

Fact sheet

Therapeutic Counselling Program

- Avalon Centre's Therapeutic Counselling Program serves female youth, women and transgender clients, age 16 and older, who have experienced a recent or past sexual assault, sexual harassment and/or childhood sexual abuse. We also provide information sessions to non-offending parents, supportive family members and partners of those accessing our services.
- Avalon Centre serves a diverse range of clients. Some of the people who access Avalon counselling services self-identify as indigenous, African Nova Scotian and immigrant.
- The 2016-17 year saw 319 individual requests for counselling, which is on par with the highest number of annual requests at Avalon in 20 years.
- In 2016-17 Avalon's counsellors saw 391 clients, a 14 per cent increase from the previous year.
- Avalon facilitated a total of 1872 counselling sessions in 2016-17. Over the past 20 years, the counselling program has served over 6000 clients through the provision of 27,000 specialized individual therapeutic counselling sessions and nearly 700 group program sessions.
- Due to greater public awareness in recent years, the number of counselling requests for adult sexual assault has increased dramatically. Requests involving childhood sexual abuse have remained steadily high over the 20 years of the program's operation.
- In 2016-17, a large number of individuals who sought counselling services at Avalon Centre were in the 16-40 year age range. The Centre also receives many requests from individuals 40 years and older.

"I strongly believe that I am alive today because of Avalon. The people I met here, the services I got here, the support and the safety, it saved my life." -Anonymous client

"Avalon gives you a voice when you've been silenced." – Anonymous client

"I don't know if there is anything like Avalon in other cities, but I think this agency should be used as a role model for agencies with a similar mission." – Anonymous client