



SEXUAL VIOLENCE SPECIALIZED RESOURCES GUIDE

LAURENTIANS



Sexual Violence Specialized Resources Guide - Laurentians was produced by the Direction des programmes Santé mentale, dépendance et services psychosociaux généraux adulte (DSMDPGA), the adult mental health, addiction and general psychosocial services department of the Centre intégré de santé et services sociaux (CISSS) des Laurentides.

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INTRODUCTION: WHO THIS GUIDE IS FOR

This Laurentian resource guide is for anyone affected by sexual violence who needs information, listening, support or specialized services. Victims (minors or adults) as well as parents and loved ones will find references in this guide to help them.

This document is also for professionals, in institutional or community settings, to whom victims disclose sexual assault; to help direct them to the resources that will best respond to their needs.

Finally, this guide ultimately aims to inform the population of the Laurentians about the services specializing in sexual assault in the region. Help is available at all times by contacting the organizations in the region.



DEFINITION OF SEXUAL VIOLENCE

Sexual assault is an act of a sexual nature, with or without physical contact, committed by a person without the consent of the other person concerned or, in some cases – particularly in the case of children – through emotional manipulation or blackmail. It is an act aimed at subjecting another person to the will of the aggressor through an abuse of power with the use of force or constraint, or under implicit or explicit threat. Sexual assault is a violation of fundamental rights, including physical and psychological integrity, as well as personal safety.

This definition applies no matter the age, sex, culture, religion or gender identity of the victim or the aggressor, regardless of the type of sexual act and the location or environment in which it occurred, and whatever the nature of the existing association between the victim and the aggressor.

Across its many manifestations, **sexual exploitation** generally involves a situation, a context or a relationship where an individual takes advantage of a person's vulnerability or dependency, or of the existence of a power imbalance, with the goal of using the person's body for sexual purposes to gain an advantage. It can be a monetary, social or personal advantage, such as sexual gratification, or any other form of advantage.

Sexual assault and sexual exploitation are considered sexual violence because of the intent to subject another person to an abuse of power which can result in the use of force, constraint, implicit or explicit threat or other types of manipulation.

Gouvernement du Québec: Stratégie gouvernementale pour prévenir et contrer les violences sexuelles 2016-2020 (Government strategy to prevent and counter sexual violence)

SOME STATISTICS

9283

In 2019,ⁱ 9283 sexual assaults or other sexual offencesⁱⁱ were committed in Québec, representing about 11 % of the total of offences against individuals.



The rate of sexual assault has been on the rise for the past ten years: there was a 36.1% increase between 2010 and 2019.



Sexual assaults are only reported to the police in 5% of cases.ⁱⁱⁱ



Adult women are much more likely to be victims of sexual assault than men: 87% of the sexual assaults reported by respondents to the 2014 General Social Survey^{iv} were committed against a woman.



The majority of adult victims of sexual offences reported to the police knew their abusers.^v



About one in ten men (9.7%) and nearly one in four women (22.1%) in Québec report having experienced an incident of sexual assault before the age of 18, which is 16% of the Québec population.^{vi}

**UNDER
18s**

In Québec, victims under the age of 18 represent 53.4% of all the victims of sexual offences recorded by the police.^{vii}

RECEIVING THE DISCLOSURE OF A SEXUAL ASSAULT

Myths and Facts^{VIII,IX,X}

The power of prejudices that make it hard for a victim of sexual violence to report an assault should not be underestimated. Today, many myths persist, and it is important to refute them in order to openly receive a victim's testimony:

MYTHS	VS	FACTS
Victims provoke sexual assault. For example, a sexily dressed woman is partly responsible for the assault.		Victims are never responsible for the assaults they suffer. In no case can their appearance, their behaviour or their attitude be interpreted as authorization to be assaulted. ^{XI}
Most victims are assaulted by people unknown to them.		Victims know their aggressor in the vast majority of cases. For example, the aggressor could be a partner or a member of the family. ^{XII}
A victim who has a physiological reaction (e.g., erection, lubrication) is consenting.		This happens especially with children and teenagers, which can cause confusion concerning consent. These reactions are purely physical and show that the "mechanics" of the body are working properly. ^{XII}
When a person doesn't clearly say "no," they are considered to have consented, so we cannot call it sexual assault.		Consent must be given in a free and informed way. If there is no yes, it's no! A person can say no using non-verbal language. For example, if they do not respond to the other's caresses or advances, if they freeze up, cry, try to run away or struggle, they are clearly not consenting.
Many people lie when they report a sexual assault.		There are no more false reports of sexual assault than for other crimes, between 2% and 10%. ^{XIII}

Aside from prejudices, other factors can make the disclosure of a sexual assault by a victim difficult:

- Feelings of shame and guilt
- Fear of the person who committed the assault
- An unequal relationship
- Contradictory feelings about the person who committed the assault
- Dependence on the person who committed the assault

Caring attitudes during a disclosure

It is difficult for a victim of sexual violence to talk about the abuse. If someone discloses an assault, it is important to be aware of your own reactions as well the victim's. In general, you must listen, believe the person, and avoid judgment:

HELPFUL REACTIONS ^{xiv}	VS	HARMFUL REACTIONS
Listen without judgement, let them express themselves Let the victim express themselves in their own words, in their own way and at their own pace. Listen without judging.		Judgement Ask the victim questions, extract details, talk constantly.
Believe, respect the victim's experience Believe what the victim tells you because it is their experience and their perception. Concentrate on what they say and experience.		Doubt Be skeptical, question what the victim tells you.
Welcome without amplifying or reducing Receive what the victim says without minimizing or amplifying the facts, emotions and consequences.		Trivialize, minimize or downplay Trivialize the assault, minimize the consequences, emotions and reactions of the victim.
Encourage their strengths Emphasize the victim's "good actions and strategies". Emphasize their strengths and their courage to speak out.		Highlight their weaknesses or what they should have done Tell them they should have done this or that. For example, tell them or make them feel that they shouldn't have been walking alone or have gone outside at night.
Support, provide a presence, be available Be available to listen to and accompany the victim. If necessary, explain to the victim that you may not be able to help them but that you can accompany them in the search for another resource that is better able to help.		Ignore, evade Ignore the request for help. Choose not to get involved under the pretext that it is none of your business, it's not your problem or within your ability to manage.
Reduce guilt, identify needs Ensure that the victim understands that it is not their fault that they were sexually assaulted. Explain that the abuser is fully responsible for their actions. Explain that their responsibility is to take care of themselves.		Guilt, blame, accuse Blame the victim for what they didn't do or should have done. Let them know that they must have provoked the person who assaulted them, that they share the responsibility for what happened.

Encourage self-determination and social contact

Help the victim take back power over their life while ensuring a presence. Give them space to breathe and to regain their usual level of functioning.

Overprotect

Smother, overprotect the victim by stopping them going out, seeing their friends or sleeping away from home.

Validate their emotions and feelings

Help the victim express what they feel by normalizing their reactions, emotions and feelings; such as anger, resentment, guilt, reduced self-esteem. Validate the pace of their healing and their short-, medium-, and long-term reactions.

Turn the page

Prevent the victim from expressing the negative emotions they're feeling under the pretext that it's not good to live in the past.

If a **child** or **teenager** discloses a sexual assault, it is important to have the following supportive approaches:^{XV}

- Remain calm.
- Listen openly and do not judge.
- Be reassuring.
- Tell the young victim that they have made the right decision by talking to you about their problems.
- Let them know that you believe them.
- Do not promise that you will keep secret what they told you. To help a child and ensure that they receive the necessary support and protection, the Youth Protection Act stipulates that **anyone who has reason to believe that a child had experienced sexual abuse must contact the Director of Youth Protection (DYP) at 1 800 361-8665 to report the situation.**
- Do not question the victim, let them talk freely to you with their own words. Especially with the young children, leading questions can influence the child's account and interfere with the DYP's intervention.
- Record the child's words as soon as possible.



SERVICES PROVIDED TO VICTIMS OF SEXUAL ASSAULT AND THEIR FAMILIES

Medical and social intervention for victims of sexual assault

A designated centre for medical and social intervention for victims of sexual assault (designated centre) provides various emergency medical and psychosocial services for all victims of sexual assault occurring within the past six months, regardless of age or gender.

The services of designated centres are available 24 hours a day, 7 days a week, and are provided by a medical and psychosocial team made up of counsellors, nurses and doctors; all trained to help victims of sexual assault.

The Laurentian region has two designated centres located in Saint-Jérôme and in Rivière-Rouge. Victims can go directly to the centre, accompanied or by themselves. They can also call Info-Social 8-1-1 before going in order to speak with a counsellor who will guide them.

Emergency Room at the Hôpital régional de Saint-Jérôme

290, rue de Montigny
Saint-Jérôme (Qc) J7Z 5T3
Tél.: 8-1-1

Emergency Room at the Centre de services de Rivière-Rouge

1525, rue l'Annonciation Nord
Rivière-Rouge (Qc) J0T 1T0
Tél.: 8-1-1



It is important to go to the designated centre as soon as possible after a sexual assault.

Victims are encouraged to go to a designated centre as soon as possible to receive emergency medical and psychological services, and also to allow the professionals to take forensic samples (DNA evidence) which can serve as evidence in legal proceedings against the assailant. The forensic samples are taken by a doctor or nurse at the designated centre within a maximum of five days after the assault.



The choice to proceed with forensic samples, like the choice to file a complaint with the police is always the victim's (or that of the parental authority if the victim is less than 14 years old).

During the visit to the designated centre, the sexual assault victim can receive the following health care and services according to their needs:

HEALTH CARE

- Reception, support and listening
- An evaluation of their overall health
- Treatment of injuries and wounds
- Testing for sexually transmitted and blood-borne infections (STBBIs)
- Prevention of an unwanted pregnancy
- Prescription for medications
- Offer of an appointment for medical follow-up (2-3 weeks after the assault)

SERVICES

- Collection of forensic samples (with the victim's consent)
- Completion of an IVAC form by the doctor
- Accompaniment in making a statement to the police
- Personalized referral for psychosocial follow-up
- Provision of supporting documentation to explain an absence from work or school
- Provision of contact information for community organizations that assist victims of sexual assault (CALACS, CAVAC, shelters, etc.).

Victim Compensation

The compensation for victims of crime program (IVAC) can provide financial help to minors or adults who have been sexually assaulted. Once a needs assessment is completed, and the application for assistance is accepted, some costs may be reimbursed: transportation, loss of working days, repair, cleaning or replacement of clothes worn by the victim at the time of the assault, termination of a lease, costs related to security (e.g., self-defence classes, installation of an alarm system), etc.

In addition, IVAC can also cover some physical, psychological or socio-occupational rehabilitation costs: physiotherapy sessions, homecare, individual or family counselling, moving costs, childcare costs, training program, retraining and job search, etc.

Normally, the doctor at the designated centre will fill out the IVAC form after the examination and will give it to the victim or their parents/guardians if under the age of 14. It is also possible to get assistance to complete the IVAC form by contacting CAVAC Laurentides (p. 26) or by calling Info-Social (8-1-1, option 2).

 <https://www.ivac.qc.ca/en/Pages/default.aspx>



Organizations offering psychosocial services to victims and their families

- CISSS des Laurentides: Psychosocial services — p. 30
- CALACS L’Ancre — p. 25
- L’Élan CALACS — p. 37
- Centre d’évaluation et de traitement des agressions sexuelles (CETAS) sexual assault assessment and treatment centre — p. 27
- Centre d’aide aux victimes d’actes criminels des Laurentides (CAVAC) help centre for victims of criminal acts — p. 26



Community organization offering medical services

- Dispensaire – Community health centre — p. 33

CHILD AND TEENAGE VICTIMS OF SEXUAL VIOLENCE

Report to the Director of Youth Protection (DYP)

In Québec, **EVERYONE** (resident, counsellor, professional) is obliged to report any situation of sexual or physical abuse. They must make the report even if they judge that the parents are taking measures to end the situation. It is up to the DYP to evaluate whether these measures are adequate.

If in doubt, the DYP can be contacted to answer questions and guide the person in the steps to take.

Following a report, the DYP workers will ensure the safety of the victim by establishing various support and coordination mechanisms (psychosocial counselling, initiation of a multi-sectoral agreement, referral to specialized resources, etc.).



 <https://www.santelaurentides.gouv.qc.ca/english/youth-protection/>

Multi-sectoral agreement

The multi-sectoral agreement, in effect since 2001 in Québec, aims to protect children under the age of 18 who are victims of sexual abuse, of physical abuse or an absence of care threatening their physical health when there is a reasonable cause to believe that their safety or development is in danger and that a crime has been committed against them.

This agreement establishes mechanisms to promote cooperation among the DYP, the youth services of the CISSS des Laurentides, the DPCP - Directeur des poursuites criminelles et pénales, (the director of criminal and penal prosecutions), police forces and many other partners (schools, childcare services, community organizations, etc.). The Director of Youth Protection is responsible for its coordination.

The overall objectives of the multi-sectoral agreement are:^{XVI}

- To facilitate the transmission of information in order to better coordinate services and prevent the child from having to tell their stories to each service.
- To reduce the delays caused when each service works in isolation (e.g. police, youth protection).
- To ensure that the victims and their families are supported throughout the whole process.

When deemed necessary, the consultation mechanism between the partners of the multi-sectoral agreement is triggered when a report is made to the DYP.

Medical and social intervention for children and youth

Designated centres in the Laurentians provide services to everyone, whatever their gender or age. Children and teenagers who are victims of sexual assault must be accompanied to a designated centre as soon as possible to receive care from a specialized team of trained professionals.

See page 28 for a description of the services and contact information for the designated sexual assault centres in the Laurentians.



Organizations providing psychosocial services to children and youth and their families

- CISSS des Laurentides — Director of Youth Protection — p. 29
- CISSS des Laurentides — Psychosocial services — p. 30
- CALACS L’Ancre (teenagers aged 12 and up) — p. 25
- L’Élan CALACS (teenagers aged 12 and up) — p. 37
- CETAS — p.27
- CAVAC — p.26
- Marie-Vincent Foundation — p. 35
- Le Phare des AffranchiEs / Beacon of the Freed — p. 38

SERVICES OFFERED TO SEX OFFENDERS AND THEIR FAMILIES

Juvenile sex offenders



Report to the Director of Youth Protection (DYP)

Remember that in Québec everyone has the obligation to report all situations of sexual or physical abuse involving juveniles. They must make the report even if they judge that the parents are taking measures to end the situation. It is up to the DYP to evaluate whether the measures are adequate.

Following a report, a juvenile sex offender is evaluated and receives the psychosocial, adaptation, rehabilitation and social integration services required by their situation, either under the Youth Protection Act (YPA), the Youth Criminal Justice Act (YCJA), or the Act Respecting Health Services and Social Services (HSSSA).

Act (YPA), the Youth Criminal Justice Act (YCJA), or the Act Respecting Health Services and Social Services (HSSSA).

Within its YCJA mandate, the DYP must intervene with youth aged 12 to 18 found guilty of an offence. The youth worker conducts an evaluation outlining the youth's history and risk of reoffending in a pre-decisional report. It ensures follow-up of the sentences issued by the Youth Division. This is also the case when an offence committed and prosecuted is of a sexual nature.



Psychosocial services for juvenile sex offenders and their families

- CISSS des Laurentides — Director of Youth Protection — p. 29
- CISSS des Laurentides — Psychosocial services — p. 30
- CETAS — p. 27



Other services

- Mesures alternatives des Basses-Laurentides et Service de médiation citoyenne des Basses-Laurentides — p. 39
- Mesures alternatives des Vallées du Nord — Northern Valleys Alternative Measures (MAVN) — p. 40

Adult sex offenders



Psychosocial services for adult sex offenders

- CETAS — p. 27
- *Ça suffit* — Free and confidential support services to reduce emotional suffering related to sexual fantasies about minors.

Hotline: 1 844 654-3111
(Monday to Thursday,
from 9:00 am to 6:00 pm)

Online chat: casuffit.info/en
(Monday and Wednesday, from
9:00 am to 6:00 pm)

Email: casuffit.info@gmail.com
Self-help platform: casuffit.info/en



Other services

- Mesures alternatives des Basses-Laurentides et Service de médiation citoyenne des Basses-Laurentides — p. 39
- Mesures alternatives des Vallées du Nord – Northern Valleys Alternative Measures (MAVN) — p. 40

SERVICES OFFERED TO VICTIMS OF SEXUAL EXPLOITATION AND THEIR FAMILIES



Psychosocial services for victims of sexual exploitation and their families

- Le Phare des AffranchiEs — Beacon of the Freed — p. 38
- CALACS L’Ancre — p. 25
- L’Élan CALACS — p. 37
- CETAS — p. 27
- CAVAC — p. 26
- CISSS des Laurentides — Director of Youth Protection — p. 29
- CISSS des Laurentides — Psychosocial services — p. 30



Institutional and community medical services

- Designated centres in the Laurentians — p. 28
- Le Dispensaire — community health centre — p.33

PROVINCE-WIDE RESOURCE LINES

Sexual Violence Helpline

Helpline for listening, support, information and referral for victims of sexual assault, sexual exploitation, and all other forms of sexual violence. Services are provided by a team of counsellors specially trained to help victims of sexual violence and are also available to victims' families, to professionals and to anyone looking for information.

 1 888 933-9007 (514 933-9007) — 24/7

 <https://sexualviolencehelpline.ca>

Emergency Financial Assistance (LAFU)

Emergency financial assistance (LAFU) is a supplementary financial tool available to organizations that help victims of violence (for example police, shelters, designated sexual assault centres, victim assistance organizations, etc.). LAFU allows victims of domestic violence to rapidly leave a home where their life or safety is endangered. For those who qualify, LAFU helps pay for certain emergency expenses, such as transportation, food, shelter and living expenses.

Requests for assistance must be made by field workers who are in direct contact with victims such as police, counsellors in shelters, victim assistance centres, and the health and social services network.

 1 833 363-LAFU (5238) — 24/7

SOS Domestic Violence

Helpline providing bilingual anonymous and confidential reception, assessment, information, awareness, support and referral services. Services available by phone and online chat for victims, the general public and anyone affected by domestic violence.



1 800 363-9010 — 24/7



Online chat: <https://sosviolenceconjugale.ca/en/> — from 8:00 am to midnight, 7 days a week



Text: 438-601-1211 — from 8:00 am to midnight, 7 days a week

DPCP — A designated telephone line to provide information to victims of sexual violence who are considering filing a complaint with the police

Free and confidential service for victims and affected assistance organizations who want to get information about filing a police complaint and authorizing a prosecution for sexual violence.

This service is aimed specifically at victims who might hesitate to report a crime and who are not already involved in a legal process. (Individuals involved in such a process who wish to obtain information about their case should instead contact the prosecutor who is responsible for the case.)



1 877 547-DPCP (3727) — Monday to Friday, from 8:30 am to noon and from 1:00 to 4:30 pm

FILING A COMPLAINT WITH THE POLICE

The choice to file a complaint with the police belongs to the victim. However, if the victim is a minor, a complaint is automatically filed with the police by the DYP or the parents.

There are many reasons why a victim may not want to file a complaint with the police – lack of confidence in the legal system, for example. In this case, the victim may turn to other resources for help.

On the other hand, by reporting to the police, the victim may wish to ensure their safety or regain some control over their situation or their life.



There is no statute of limitations for sexual assaults, meaning that the victim can file a complaint with the police at any time, even several years after the assault.

To file a complaint, the first step consists of contacting a police department:

- By calling 9-1-1, especially if there is a danger that safety of the person is endangered.
- By going in person.
- By phoning to make an appointment.
- Contact information for police stations: pp. 41-42

At this stage, the victim meets a police officer who fills out an event report with the basic information.

Then, an investigator takes charge of the file and arranges to meet with the victim within a short timeframe. The victim is asked their version of the facts and as many details as possible are gathered about what happened (making a statement).



The victim can be accompanied through many stages and to some meetings during the process.

After taking the victim's statement, the police conduct an investigation whose length can vary depending on the details and complexity of the file.

If the investigation is conclusive, the police refer the file to the Directeur des poursuites criminelles et pénales (DPCP), the director of criminal and penal prosecutions, who takes over the file and assesses whether there is sufficient evidence to lay charges against the suspect.

In order to be accompanied throughout the legal process, the victim can contact CAVAC (p. 26) and CALACS (p. 25 and p. 34), which provide information and support. The next section of this document presents other specialized resources providing legal services or information.

LEGAL SERVICES

Rebâtir.ca

Helpline where victims of domestic or sexual violence can receive up to 4 hours of legal advice with a team of specialized lawyers. Service provided from 8:30 am to 4:30 pm, or leave a message outside those hours.



1 833 REBATIR (732-2847)



<https://rebatir.ca/?lang=en>
projet@rebatir.ca

Directeur des poursuites criminelles et pénales (DPCP)

Director of criminal and penal prosecutions

DPCP Saint-Jérôme — p. 32

OTHER SERVICES

- Centre for Services in Restorative Justice (CSJR) — p. 31
- Escouade pour l'enfance (Children's Squad) — p. 34
- INFOVAS — p. 36

LAURENTIAN INTERSECTORAL SEXUAL ASSAULT COMMITTEE

Founded in 2019, the Laurentian intersectoral sexual assault committee (CIASL) brings together about thirty community and institutional organizations that work with people affected by sexual violence.

The members of the CIASL meet four or five times a year to work on projects, to share expertise, to improve cooperation and ties among the various service providers, as well as to develop new partnerships in an attempt to constantly improve the sexual violence services offered to the population of the Laurentians.

The ciasl.ca website contains information for practitioners and for the general public about:

- How to file a complaint.
- Service trajectories (minor/adult, victim/sex offender) in the event of disclosure.
- Sex education and prevention of sexual assault.

To find out about the work of the CIASL or to consult the web directory of support resources:

 <https://ciasl.ca> (French only)

REGIONAL ROUNDTABLE AGAINST TRAFFICKING FOR THE PURPOSE OF SEXUAL EXPLOITATION

This roundtable was established in 2020 in order to develop interventions to address the issue of sexual exploitation, an issue present in both the province and the Laurentian region.

The roundtable, set up by the Director of Youth Protection and Le Phare des AffranchiEs / Beacon of the Freed, is made up of many actors from various departments at the CISSS des Laurentides and many community partners (police forces, community organizations, schools). It regroups many practitioners who collaborate to develop best practices for interventions with victims in the Laurentians.

For more information: direction@affranchies.ca

RESOURCE DIRECTORY

CALACS L’Ancrege



To contact the organization

450 565-6231
Toll-free 1 866 867-7791



Fax

450 565-8561



Web

www.calacslancrage.ca/en
info@calacslancrage.ca
facebook.com/CALACS.Lancrage



Address

CALACS L’Ancrege is located in Saint-Jérôme, however its address is confidential.



Fees

No charge for direct assistance services
Some fees for self-defence courses, awareness workshops and training



Hours

Monday to Friday: 9:00 am to 5:00 pm
Individual and group sessions are offered during the day and in the evening, depending on availability.



Languages in which services can be provided

French and English



Territories served

MRC Rivière-du-Nord,
MRC Thérèse-De Blainville,
MRC Deux-Montagnes,
MRC Mirabel, MRC Argenteuil
MRC Pays-d’en-Haut

Sexual assault mandate/mission

CALACS L’Ancrege is an autonomous feminist community action organization that works to end sexual violence in all its forms and to support the empowerment of teenaged girls and women who have experienced sexual violence, including sexual exploitation.

CALACS L’Ancrege’s goals are:

- To support the empowerment of teenage girls and women who have experienced sexual violence.
- To raise public awareness about the social issue of sexual violence.
- To initiate and take part in actions that denounce violence against women and the lack of respect for women’s rights, as well as actions that aim to promote egalitarian relationships.

Sexual assault services available

- **Direct assistance:** telephone assistance, individual counselling, support group, information on rights and recourse, accompaniment in legal proceedings, and support for family members.
- **Prevention, awareness and training:** The Empreinte program, taking action together against sexual assault in high schools, awareness workshops, booth, information sessions, training for practitioners and self-defence courses.
- **Defense of rights:** public whistleblowing activities, consultation, representation before various authorities, social media, writing opinions, memoranda or letters denouncing laws and regulations that impede women’s rights.

Clientele

- Direct assistance is offered to teenagers (12 and up) and to women who have experienced sexual assault.
- Support is offered to the families of individuals who have experienced sexual assault.
- Prevention and training: high schools, CEGEPs, universities, community organizations, psychosocial therapists, general public.
- Defense of rights: women and teenagers who have experienced sexual assault, general public, elected officials, and representatives from various fields.

CAVAC – Laurentian help centre for victims of crime



To contact the organization

Services are available by appointment in various service points, which enables people to be met throughout the territory. Many information programs and personalized referral agreements allow rapid contact with clients. Individuals can also reach the organization by contacting the head office or the office in Mont-Laurier.



Telephone

Head office

450 569-0332
or 1 800 492-2822

Mont-Laurier

819 623-9666, ext. 68334



Web

www.cavac.qc.ca/en



Address

510, rue Saint-Georges
Saint-Jérôme (Qc) J7Z 5B3



Fees

Services are free of charge



Hours

Tuesday and Thursday: 8:00 am to 8:00 pm
Monday, Wednesday and Friday: 8:00 am to 4:30 pm



Languages in which services can be provided

French and English



Territories served

The complete Laurentian region:
MRC Thérèse-De Blainville,
MRC de Deux-Montagnes, MRC de Mirabel, MRC de La Rivière-du-Nord,
MRC d'Argenteuil, MRC des Pays-d'en-Haut, MRC des Laurentides,
MRC d'Antoine-Labelle.

Sexual assault mandate/mission

CAVACs provides frontline services to all victims of crime and their families, as well as to witnesses of a crime. Help is also provided to the person who committed the crime; whether identified or not, arrested, prosecuted or convicted.

CAVAC works in collaboration with justice, health and social services and community organizations.

CAVAC works with victims in a way that respects their needs and at their pace. Their approach is based on the person's ability to manage their own lives and make the decisions that affect them.

Sexual assault services available

- **Post-traumatic and psychosocial-judicial intervention:** Post-traumatic and psychosocial-judicial intervention evaluates the needs and resources of victims of crime. Following the evaluation, an intervention is offered to reduce the consequences of the victimization and help the person continue their recovery.
- **Information on rights and remedies:** CAVAC staff provide information on the rights and remedies for victims of a crime, the steps involved in the judicial process, information about victim compensation programs, INFOVAC, termination of a lease because of domestic violence or sexual assault, etc.
- **Technical assistance:** CAVAC staff provide the technical assistance necessary for the victim to fill out various forms (IVAC, CSST, SAAQ, victim impact statement, etc.) and to comply with the procedures inherent in its situation.
- **Accompaniment:** CAVAC staff accompany the victim with medical and community resources and through the whole judicial process.
- **Referral to specialized services:** CAVAC staff refer the victim to specialized services such as legal, medical, social and community resources able to help them solve the problems they face.

Clientele

Every victim of a crime and their family members, as well as witnesses to a criminal act. There is no obligation to file a legal complaint to have access to the services.

CETAS – Sexual assault assessment and treatment centre



To contact the organization

450 431-6400



Web

www.info-cetas.com (French only)

cetas@info-cetas.com

On Facebook



Address

8, boulevard de la Salette, suite 101C
Saint-Jérôme (Qc) J5L 0G4



Fees

Some fees apply depending on the program. They can be adjusted based on the client's income.



Hours

Administration

Monday to Thursday, 8:30 am to 4:30 pm | Friday, 8:30 am to noon

Therapeutic follow-up

Monday to Thursday, 9:00 am to 8:30 pm (based on availability)



Languages in which services can be provided

French and some services in English



Territories served

MRC de La Rivière-du-Nord,
MRC Sainte-Thérèse-De Blainville, MRC de Mirabel, MRC des Laurentides (other territories as needed and if services are not available in the client's region)

Sexual assault mandate/mission

To help people deal with the issue of sexual assault. CETAS aims to address child sexual abuse by supporting victims, their families and those responsible for sexual offences. The organization's focus is assisting victims to regain control over their lives by changing the thoughts and behaviours that perpetuate psychological distress or criminal behaviour. The goal is to protect the child against sexual assault and to help people who have suffered psychological consequences to overcome them, to solidify and restore the family unit or to consider a well-thought-out separation, to regain or develop a satisfying social life, to end isolation, and to provide the family with a network of mutual aid and support. The goal is also to treat those responsible for sexual assault by providing them with the means to modify their inappropriate behaviour, to have better control and thus avoid reoffending.

Sexual assault services available

- Group therapy
- Individual counselling
- Specialized sex offender assessment
- Evaluation of needs
- Evaluation of consequences (IVAC mandates)

Clientele

- Men, women, teenagers, people responsible for sex offences
- Children with problematic sexual behaviour
- Men, women, and teenaged victims of sexual assault
- Parents and spouses (non-aggressors)
- Siblings

Designated medico-social intervention centres for victims of sexual assault



To contact the centres

8-1-1



Web

www.santelaurentides.gouv.qc.ca/soins-et-services/violence-sexuelle (Fench only)



Address

Hôpital régional de Saint-Jérôme Emergency Room

290, rue de Montigny

Saint-Jérôme (Qc) J7Z 5T3

Centre de services de Rivière-Rouge Emergency Room

1525, rue l'Annonciation Nord

Rivière-Rouge (Qc) J0T 1T0



Fees

Services are free of charge



Hours

24/7



Languages in which services can be provided

French and English



Territories served

Laurentian region

Sexual assault mandate/mission

Designated medico-social intervention centres for victims of sexual assault provide various emergency medical and psychosocial services to minors and adults whose sexual assault occurred within the past six months. Services are available 24 hours a day, 7 days a week, and are provided by a medico-social team made up of psychosocial professionals, nurses and male or female doctors trained to help victims of sexual assault.

Sexual assault services available

Medico-social intervention (medical care, psychosocial intervention, medico-social or forensic kits, referrals)

Clientele

The entire population

CISSS des Laurentides – Director of Youth Protection



To contact the organization

To make a report

1 800 361-8665

To get help

8-1-1 (option 2)



Web

<https://www.santelaurentides.gouv.qc.ca/english/youth-protection/>



Address

Many service points across the Laurentian territory



Fees

Services are free of charge



Hours

24/7



Languages in which services can be provided

French and English



Territories served

Laurentian region — various service points

Sexual assault mandate/mission

The Director of Youth Protection (DYP) has the specific mission of protecting children who live in the Laurentians. Governed by law, it empowers partners and the community to ensure the safety and development of children. The DYP also ensures the rehabilitation and accountability of young offenders in order to protect society.

Sexual assault services available

Intervention and follow-up when a report is retained (sexual abuse, sexual assault, serious behavioural problems, services to young offenders)

Clientele

Children, teenagers, families

CISSS des Laurentides – Psychosocial services



To contact the centres

Info-Social 8-1-1 (option 2). By explaining their needs, the person can be directed to specific services.



Web

www.santelaurentides.gouv.qc.ca/english



Address

Many service points across the Laurentian territory



Fees

Services are free of charge



Hours

24/7



Languages in which services can be provided

French and English



Territories served

Laurentian region — various service points

Sexual assault services available

Psychosocial intervention for people affected by sexual violence (minor or adult victims, people who have committed an assault, families and loved ones) provided by the institution's various programs and services: general psychosocial services, adult crisis services, youth in difficulty, seniors, people with an intellectual disability, a physical disability or an autism spectrum disorder.

Clientele

The entire population

CSJR – Centre for Services in Restorative Justice



To contact the organization

514 933-3737
Toll-free : 1 833 320-2757



Web

www.csjr.org/en
csjr@csjr.org
facebook.com/csjr.org



Address

7333, rue Saint-Denis
Montréal (Qc) H2R 2E5



Fees

Most services are free



Languages in which services can be provided

French and some services in English



Territories served

The Laurentians and all regions of Québec

Sexual assault mandate/mission

The organization accompanies groups and individuals who have suffered or committed similar types of crimes as well as members of society who wish to engage in a restorative justice process based on meetings and dialogue. It supports people, who have experience individual or collective abuse or violence, to express themselves, to be acknowledge and strengthened. The organization also supports individuals who have committed a crime of a sexual nature in their efforts to take responsibility and make amends. It educates, trains and engages the community in restorative justice for the purpose of social peace.

Sexual assault services available

Meetings or restorative justice circles, workshops, and awareness. Meetings between the detainee and the victim who has experienced abuse or similar violence.

Clientele

Victims and those responsible for criminal acts, their families and friends as well as all members of the community.

DPCP – Directeur des poursuites criminelles et pénales (Director of criminal and penal prosecutions) – Saint-Jérôme



To contact the centres

450 431-4401

It is possible to contact the prosecutor on the file with the police event number.



Web

www.dpcp.gouv.qc.ca (click English)
info@dpcp.gouv.qc.ca



Address

25, rue de Martigny Ouest, bureau D-3
Saint-Jérôme (Qc) J7Y 4Z1



Fees

Services are free of charge



Hours

8:30 am to 12:30 pm and 1:30 to 4:30 pm



Languages in which services can be provided

French and English

Possibility of an interpreter in court



Territories served

Terrebonne judicial district (58 municipalities, towns and cities in the Laurentians)

Sexual assault mandate/mission

Responsible for sexual assault charges and support during the judicial process.

Sexual assault services available

Meeting victims of sexual assault before they initiate criminal proceedings against an accused. Meetings are also possible during the judicial process, either before testimony is given or when required. Answering victims' questions about their participation in the judicial process and how it unfolds.

Clientele

Victims

Dispensaire – Community health centre



To contact the organization

450 432-9444



Web

www.centresidaamitie.com (French only)

info@csalaurentides.com



Address

Psychosocial, preventive, educational component and distribution of prevention materials

527, rue Saint-Georges
Saint-Jérôme (Qc) J7Z 5B6

Clinic

516, rue Saint-Georges
Saint-Jérôme (Qc) J7Z 5B3



Fees

Services are free of charge



Hours

Psychosocial, preventive, educational component and distribution of prevention materials

Monday to Friday: 9:30 am to noon
and 1:00 to 5:00 pm

Clinic

Tuesday: 10:00 am to 5:00 pm

Wednesday and Thursday: 9:30 am to 5:00 pm

Friday: 9:00 am to noon



Languages in which services can be provided

French and English



Territories served

Psychosocial component in the greater Laurentian region; no geographic restriction for clinic and educational component

Sexual assault mandate/mission

Le Dispensaire is a community health centre which provides a activist response to HIV, hepatitis and other STBBIs. While defending the right to health; the centre deploys preventive educational, social and health actions based on a holistic and risk and harm reduction approach, in the context of sexual health, gender equality or substance use.

Sexual assault services available

- Reception, support and accompaniment for everyone
- Referrals to specialized organizations if required
- Anonymous, rapid, free and confidential screening for STBBIs*
- Medical monitoring of STBBIs (HIV, HCV, etc.)*
- HPV vaccination*

*With or without an RAMQ medical insurance card

Clientele

- Any sexually active person, as well as their loved ones, who is living with HIV or HCV and/or who is at risk of contracting an STBBI.
- Anyone in the general or marginalized population (precarious social situation, drug use, sex work, LGBTQ+, etc.).
- People of all ages (those under 14 must be accompanied by a parent/guardian).
- Community, public, para-public and private organizations and professionals working with different populations.

Escouade pour l'enfance (Children's Squad)



To contact the organization

450 229-6650

Toll-free : 1 888 229-6650



Web

www.escouade.org (French only)

info@escouade.org



Address

1332, boulevard Sainte-Adèle, suite 200
Sainte-Adèle (Qc) J8B 0J7



Fees

Services are free of charge



Hours

Monday to Friday 9:00 am to 4:00 pm



Languages in which services can be provided

French



Territories served

The greater Laurentian region

Sexual assault mandate/mission

The organization's mission is to educate and equip various stakeholders to prevent all forms of violence against children. To this end, it offers a prevention program that targets children's environments, primarily elementary schools.

Sexual assault services available

Series of workshops specifically focused on sexual assault prevention for children in Grades 1, 3, 5 as required by the Department of Education. Pre-workshop for adults in the schools that will be hosting the organization, as well as a co-development period after it has been in the students' classrooms.

Clientele

Children from 4 to 12 years old and adults around them.

Marie-Vincent Foundation



To contact the Marie-Vincent Foundation centers

514 362-6226

Services for families and professionals

514 285-0505



Web

www.marie-vincent.org/en



Address

4689, avenue Papineau, 3^e étage
Montréal (Qc) H2H 1V4



Fees

Services are free of charge

Sexual assault mandate/mission

In collaboration with partners, to support children and teenaged victims of sexual and physical violence by offering them the services they need all under one roof. To contribute to the prevention of violence by focusing on education and awareness, and by helping children with problematic sexual behaviour.

Sexual assault services available

- Help for families: intervention with children, teenagers, parents, children with problematic sexual behaviour.
- Prevention of sexual violence.
- Training.
- Support for partners in their interventions.

Guichet unique (One-stop access) – Cégep de Saint-Jérôme



To contact the organization

450 436-1580 ext. 5700

To make an appointment:

<https://forms.office.com/r/hB3V98e4ac>
(French only)
jeveuxenparler@cstj.qc.ca



Address

Cégep de Saint-Jérôme
Centre collégial de Mont-Tremblant
Centre collégial de Mont-Laurier



Fees

Free and confidential services



Hours

Monday to Friday 8:30 am to 4:30 pm



Languages in which services can be provided

French and English



Territories served

Laurentians

Sexual assault mandate/mission

Resource for sexual violence available to all members of the college community.

One-stop access provides a safe space and confidential services to anyone who has experienced or been witness to violence of a sexual nature.

Sexual assault services available

- Reception, listening and support services based on the needs and pace of each person.
- Psychosocial follow-up.
- Referral to specialized services.
- General information about sexual violence and the processes in place under the institutional policy to prevent and respond to sexual violence.
- Receive disclosures, reports and complaints. Follow up on their processing with the human resources department or the student life department.
- Recommend accommodation mechanisms to promote a safe environment based on the individual's needs.
- Organize and coordinate training, prevention and awareness activities with the college community.
- Advise the college community and act as a resource on sexual violence.

Clientele

Cégep de Saint-Jérôme college community

INFOVAS



To contact the organization

450 473-8765



Web

www.infovas.jimdofree.com (French only)
infovas.jimdofree.com/nous-joindre



Fees

Suggested discretionary amount to cover certain costs (materials, transportation, etc.). Depending on the financial possibilities of the host organization.



Hours

Noon to 8:00 pm, based on volunteer availability



Languages in which services can be provided

French, Québec Sign Language



Territories served

Mainly the Lower Laurentians. Some services (e.g., postsecondary educational institutions) are also offered in other Laurentian regions, in Laval as well as in Montréal.

Sexual assault mandate/mission

To gather and share available information about the issue of sexual violence. To offer training, awareness and prevention services.

Sexual assault services available

Telephone information and referral. Information sites about sexual violence. Workshops, training, conferences, information kiosks, awareness and prevention meetings for individuals (victims, their families, general public), to practitioners, professionals, associations, organizations, to parties interested in this issue (community, early-childhood centres, schools, sports, health, etc.).

Clientele

The entire population from toddlers to seniors

L'Élan CALACS



To contact the organization

Mont-Laurier office

819 623-2624

Toll-free : 1 866 431-2624

Sainte-Agathe office

819 326-8484

Toll-free : 1 866 915-8484



Web

lelan.org (French only)

facebook.com/LÉlan-CALACS-258604881449781/

Mont-Laurier office

mtlaurier@lelan.org

Sainte-Agathe office

steagathe@lelan.org



Address

Mont-Laurier office

C.P. 301

Mont-Laurier (Qc) J9L 3G9

Sainte-Agathe office

C.P. 64

Sainte-Agathe-des-Monts (Qc) J8C 3A1



Fees

Services are free of charge



Hours

Monday to Friday, flexible hours



Languages in which services can be provided

French, possibility of services in English



Territories served

MRC des Laurentides

and MRC d'Antoine-Labelle

Sexual assault mandate/mission

- To offer help and support services to women and teenagers aged 12 and over who have recently, or in the past, experienced one or more sexual assaults.
- To assume a role of prevention, education and awareness of the problem in the community.
- To organize and participate in activities related to the fight against violence against women, the promotion of equal relationships and other similar concerns affecting women.

Sexual assault services available

- **Direct and indirect help:** individual counselling, support groups, support for loved ones, advocacy, accompaniment in legal and medical procedures, coaching with other practitioners, self-defence courses for women and teenage girls.
- **Prevention and awareness:** sexual violence prevention program for high school students (Empreinte — Agir ensemble contre les agressions à caractère sexuel), training, awareness workshops.
- **Actions:** mobilization activities, dialogue with partners, political and current issues, collective advocacy.

Clientele

- Support services are available for teenage girls (aged 12 and up) and women who have experienced sexual assault.
- Support is available for the people surrounding a person who has experienced a sexual assault.
- Prevention and training: high schools, CEGEPs, universities, community organizations, psychosocial counsellors, general public.
- Actions: women and teenage girls who have experienced a sexual assault, general public, elected officials, representatives of various sectors.

Le Phare des AffranchiEs – Beacon of the Freed



To contact the centres

450 990-9595



Web

www.en.affranchies.ca
intervention@affranchies.ca
direction@affranchies.ca



Address

C.P. 51008 Place Citation
Saint-Jérôme (Qc) J5L 2R1



Fees

Direct help services are free of charge.
Fees may apply for training sessions.



Hours

Monday to Friday, from 8:00 am to
5:00 pm



Languages in which services can be provided

French, English, Spanish (some services)



Territories served

Laurentians

Sexual assault mandate/mission

Prevention, training, direct help services and program development to take concrete action against human trafficking, including trafficking for sexual exploitation.

Sexual assault services available

- Support groups for victims of human trafficking for sexual exploitation.
- Individual counselling for victims of human trafficking for sexual exploitation, and support for their loved ones.
- Awareness workshops and tools.
- Training.

Clientele

Victims of human trafficking in all its forms (no matter the age, gender, etc.).

Mesures alternatives des Basses-Laurentides and Service de médiation citoyenne des Basses-Laurentides



To contact the centres

450 437-9903



Web

www.mabl.ca/en
admin@mabl.ca
Facebook page



Address

209, chemin de la Grande-Côte
Boisbriand (Qc) J7G1B6



Fees

Services are free of charge



Hours

Monday to Friday: 8:30 am to 5:00 pm
Evening and weekend meetings are possible by appointment



Languages in which services can be provided

French and English



Territories served

MRC Thérèse-De Blainville,
MRC de Deux-Montagnes,
MRC de Mirabel-Sud

Sexual assault mandate/mission

As part of the YCJA extrajudicial sanction program, the organization is called upon to contact the victim of a sexual offence to assess the impact of the assault. A counsellor will also explore their interest in a direct restorative process. If necessary, the person is referred to other resources. This communication is made before the young offender is met by a youth worker from the youth centre for an evaluation of the situation and the possible signing of reparation measures. If the victim wishes to meet the offender, the organization accompanies both parties in a process of exchange and mediation.

Accompaniment in a mediation process between the victim and the respondent, outside the justice system and through the citizen mediation service. People wishing to be referred to a restorative justice process can call upon the services of the organization via its website, by email or by telephone.

Sexual assault services available

Accompaniment and mediation

Clientele

In connection with the application of the Youth Criminal Justice Act, accompaniment is offered to teenagers, their parents and to victims of offences committed by young people.

The citizen mediation service accompanies people living in the organization's territory, regardless of age or complexity of the situation. However, people in conflict over child custody or because of a separation are referred to other agencies.

Mesures alternatives des Vallées du Nord – Northern Valleys Alternative Measures (MAVN)



To contact the organization

450 436-6749



Web

www.mavn.ca/en

info@mavn.ca



Address

515, rue Saint-Georges
Saint-Jérôme (Qc) J7Z 5B6



Fees

Services are free of charge except for services for businesses and school awareness workshops.



Hours

Monday to Friday, 8:30 am to 4:30 pm
Meetings can take place in the evening or on weekends, if necessary, based on availability.



Languages in which services can be provided

French and English



Territories served

MRC d'Argenteuil,
MRC de Mirabel Nord,
MRC de La Rivière-du-Nord,
MRC des Pays-d'en-Haut,
MRC des Laurentides,
MRC d'Antoine-Labelle

Sexual assault mandate/mission

As part of the YCJA extrajudicial sanction program, the organization is called upon to contact the victim of a sexual offence to assess the impact of the assault. A counsellor will also confirm their interest in a direct restorative process. If necessary, the person is referred to other resources. This communication is made before the young offender is met by a youth worker from the youth centre for an evaluation of the situation and the possible signing of reparation measures. If the victim wishes to meet the offender, the organization accompanies both parties in a process of exchange and mediation.

Accompaniment in a mediation process between the victim and the respondent, outside the justice system and through the citizen mediation service. People wishing to be referred to a restorative justice process can call upon the services of the organization via its website, by email or by telephone.

Sexual assault services available

Based on the situation, services for teenaged offenders and neighbourhood mediation.

Clientele

In connection with the application of the Youth Criminal Justice Act, accompaniment is offered to teenagers, their parents and to victims of offences committed by young people.

The citizen mediation service accompanies people living in the organization's territory, regardless of age or complexity of the situation. However, people in conflict over child custody or because of a separation are referred to other agencies.

Police Services



To contact police services

By phone or in person



Fees

Services are free of charge



Hours

Call centre open 24/7



Languages in which services can be provided

French, English, interpretation services when needed

Sexual assault mandate/mission

- Emergency services of all types.
- Meeting with victims or relatives to gather information, answer their questions and direct them to available resources.
- Intervention for the safety of the victim and their family.
- Investigation of criminal offences, support in carrying out of the forensic kit, arrest and interrogation of the suspect.
- Follow-up with the victim and their family in the judicial process.
- Awareness activities with various clientele, including the most vulnerable.

Sexual assault services available

Initial complaint, criminal investigation.

Clientele

All clientele having questions about offences in a sexual context.

Information by zone

Régie de Police du Lac des Deux-Montagnes



Telephone

450 974-5300



Web

www.rpldm.ca



Address

615, 20^e Avenue
Deux-Montagnes (Qc) J7R 6B2



Territories served

Deux-Montagnes,
Sainte-Marthe-sur-le-Lac,
Saint-Joseph-du-Lac, Pointe-Calumet

Régie intermunicipale de police Thérèse-De Blainville



Telephone

450 435-2421



Web

www.riptb.qc.ca (French only)



Address

150, boulevard Ducharme
Sainte-Thérèse (Qc) J7E 4R6



Territories served

Rosemère, Sainte-Thérèse, Boisbriand,
Lorraine

Service de police de la Ville de Blainville



Telephone
450 434-5300



Web
www.blainville.ca/services/services-aux-citoyens/police (French only)
police@blainville.ca



Address
640, boulevard du Curé-Labelle
Blainville (Qc) J7C 2J2



Territories served
Blainville

Service de police de la Ville de Mirabel



Telephone
450 475-7708



Web
www.mirabel.ca/police (French only)



Address
14113, rue Saint-Jean
Mirabel (Qc) J7J 1Y4



Territories served
Mirabel

Service de police de la Ville de Saint-Eustache (SPVSE)



Telephone
450 974-5300



Web
www.saint-eustache.ca/police (French only)



Address
144, rue Dorion
Saint-Eustache (Qc) J7R 2N7



Territories served
Saint-Eustache

Service de police de la Ville de Saint-Jérôme



Telephone
450 432-1111



Web
www.vsj.ca/police (French only)



Address
500, rue Fillion
Saint-Jérôme (Qc) J7Z 1H9



Territories served
Saint-Jérôme

Service de police intermunicipal de Terrebonne/Sainte-Anne-des-Plaines/Bois-des-Filion



Telephone
450 471-4121



Web
www.ville.terrebonne.qc.ca/service-de-police (French only)



Address
491, boulevard des Seigneurs
Terrebonne (Qc) J6W 1T5



Territories served
Sainte-Anne-des-Plaines

Sûreté du Québec | Provincial Police



Telephone
310-4141 ou *4141 (cell.)



Web
<https://www.sq.gouv.qc.ca/en/the-surete-du-quebec/>



Territories served
MRC des Laurentides
MRC des Pays-d'en-Haut
MRC d'Argenteuil
MRC d'Antoine-Labelle
MRC de La Rivière-du-Nord
MRC de Deux-Montagnes

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