

INFORMATION GUIDE FOR SURVIVORS OF SEXUAL ASSAULT



Victim Services of Brant

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VICTIMS BILL OF RIGHTS

The **Victims Bill of Rights** states that victims have rights at every stage of the criminal justice process.

Right to Information Right to Participation

Right to Protection Right to Restitution

For more information, visit:

- <https://www.ontario.ca/laws/statute/95v06>
- <http://www.ovc.gov.on.ca/what-is-the-victims-bill-of-rights/>

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We Are Here to Help



Victim Services of Brant is here to provide resources and assistance. It is the duty of police to conduct a professional and thorough investigation.

We recognize that it can be overwhelming to navigate the various organizations and phone numbers. Victim Services of Brant can help you with these first steps as your systems navigator.

Our staff will be able to discuss your needs and help you find the best services to match your situation. We are knowledgeable of community programs, support and financial options. We are available to meet with you in person or over the phone at your convenience and can provide:

- ✓ needs assessments
- ✓ risk assessments
- ✓ safety planning
- ✓ referrals
- ✓ court support

Victim Services of Brant provides free and confidential services. Staff are specially trained to provide risk and needs assessments. We will work with you and provide assistance to navigate through this process. See page 13 for more information.

What is sexual assault?

Sexual assault is any unwanted sexual touching that occurs in circumstances of a sexual nature and violates your sexual integrity when consent is not given. Sexual acts may involve contact and no-contact.

It can include many types of touching or activity, from kissing to sexual intercourse. Sexual assault can happen to anyone - any gender, sexual orientation, race, age or income level. Other criminal sexual offences may also include:

- Stalking
- Voyeurism
- Online luring
- Distribution of Intimate Images
- Sexual Harassment
- Indecent Exposure
- Sexual Exploitation
- Sex Trafficking

Sexual assault can cause trauma. It can result in unpleasant feelings, thoughts, sensations and emotions both during and after the sexual assault. Responses to highly stressful situations vary from person to person and not all people will experience the same reactions at the same level of intensity, nor for the same length of time. However, it is important to recognize that whatever your reaction, it is normal to feel overwhelmed by the process.

Sexual assault can be committed by anyone; a stranger, friend, partner, family member, employer or a person in a position of authority.

Child Sexual Abuse

There are specialized services available for children, their caregivers and family members who have experienced sexual victimization of children. This can include physical sexual assault and non-contact sexual abuse.

Other forms of abuse include the use of technology by involving/encouraging children to create sexually explicit images (photos, videos), or exposing children to these materials.

Online luring of children is also a criminal offence. Children cannot legally consent to any form of a sexual relationship.

Any concerns involving children should be reported immediately to your local police service and family and children services (see page 15).

Not all information in this guide applies to children. Please discuss with the investigating officer, or Victim Services of Brant for more information.

For legal information on **age of consent**, visit:

- <https://www.justice.gc.ca/eng/rp-pr/other-autre/clp/faq.html>

What does it mean to consent to sexual activity?

Consent is the voluntary and active agreement, given equally by participants to engage in a specific sexual activity. Consent implies that a person understands what they are agreeing to, and the possible positive and negative consequences.

What if I agree to the sexual activity at first, then change my mind?

You can say no to anything at any time.

You can show that you do not consent by your words or actions, such as struggling, trying to leave or making excuses to try and get out of the situation. Consent cannot be implied or assumed.

Consent is **NOT GIVEN** when:

- you are unconscious or incapacitated by alcohol or drugs
- fear the consequences of not consenting, feel threatened or intimidated
- you are coerced (compelled to submit through intimidation, threats, misuse of authority, manipulation, tricking, or bribing with actions and words)
- you are physically forced to comply
- you say "no", either verbally or physically (e.g., crying, kicking, turning away, putting clothes back on, etc.)
- you have a disability or mental health condition that prevents you from providing consent

You may choose to report the assault to police and provide a statement. In all non-emergency reports you will be met by a member of Victim Services of Brant to review your options to ensure that you understand the process going forward.

Reporting to Police

Your health and well-being are important to us – you will be advised on what medical care is available for you and a needs and risk assessment may be completed at this time. You will be offered the option of completing a Sexual Assault Evidence Kit. Do not wash your clothing or bedding as it could compromise any available forensic evidence such as bodily fluids that could assist in the investigation now or at a future date.

What is a Sexual Assault Evidence Kit? (SAEK)

The Sexual Assault Evidence Kit is a kit that contains various supplies used to collect evidence from your body, which may be analyzed by the Centre of Forensic Sciences.

This evidence can be helpful in the police investigation and potential prosecution of your case. It is collected at hospital by a specially trained Sexual Assault Nurse Examiner. They will meet you in the hospital Emergency Room and bring you to their specialized unit within the hospital where your care will take place. You will be informed of all the samples that are required, you are able to guide this process. A sexual assault evidence kit can be completed within 12 days of the assault. However, it is important to know that as time passes physical evidence will likely be lost as a result of natural bodily processes including the healing process. Therefore, it is highly encouraged to present sooner rather than later. Clothing and related items may still be accepted for forensic analysis after the 12 days.

You may choose to have a Sexual Assault Evidence Kit completed at the hospital. You have the choice of requesting police involvement or not. The kit will be held for up to six months to give you time to decide.

You may find it beneficial for an emotional support person to accompany you during this time. You can choose to stop this examination at any time.

Medical Care

Sexual Assault & Domestic Violence Care (BGH)

519-751-5544

Ext. 4449

For more information See page 14.

No Report

You may choose not to report the incident to police and refrain from taking any action. It is recommended that you reach out for help through your personal support network, Victim Services of Brant, community sexual assault resource staff, community resources, trained professional counsellors, your family doctor and/or peer support groups.

Victim Services of Brant can help you navigate through finding the supports you want.

If you wish to proceed and make a statement to the police, but do not wish to participate in the court process there may be two options:

You can decide to not proceed with reporting your assault at anytime, **except** in domestic violence or intimate partner relationships.

- 1) The police may have the option to formally caution the suspect for sexual assault. A caution may or may not prevent further incidents in the future but can be used to collect statistical data. The caution is noted in a local police occurrence.
- 2) You may also ask police to keep your case open pending your approval to move forward at a later date. Delays in investigations may compromise the ability to gather evidence.

If I proceed with reporting to the police, what happens next?

- Upon meeting you the officer will assess your physical and emotional condition and transport to Victim Services of Brant or to the hospital if necessary
- Police will secure the scene to preserve and protect all physical evidence
- Police will conduct a brief interview in a private environment to ascertain basic details about the incident
- You may request to take a break from questioning
- You will be advised of the option of having Victim Services of Brant respond to the scene to assist in providing support and crisis intervention or meet you at the hospital
- If the suspect is present and grounds exist to arrest, the officer will arrest the suspect and transport them to the police station
- You have the right to request a police officer of the gender you feel most comfortable with to take your statement

What if the sexual assault involves my former or current intimate partner?

Intimate relationships include those between the opposite sex, same-sex and transgender partners. These relationships vary in duration and legal formality which can include current and former dating, common-law, polyamorous and married couples. Consent still applies.

There is a provincial mandate that directs Police Officers in Ontario to proceed with charges specifically related to domestic violence/intimate partner violence. If in the course of an investigation, it is determined that a sexual assault has been committed by an intimate partner, and reasonable grounds are established to lay charges, the police are mandated to proceed with charges regardless of your wishes. Police Officers will explain that it is their duty to lay a charge. Once charges have been laid only a Crown Attorney can withdraw a charge. Domestic Violence charges are only withdrawn after a careful review of the investigation, including victim input.

Can I report a sexual assault years after it occurred?

In Canada, there is no statute of limitation for reporting a sexual offence. Police can investigate a sexual offence no matter how long ago the sexual assault took place. Historical sexual assaults are more difficult for police to investigate as the passage of time impacts the ability of police to gather evidence.

Intimate partner sexual assault

Domestic violence is any use of physical or sexual force, actual or threatened, in an intimate relationship (current or former). It may also include harassing behaviour.

What if I choose to work in the sex trade?

Sex trade workers can be sexually assaulted by a client. Any sexual contact that was not consensually agreed to is a sexual assault. Working as a sex trade worker is not a criminal offence so you will not be arrested for that if you report a sexual assault to police.

If any person, no matter your relationship, receives financial or material benefits from sex services you perform - this could be the criminal act of Human Sex Trafficking. This includes the exchange of sexual acts for shelter, food, clothing, drugs/alcohol.

For further explanation of sex trafficking please speak with police or you can speak confidentially with Victim Services of Brant.

Sexual Assault Investigations

All sexual assault cases are investigated by police officers who are specifically trained in the area of sexual assault investigations. The training that sexual assault investigators receive is focused on creating a consistent and thorough investigation into sexual assault cases, while respecting the needs of the victims and witnesses. The training is designed to enhance investigations of sexual assault by promoting best practices including victim sensitivity.

A Sexual Assault Detective will be assigned to the investigation and will:

- Investigate the incident fully
- Assess and discuss where and when an in-depth interview will take place
- Investigators will sometimes ask questions that you may feel are repetitive, personal in nature or judgmental such as “What were you wearing at the time?”, or “How much alcohol had you consumed?”. It is important to remember the Investigators are not passing judgment but rather seeking clarification to ensure they gather all of the facts and will not have to reinterview you at a later date
- Work with you in a manner that acknowledges identities (sexual orientation, gender, gender identification, faith, culture, ability etc.)
- Lay charges when appropriate as per Provincial Policing Standards
- Ensure you have access to medical care
- Encourage the collection of all evidence including a Sexual Assault Evidence Kit, as necessary
- Consult with Victim Services of Brant
- Advise that you may have the assistance of a support person of your choice during this process
- Keep you informed of the progress of the investigation in a timely manner

If required for the investigation, police may need to interview others who were aware of the incident or may be a witness. Police may need your cell phone and social media records to review and sometimes download for evidence.

The majority of evidence (e.g. video interview or medical records) is often disclosable to the defence. The Crown Attorney will review all evidence.

What happens after charges are laid?

At this stage the Crown Attorney's office becomes involved.

Once a person has been arrested and charged with a crime they become the accused. Depending on the circumstances, police can hold the accused in custody for a bail hearing or release them on conditions. If the police release them on conditions they will be provided a date for their first court appearance.

If the police have not released the accused, the accused must go before a Justice of the Peace or a Judge within 24 hours of the arrest for a bail hearing. Victim Services of Brant will contact you prior to the bail hearing to offer you the option to provide input into the bail hearing. Information that you provide will be forwarded to the Crown Attorney and may be used during the bail hearing.

If an accused is granted bail, this means they are released but may be subject to certain conditions while on release. The accused may have to be supervised by a surety and/or may have to pledge money (either alone or with a surety) to gain their release.

If the accused is not granted bail they may be remanded for a bail hearing on another date or they may be denied bail. The Justice of the Peace or the Judge may place a no-contact order on the accused while they are in custody. The non-contact order may include you as the victim and any witnesses or accomplices.

If the accused is held in custody it is recommended you register with the **Victim Support Line-Victim Notification System** to receive automated telephone notifications that will provide you with information on your offender's status while in custody. For more information and to register phone **1-888-579-2888**.

After bail court, Victim Services of Brant will refer you to the Victim/Witness Assistance Program for services related to the criminal justice process (see page 8).

You will only have to attend court if you have been subpoenaed for a preliminary hearing and/or trial.

Will everyone know what happened?

Your privacy is very important. When a sexual assault is reported to the police, a review of all the information is done to determine if a news release is required. Generally, a news release is issued if:

- there is a risk to public safety
- information from the public may help solve the case
- it is believed that more victims might come forward

General information about the sexual assault, including the date, time, and location of the assault may be included in a news release. The news release will also include a description of the person alleged to be responsible, if that person is not yet known, or it will include the name and age if the person has been identified.

Your name will never be released to the media by police or Victim Services of Brant. If charges are laid the Crown Attorney will seek a publication ban to protect your identity (see page 9).

Do police always charge the accused?

Sometimes police will not lay a charge. This does not mean that the police do not believe you or that the sexual assault did not happen. It may mean that there is not enough evidence to prove a criminal charge in court. If this does occur, the investigators can explain why this has happened in your case. The investigators should connect you to Victim Services of Brant to discuss other assistance available to you, some of which are listed in this guide.

What if the offender is not located?

Sexual assault cases remain open if the accused has not been located or remains "at large" or identity is unknown.

The Court Process

If criminal charges have been laid but you feel overwhelmed or that you do not wish to continue, the Crown Attorney will work with you to address your concerns and provide support. While decisions about the prosecution, and whether to discontinue it, are ultimately those of the Crown Attorney, your input is critical and your well being a foremost consideration.

Disclosure

The Crown Attorney is required to disclose most evidence gathered in the police investigation to the defence. Anything you say to the police or other justice officials may be disclosed. You have the right to your own lawyer if any party seeks to gain access to records about you, which are kept by your service provider(s).

How long does the court process take?

In 2016, the Supreme Court of Canada released a decision impacting unreasonable delays in court. This is important as it provides the Crown Attorney a clear mandate to ensure a fair but expedited court process. The length of time a case is tried has significantly been reduced by the Crown Attorney's office, which is also able to provide guidance and support through the legal process.

The length of the court process varies widely, depending on a number of factors. If the accused pleads guilty, the court process will finish more quickly than if there is a trial. Generally speaking, court matters that go directly to a trial will be completed within 18 months. Court matters that proceed to a preliminary hearing and a trial will generally be completed within 30 months.

This extended period may be difficult for you. It is important to get support during this time; Victim Services of Brant can assist you in finding the supports you want. There are many services available in your community. Please contact Victim Services of Brant and see Resources on page 15.

When charges are laid, your case will be assigned to a worker at the Victim/Witness Assistance Program (V/WAP).

Victim/Witness Assistance Program

80 Wellington Street
Brantford, ON
519-752-5725

Assistance begins once police have laid charges and continue until the case is over. V/WAP is available for the purpose of guiding you through the court process. The role of your worker will be to inform you of the status of the criminal court case and answer your questions about the criminal justice system, courtroom procedures and your role in court.

The Victim/Witness Assistance Program will:

- Help you understand what to expect at each court date and keep you informed about case progression
- Provide you with copies of court papers such as bail conditions and probation orders upon request
- Provide referrals to community agencies
- Offer ongoing emotional support throughout the court process
- Be sensitive to your identities (sexual orientation, gender, gender identification, faith, culture, ability etc.)
- Act as a liaison on your behalf with the Crown Attorney and Police
- Help you complete a Victim Impact Statement

- Coordinate meetings with the Crown Attorney should you be required to testify
- Provide a referral to Victim Services of Brant if this has not already been done
- De-briefing and follow-up service

What happens between the time charges are laid and trial?

Once charges are laid, the accused attends court for “set date” appearances. During this time, the accused will receive disclosure of the contents of the police investigation, they may obtain a lawyer or the assistance of legal aid duty counsel, and they will usually decide whether to plead guilty or set a date for trial; or preliminary hearing and trial. It may take several court appearances for the accused to complete these steps.

The Crown Attorney's Office

A Crown Attorney will be assigned as soon as possible to review the police investigation. Once a preliminary hearing or trial date is set, it is their responsibility to meet with you and prepare you for the process. The preparation is usually done with the investigating officer and V/WAP worker.

If there is a finding of guilt or a firm indication of a guilty plea prior to sentencing, the Crown Attorney, V/WAP or investigating officer will advise you that a Victim Impact Statement may be prepared for consideration at the time of sentencing.

If the accused chooses to plead not guilty, you will most likely be required to testify at the preliminary hearing (if there is one) and at the trial. Your V/WAP worker will be available to assist, in addition to community services.

The assigned Crown Attorney is responsible for the case and will make many of the decisions about the conduct of the prosecution. Your input is valuable to the assigned Crown. The Crown Attorney is employed by the government, and unlike the accused who does have their own lawyer, the Crown is not your personal lawyer. As a result, what you say to the Crown is not privileged or confidential and is disclosable to the defence.

What is a publication ban?

At the first court appearance the Crown Attorney, in most cases, will apply for an order banning the publication of any evidence that may tend to identify you, which includes not publishing your name.

Under section 486 of the Criminal Code, a Judge may prohibit the publication of identifying information about a complainant or witnesses in certain proceedings related to sexual offences (among other things). If you do not want a publication ban, then advise the police and your V/WAP worker as soon as possible so your decision can be communicated to the Crown.

Preliminary Hearing/Trial

A preliminary hearing is a hearing in front of a Judge. It is not required in every case. In a preliminary hearing the Judge will decide if the Crown Attorney has enough evidence to proceed to trial. You will most likely have to testify in a preliminary hearing. Other witnesses may have to testify as well.

If the accused does not plead guilty, and wishes to have a trial, the matter will either proceed to a preliminary hearing and then a trial, or directly to a trial. If you have any questions about this speak to the Crown Attorney or your V/WAP worker.

Finding of Guilt

The accused may choose to enter a plea of guilty to the charge or charges. In other words, they may choose to acknowledge in court that they committed the offence or part of it. If the accused pleads guilty, or there is a finding of guilt prior to sentencing, V/WAP or an investigating officer will advise you so that a Victim Impact Statement may be prepared for consideration at the time of sentencing.

If the court finds the accused guilty, the Crown Attorney will invite you to complete a Victim Impact Statement. This form is your opportunity to share how the sexual assault has affected your life. This statement is taken into consideration by the Judge for sentencing. Your V/WAP worker can help you with completing this form. Completion of a Victim Impact Statement is optional.

Your Victim Impact statement must be received in a timely fashion ahead of the sentencing date and will be disclosed to defence counsel and shared with the accused. You may read your statement aloud in court or through alternate formats (discuss with your V/WAP worker) or it can be filed with the Judge. For more information about Victim Impact Statements, visit:

- <https://www.justice.gc.ca/eng/cj-jp/victims-victimes/factsheets-fiches/victim-victime.html>

Types of Sentencing

Absolute or Conditional Discharge

A Discharge is a finding of guilt but no formal registration of a conviction. It permits people found guilty to indicate they don't have a criminal record. If the sentence is an Absolute Discharge – there is no other sanction and the “sentence” is at an end. If the Court imposes a Conditional Discharge – the offender is subject to a period of probation.

Suspended Sentence

A conviction is formally registered. The offender will be subject to a period of probation.

Fine

Can be imposed as a standalone sanction or in conjunction with a period of probation.

Custody

The Canadian criminal justice system has several types of custodial sentences.

An Intermittent Sentence refers to a jail sentence that allows an offender to still work for periods of time – while entering a custodial facility for prescribed short periods. Typically, offenders serve their custodial sentence on weekends and live at home during the week. A probation order will run during this timeframe, so the offender is always subject to a Court order – whether or not in custody.

A Reformatory Sentence is served in a provincial jail within Ontario. The maximum sentence is 2 years less a day. Often there will also be a probation order in effect once someone is finished the custodial sentence. The Court can order that the offender serve their time in the community rather than attend a custodial facility. During this time the offender will be subject to various restrictions on their liberty. This is called a conditional sentence and cannot exceed 2 years less a day.

A Penitentiary Sentence is when an offender is ordered to serve 2 years or more in jail. There cannot be any probation order once a custodial sentence exceeds 2 years.

Probation

Offenders will be supervised by, and in most cases must visit a probation officer. An offender usually has rules to follow that are listed on the Probation Order. These rules, known as conditions, may include: not using alcohol, staying away from certain areas or people, attend counselling, seeking or maintaining employment, obeying a curfew. A Probation Order cannot last more than three years. If the offender violates any one of the conditions of probation, they may be arrested and charged with a new offence "Breach of Probation".

If the offender has not been charged and there are no non-communication orders already in place you may apply for a Peace Bond or a Restraining Order, contact:

Ontario Court of Justice

44 Queen St.
Brantford, ON
519-752-3460

- ✓ A **Peace Bond** can be applied for when a person is afraid that an individual will harm them, their children or their property. For more information, visit:
 - <https://www.justice.gc.ca/eng/cj-jp/victims-victimes/report-signale/peace-ordre.html>
- ✓ You may apply for a **Restraining Order** if the offender is your current or former spouse or partner. For more information, visit:
 - https://www.attorneygeneral.jus.gov.on.ca/english/family/guides/restraining_order/

Civil Law Suit

Exploring the possibility of suing the abuser(s) can be an important part of the healing process. Although the goal of suing is compensation for damages (this may include lost wages, therapy costs or damages referred to as pain and suffering). The act of taking control to hold the abuser(s) accountable can also be important for survivors and may be considered as part of the healing process.

For more information, visit:

- https://www.attorneygeneral.jus.gov.on.ca/english/courts/civil/suing_and_being_sued_7.php#bringingclaim

For lawyer referral and free consultations, visit:

- <https://lsrs.lso.ca/lsrs/welcome>
- <https://www.probonoontario.org/hotline/>
- <https://www.legalaid.on.ca/>

School Campus Sexual Assaults

Reporting Options

All schools have policies and procedures regarding sexual assaults involving their students. Policy details can be found on your school's website. If you need assistance you can contact Victim Services of Brant. Please know you can still report the assault to police and contact Victim Services of Brant for all of their confidential services and supports (see page 13).

Sexual Harassment

Human Rights Violations

Survivors of sexual harassment and violence in the workplace and in other specific social settings (for example, schools, doctor's office) have the right to protection under Ontario's Human Rights Code. This is in addition to participating in a criminal process, or, as an alternative to a civil lawsuit. Claims of sexual harassment can be filed directly at the Human Rights Tribunal of Ontario. If you want to pursue a claim, you can obtain free legal services from the Human Rights Legal Support Centre. For more information, visit:

- <http://www.hrlsc.on.ca/en/home>
- <http://www.ohrc.on.ca/en/ontario-human-rights-code>

Anonymous Complaints

What is the purpose of this complaint?

If you are a person, age 16 or over, who has been sexually assaulted and do not wish to be identified, placing an anonymous complaint may be an option for you.

The purpose of an anonymous complaint is to give victims of sexual assault the opportunity to provide information to a community support of your choice without being identified or making a formal report to the police.

Anonymous complaints cannot be investigated by police and without an investigation no charges will be laid. Anonymous complaints may assist with the collection of statistical data and research.

Coping Strategies

A traumatic incident falls outside of normal everyday life and you may need some new strategies to cope. For some people, the traumatic event can get stuck in the brain and body, and you may need assistance from a trained professional to move through this experience. Do not be afraid to ask for support through your family members, friends, community and networks, doctors, clergy and/or counsellor or Victim Services of Brant.

Helpful things to do may include:

- Talk to someone you trust — it is important to reach out at this time. You may contact Victim Services of Brant for assistance at any time
- Give yourself permission to reach out for help through community sexual assault resources, professional counsellors, your Employment Assistance Program (EAP), family doctor and/or peer support groups, LBGT2SQ+ and other networks
- Spend time with supportive family, friends and/or peers

Counselling

There are a number of options available to you for counselling. For counselling options please contact:

Victim Services of Brant
519-752-3140

- Try to avoid over-use of alcohol, drugs and/or caffeine
- Acknowledge your response to the situation and give yourself permission to have difficult moments
- Try to avoid self-blame, guilt and defeating thoughts — replace them with positive affirmations
- Resist making life changing decisions following a serious incident, it takes time to heal so be gentle and patient with yourself
- Try to maintain your regular routine to help prevent feelings of isolation
- Try to eat healthy foods
- Be aware that traumatic events can sometimes bring back memories of other sad or traumatic events that have happened in your life
- Practice deep breathing exercises, meditate or try other activities that may enhance your emotional well-being
- Don't try to fight dreams or flashbacks. They are normal and usually become less intense and less painful over time. If they do not appear to be decreasing over time, you may need to seek assistance as there are many useful strategies to work through these

Victim Services of Brant — VQRP+

As a survivor of a sexual assault there are free and confidential supports available to you. The Victim Quick Response Program+ is delivered through Victim Services of Brant.

This program provides immediate financial assistance to victims in the aftermath of specific crimes including sexual assault.

You do not need to report a sexual assault to police to receive services and support from Victim Services of Brant.

There are specific eligibility guidelines for this program. To find out whether this program is right for you, please contact Victim Services of Brant at 519-752-3140.

Eligible expense categories that may be accessed through VQRP+ include, but not limited to:

- Safety expenses, cellular phones, basic necessities
- Interpretation services
- Government and medical documents
- Transportation expenses
- Counselling, traditional Indigenous health services

You may contact Victim Services of Brant at 519-752-3140 during office hours or you may contact your local police service 24/7 to request to speak with them without disclosing details of an assault to police.

Sexual Assault & Domestic Violence Care Centre

Brantford General Hospital
200 Terrace Hill Street
519-751-5544 ext. 4449

The Sexual Assault & Domestic Violence Care Centre at the Brantford General Hospital is a team of skilled nurses available 24/7 – they are accessed through the emergency department at the hospital. The team offers many confidential care and treatment options. When attending the emergency room advise the triage nurse that you need to see a nurse with the SA/DV Team. A police report is not required to access their services.

Emotional Support: You are given the opportunity to discuss what has happened to you with someone who is supportive and understanding and will respect your choices of care.

Medical examination: A physical examination can be done to assess for injuries, testing and treatment for any sexually transmitted diseases, Hepatitis B, HIV and a pregnancy test or Plan B (the morning after pill). Strangulation (sometimes also referred to as choking, choke hold) is very serious as signs and symptoms of strangulation may not be seen on the skin or for hours or days afterwards. If you have been strangled please seek medical attention even if you do not experience symptoms or see signs.

Collection of forensic evidence: can be completed during the course of this physical exam if you wish. If forensic evidence is collected you have the choice to involve police immediately or have the evidence stored for up to 6 months in case you decide to report the incident to the police. (See page 4). Follow up counselling and medical treatment is included.

Notes:

Resources

- [Brant County Health Unit](#)
519-753-4937 ext.471
- [Brant Family and Children's Services](#)
519-753-8681
- [BOOST Child & Youth Advocacy Centre](#)
1-855-424-1100
- [Canadian Human Trafficking Hotline](#)
1-833-900-1010
- [Canadian Mental Health](#)
519-752-2998
- [Good2Talk \(ages 17-25\)](#)
1-866-925-5454
- [Internet Child Exploitation Counselling Program](#)
1-855-424-1100
- [Indigenous Victim Services](#)
1-866-964-5920
- [Kid's Help Line](#)
1-800-668-6868
- [Ganohkwásra' Family Assault Support Services](#)
519-445-4324
- [LGBT Youth Line](#)
Text: 647-694-4275
Online Chat: www.youthline.ca
- [Métis Victim Services](#)
905-318-2336
- [Nova Vita Domestic Violence Prevention Services](#)
519-752-4357
- [Ogwadeni: deo](#)
519-445-1864
- [Police Services](#)
 - [Brantford Police Service](#) 519-756-0113
 - [Brant County OPP](#) 519-442-2242
 - [Six Nations Police Service](#) 519-445-4191
- [Sexual Assault & Domestic Violence Care](#)
519-751-5544 ext. 4449
- [Sexual Assault Centre of Brant](#)
519-751-3471
- [St. Leonard's](#)
519-759-7188
- [Victim Services of Brant](#)
519-752-3140
- [Victim Support Line/Notification System](#)
1-888-579-2888

Police Service

Police Service: _____

Incident #: _____

Officer in Charge: _____

Business Phone: _____

Cell Phone: _____

Email: _____

Notes:

Victim Services of Brant

Victim Services of Brant:

Address: 344 Elgin St. Brantford

VSB Staff: _____

Business Phone: 519-752-3140

Cell Phone: _____

Email: vsb@victimservicesbrant.on.ca

Notes:

Victim/Witness Assistance Program

Victim/Witness Assistance Program:

Address: 80 Wellington St. Brantford

V/WAP Staff: _____

Business Phone: 519-752-5725

Cell Phone: _____

Email: _____

Notes:

Has your contact information changed? Please update the following agencies:

1. Police Officer in Charge:
 - Brantford Police Service 519-756-0113
 - Brant County OPP 519-442-2242
 - Six Nations Police Service 519-445-4191
2. Victim Services of Brant 519-752-3140
3. Victim/Witness Assistance Program 519-752-5725
4. Victim Notification System 1-888-579-2888

