

Childhood sexual abuse

Adult survivors help each other...

SOAR

We know what it's like.

We were children.

We were sexually abused.

We are learning to soar.

So can you.

Just like you—only different.

We are women and men who have faced and survived childhood sexual abuse. Just like you. But we are not alone. We got together and formed Survivors of Abuse Recovering, or S.O.A.R. We've been helping other survivors for 20 years now.

Free help with a big difference.

We offer free help from screened, trained and certified peer counselors. They are survivors too!

Helped by someone like you.

Peer counselors are volunteers, not professionals. There is no judging or diagnosing. There is a place to tell your story, confidentially, your way. A place to find an end to that terrible alone feeling, and real help to feel more in control. A place to find...hope.

Connect with us today.

You can contact us directly. Or, ask someone you trust to do it for you, like a doctor, therapist, clergy, family member or friend.

- **902 679-7337 or 877 679-7627**
- **info@survivorsofabuserrecovering.ca**
- **www.survivorsofabuserrecovering.ca**
- **P.O. Box 105, Kentville, NS B4N 3V9**

What does S.O.A.R. do?

S.O.A.R. is a not-for-profit charitable society with two objectives:

★ The first is to provide peer counseling services and support groups to adult male and female survivors of childhood sexual abuse.

★ The second is to provide the public with education and insight into survivor issues through workshops, seminars and presentations to community groups and organizations.

How can I find out more?

To have S.O.A.R. speak to your group about survivor issues or how your organization might address these issues, call or email us.

How can I volunteer?

To volunteer with S.O.A.R. in any capacity (peer counselling, grant writing, public relations, board of directors, etc.) call or email us or see <http://survivorsofabuserrecovering.ca/join>

Who supports S.O.A.R.?

We get referrals from Mental Health, Addiction Services and local doctors and therapists.

★ S.O.A.R. has received funding from local Community Health Boards, Foundations, and provincial grants. ★ S.O.A.R. received the 2010 MICA (Meaningful Initiative Consumer Award) from the Nova Scotia Department of Health and Wellness. ★ Donations also come from individual supporters.

Can I donate?

To make a donation, go to:

www.survivorsofabuserrecovering.ca/donate

We are a Canadian registered charity.

The logo for SOAR (Survivors of Abuse Recovering) features the word "SOAR" in a large, stylized, white font with a blue outline. The letters are set against a blue and yellow swoosh that resembles a wing or a ribbon. Below the swoosh, the words "SURVIVORS OF ABUSE RECOVERING" are written in a smaller, blue, sans-serif font.

**SURVIVORS
OF ABUSE RECOVERING**

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