Healthy boundaries
- Society and sexual assault
- The impacts of sexual assault

### 3. Support for Loved Ones

We offer special support for loved ones of Survivors, including:

Support Sessions  
Information Booklets & Resources  
General Information  
Other resources

## OTHER SERVICES

- Help with navigating local services and resources (eg. Legal, medical)
- Referrals to other services
- Inclusive, non-judgmental supportive counselling for people identifying as male, female, the LGBTQ community
- Medical accompaniment
- Law enforcement statement accompaniment
- Courtroom accompaniment

