

What happens if I don't like my peer counselor?

Occasionally clients and peer counselors are not a match. We encourage you to discuss this with your peer counselor and try to work it out.

However, we realize this is not always possible. If this happens you can call the S.O.A.R. contact number to request another peer counselor. Your well-being is important to S.O.A.R.

Limitations and strengths

Remember that peer counselors are not professionals or therapists and cannot give any medical or psychological advice.

All S.O.A.R. peer counselors are also survivors of childhood sexual abuse. They have completed over 50 hours of peer counseling training.

For more resources

Look for resources on our web site at <http://www.survivorsofabuserecovering.ca>

Occasionally S.O.A.R. will start Survivor Support Groups. Check the web for details.

P.O. Box 105, Kentville, N.S. B4N 3V9

info@survivorsofabuserecovering.ca

<http://www.survivorsofabuserecovering.ca>

Voice: 902-679-7337 or 1-877-679-SOAR (7627)

CHILDHOOD SEXUAL ABUSE

Adult survivors help each other

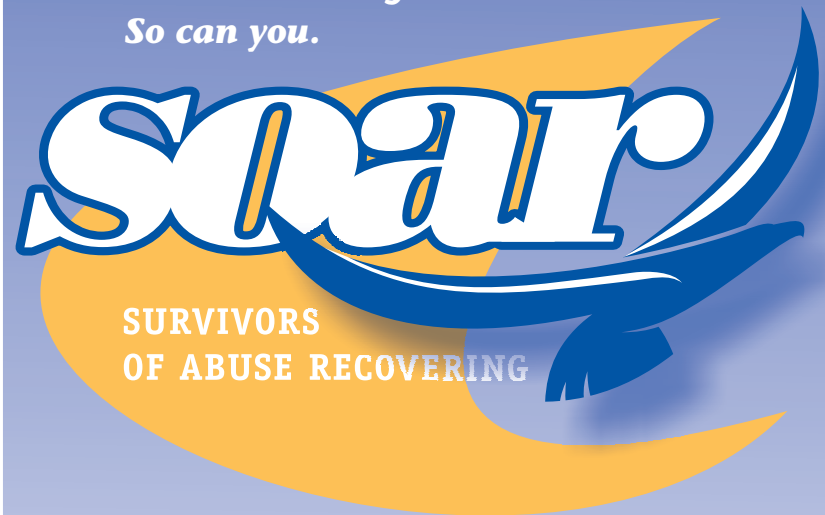
We know what it's like.

We were children.

We were sexually abused.

We are learning to soar.

So can you.



What to expect from peer counseling

How can peer counseling help?

Your peer counselor offers confidentiality, a good listening ear and a non-judgmental approach.

Through training and personal experiences, your peer counselor understands your difficulties and can provide empathy, guidance, support and access to resources such as reading materials and techniques to help you through stressful times.

What can I expect from the peer counseling experience?

- Respectful listening
- Acceptance
- Confidentiality
- Understanding
- Hope
- Reassurance that you are not alone
- Strategies and information to help you feel more in control

What does it cost?

It's free. S.O.A.R. does not charge for any of its peer counseling or support group services. We are funded entirely through donations and grants.

How often do we meet?

You and your peer counselor will decide how often you will meet. Usually the agreement is to meet for six sessions, which can be renewed after you and your peer counselor review your progress and your goals. At that time you and your peer counselor will decide if more sessions are needed and if so, how many more sessions will be necessary.

How long is each session?

Generally each session is approximately one hour long and takes place once a week or once every two weeks. This depends on what works best for you and your peer counselor.

Where do we meet?

Sessions take place in safe locations throughout West Hants, Kings and Annapolis Counties. Sometimes, if transportation is a problem, peer counselors will provide sessions on the phone.

What if I need to cancel a session?

Please give as much notice as possible. You can send an email or call us. The voicemail is checked only a couple of times a week, so email is a better method.