



## PRESS RELEASE

To be released: Monday, March 8, 2021

### **The Colchester Sexual Assault Centre Celebrates its 25<sup>th</sup> Anniversary**

Truro, NS: March 8, 2021 marks the 25<sup>th</sup> anniversary of the Colchester Sexual Assault Centre (CSAC) as a non-profit community-based organization located in Truro, Nova Scotia.

Since its formation in 1992 as a program offered through the former local chapter of the YMCA, the Colchester Sexual Assault Centre has been responding to the ever-growing need for supporting those impacted by sexual violence across the Colchester, Cumberland and East Hants counties. Since obtaining its incorporation status as an independent non-profit organization on March 8, 1996, the Colchester Sexual Assault Centre has been providing counselling services, education and support programs, outreach, awareness and advocacy to those impacted by sexual violence in our communities.

“We are incredibly proud of this milestone in the history of our organization and we look forward to continuing to support those across the central region, and to all Nova Scotians, for another 25 years!” says Jamie Matthews, Executive Director.

Over the past 25 years, the Colchester Sexual Assault Centre has become the trusted authority on sexual violence in the region and has developed dozens of valuable referral partnerships with agencies across the central region. The development of this network of community resources has increased access to information and support services. The Colchester Sexual Assault Centre’s Community Resource Centre at 35 Commercial Street in downtown Truro is a safe space for all gender identities, sexual orientations, cultures and ethnicities.

“We have seen the undeniable impact our organization has had over the past 25 years. Thousands of people have directly benefited from our free counselling services. We provide an alternative for those with limited financial means, our 12-week offering is valued at just \$420 compared to upwards of \$1,400 through a private practice. Our free counselling services also helps to alleviate the burden placed on our healthcare system and government agencies.” says Sara-Lynne Lantz, Counselling Therapist and Client Intake Supervisor.

The programs and services offered by the Colchester Sexual Assault Centre are available free-of-charge to the public, made possible by generous donors and committed funding partners. It is because of this support, and to commemorate this 25-year milestone, the Colchester Sexual Assault Centre will be launching its Aftercare Journey program during the month of March 2021. This program will further enhance the support services provided to those clients impacted by sexual violence, following the completion of the initial 12-week offering with a highly trained Registered Counselling Therapist.

“We would like to thank the Canadian Red Cross and the Government of Canada for their financial contribution in making this next phase in our organization’s legacy possible. This new program will ensure that our organization will continue its vital services in the community and to continue to be there as a resource to anyone in need of support,” says Matthews.

Colchester Sexual Assault Centre  
35 Commercial Street  
Suite 403  
Truro, NS B2N 3H9

902.897.4366 | info@colchestersac.ca | ColchesterSAC.ca



#### ABOUT THE COLCHESTER SEXUAL ASSAULT CENTRE:

Located in Truro, Nova Scotia, the services of the Colchester Sexual Assault Centre (CSAC) are available, but not limited to, individuals in the Colchester, Cumberland and East Hants counties. Since its founding in 1992, and its incorporation in 1996, the CSAC is a non-profit community-based organization dedicated to strengthening, empowering, and supporting those impacted by sexual violence in a gender-equitable, compassionate environment. The ultimate goal of the CSAC is the prevention of sexual violence. The CSAC provides numerous services and programs, including one-on-one counselling, emotional support to those impacted by sexual violence and their support network, group counselling, presentations, awareness, advocacy and community events.

#### CONTACTS:

Jamie Matthews  
Executive Director  
902.986.4031 / 902.897.4366

Deb Pryor  
Chair, Board of Directors  
902.897.1322

Website: [www.ColchesterSAC.ca](http://www.ColchesterSAC.ca)  
Facebook: @ColchesterSAC  
Twitter: @CSAC16  
Instagram: @ColchesterSAC

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