

Community partners and resources

Addictions and Mental Health Services
Family and Children's Services Frontenac, Lennox & Addington
Kingston Community Health Centres
Kingston Interval House
Kingston Police Services
Lennox & Addington Interval House
Maltby Centre
One Roof - Kingston Youth Services Hub
Ontario Provincial Police Services
Queen's University – Student Wellness Services
Resolve Counselling & Community Services
Sexual Assault Centre of Kingston
South East Health Unit Public Health
St. Lawrence College – Campus Health Centre
Victim Services (Kingston and Napanee)
Victim/Witness Assistance Program

Kingston Frontenac
Anti-violence
Coordinating Committee



Ontario Network of SA/DV
Treatment Centres Navigation Line
1-855-NAV-SADV (1-855-628-7238)



You are not alone

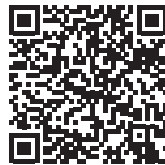
We want you to know: what happened is not your fault.

No matter what you did—or didn't do—no one ever deserves to be assaulted or abused. The person who caused harm is the only one responsible for their actions.

There are people who care about you and want to support your healing.

Whether you choose to tell a friend, a trusted adult, or a professional, there is help available.

When you're ready, we are here.



KHSC is located on the ancestral lands and waters of the Anishinaabeg and Haudenosaunee.



Kingston Health
Sciences Centre

76 Stuart St., Kingston,
ON, Canada K7L 2V7

Tel: 613.549.6666
Clinic extension 62837 | Office extension 64880
Fax: 613-546-8211
SADVProgram@KingstonHSC.ca | www.KingstonHSC.ca

Sexual Assault/ Domestic Violence (SA/DV) Program

Confidential care, support,
and resources



Kingston Health
Sciences Centre

Sexual assault

Sexual assault is any form of unwanted sexual activity including: forced kissing, grabbing, fondling, sexual harassment, and/or penetration without consent.

Consent is a clear, voluntary agreement between people choosing to engage in sexual activity. It can be withdrawn at any time – even after it starts. If someone is impaired by alcohol, drugs, or medications, they cannot legally give consent.

Any sexual activity without consent is sexual assault and a criminal offence.

Sexual assault can happen to anyone – regardless of their gender identity, age, or relationship to the person who caused harm. In more than half of cases, the person who caused harm is someone the survivor knows.

Domestic violence

Domestic Violence—also known as Intimate Partner Violence (IPV)—happens when one partner uses power and control over the other in a relationship. It often increases in frequency and intensity.

It is a crime, and it can take many forms:

- Physical harm
- Emotional or psychological abuse
- Sexual abuse
- Verbal threats
- Financial control
- Spiritual or cultural manipulation

Over half of domestic violence cases reported to police involve dating partners with physical assault as the most common type of abuse reported.

Everyone deserves to feel safe in their relationships—at any age.

It's your choice!

We'll explain your options so you can decide what feels right for you.

Medical care options

Our team offers confidential trauma-informed care, which may include:

- Crisis intervention and emotional support
- Pregnancy testing and emergency contraception
- Drug-Facilitated Sexual Assault (DFSA) screening
- Testing and treatment of sexually transmitted infections including HIV
- Documentation & treatment of injuries
- Forensic evidence collection
- Follow-up clinic appointments

Counselling care options

Our team also offers or can connect you with:

- Specialized trauma counselling
- Risk assessment and safety planning
- Community resources and referrals
- Options and support for reporting to law enforcement (if and when you're ready)



Assistance is available
24 hours a day, seven
days a week.

How to access the SA/DV team

Self-referrals are always welcome. Referrals can also be made by any health-care provider, police services, counsellor or other related community agency.

We are here to help, in whichever way feels safest.

Option 1 – Access via any Emergency Department

This is the best option for time-sensitive care:

- The event happened within the last 5 days, or
- You have injuries that need medical attention
- Go to your nearest emergency department and ask to see the SADV team when you check in at triage. The SADV nurse will work to support you as quickly as possible.

Option 2 – Calling the SADV nurse on-call

A trained SADV nurse is available to help you determine the best care option.

This option may be right for you if:

- You need time-sensitive care (within 12 days)
- You have injuries that do not require emergency treatment
- You feel unsafe going to the emergency department
- A child or youth has shared concerns about sexual contact, or you are worried about possible sexual abuse and the timing is unknown
- Call KHSC Switchboard 613-549-6666 ext. 0 and ask to speak to the SADV nurse on-call

Option 3 – Outpatient Clinic Appointment

This option works best for:

- Events that happened more than 2 weeks ago
- Individuals looking for counselling, follow-up, or community referrals
- People who prefer care scheduled at specific times
- Call the SADV clinic 613-549-6666 ext. 62837 to book an outpatient appointment.