



EAST PRESTON FAMILY RESOURCE  
CENTRE

# SEXUAL VIOLENCE PREVENTION COMMUNITY ENGAGEMENT

**January Issue: Ways of Healing**

**There are many types of support that a victim/survivor may use during their healing journey - both formal and informal. There are many ways that people find healing which can include but is not limited to: peer support, friends, family, Elders, community activism, traditional ceremonies, spiritual and/or religious communities.**



# Ways of Healing

## Mentally

- Setting boundaries for, or taking breaks from, social media
- Setting, and working towards, personal goals
- Engaging in volunteer work that is different from your paid work
- Having hobbies/interests
- Journaling

## Physically

- Eating regularly/ food that makes you feel good
- Drinking plenty of water
- Getting enough rest
- Being physically active
- Relaxing (taking a bath or hot shower, getting a massage, drinking a hot cup of tea).



## Spirituality

- Practicing spirituality/faith
- Making time for self-reflection
- Meditating
- Connecting with nature



**To take the online training, please visit  
[www.breakthesilencens.ca/training](http://www.breakthesilencens.ca/training)**

## Emotionally

- Taking time to process your emotions
- Expressing gratitude (for friends, family, and coworkers, for example)
- Practicing mindfulness
- Asking for help at work and in your personal life
- Expressing yourself creatively



## Professionally

- Noticing the joys and achievements of your work
- Connecting with allies at work
- Delegating at work and in your volunteer roles
- Setting, and sticking to, limits when it comes to paid and volunteer work



## Socially

- Connecting with friends, family, community
- Embracing fun
- Laughing



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# Formal Supports and Services

## **Canadian Suicide Prevention Service (1.833.456.4566)**

provides 24/7 phone and chat support for people struggling with suicidal thoughts

## **Kids Help Line (1.800.668.6868)**

provides 24/7 phone based and chat counselling for youth 20 and under

## **Sexual Assault and Harassment line (1.902.425.1066)**

offers non-judgemental, emotional support 7 days a week 12pm-12am (offered by Dalhousie Student Union)

## **Shelburne County Mental Health Warm Line (1.833.927.6546)**

provides short-term emotional support

## **CyberSCAN 1-855-702-8324**

provides support for victims/survivors of cyberbullying or had intimate images shared without their consent

## **Survivors Of Abuse Recovering (S.O.A.R.) (leave a message at 1.902.679.7337 or 1.877.679.7627)**

provides peer support for adult survivors of childhood sexual abuse

## **Mental Health Crisis Line (1.888.429.8167)**

provides 24/7 phone-based support across Nova Scotia and mobile support in most communities within  
Halifax Regional Municipality

## **Victim Services Emotional Support (1.902.490.5300)**

provides short-term emotional support to victims of sexual violence during specific hours

## **Canadian Human Trafficking Hotline ( 1-833-900-1010) .**

provides support 24 hours a day, 7 days a week in more than 200 languages.

## **The People's Counselling Clinic (902.832.1593)**

provides direct services and public education focused on issues of trauma, race, sex and gender. They work with under-served populations including victims and perpetrators of sexual and intimate partner violence

## **Open Door Center ( Call or text (902) 292-9100)**

provides services for those who are or have been sexually exploited through advocacy and referrals for safe houses, academic, legal, health, and vocational needs.

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