

*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.**

Free help with a big difference.

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

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 since 1993.

Helped by someone like you.

Peer supporters 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@survivorsofabuserecovering.ca
- www.survivorsofabuserecovering.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 supporter 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 support, grant writing, public relations, board of directors, etc.) call or email us or see <http://survivorsofabuserecovering.ca/join>

Who supports S.O.A.R.?

We get referrals from Mental Health and Addictions 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?

Yes! To make a donation, go to:
www.survivorsofabuserecovering.ca/donate
We are a Canadian registered charity.



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