

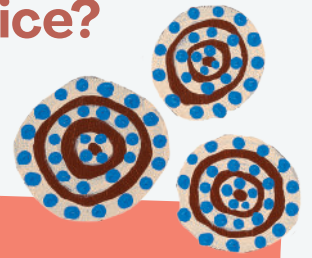
# SACS Sexual Abuse Counselling Service (Townsville and Gold Coast)

## What is the Sexual Abuse Counselling Service?

Our **Sexual Abuse Counselling Service (SACS)** supports children and young people impacted by unwanted sexual experiences or those who display harmful sexual behaviours.

Our therapists help support children and young people by:

- ♥ providing a safe place to express and process difficult thoughts and feelings.
- ♥ giving them the opportunity to explore the impact of their experiences.
- ♥ helping them to develop skills for managing unpleasant physical sensations.
- ♥ empowering their parents and caregivers to help them deal with the complexity of the situation and any challenging behaviours of the child or young person.



## Did you know?

The SACS program is proudly funded and supported by the Queensland Government.



## How does it work?

Our therapist will work with you and your child or young person to understand what their needs are, and how to best provide support.

### Often this looks like:

- ♥ **Initial meeting:** getting to know you and your child or young person.
- ♥ **Assessment:** understanding of the complexity and need of the situation.
- ♥ **Safety planning:** ensuring the child or young person and those around them are safe.
- ♥ **Goal planning:** developing relevant and timely goals to meet the need of the child or young person.
- ♥ **Intervention:** attending regular and consistent sessions designed to meet your goals.
- ♥ **Celebration:** celebrating successes and achievements as goals are reached.

## How long can we get support for?

We typically provide support to young people between 6-12 months; however this is often dependent on your child's needs.

## How often will we see our child's therapist?

Initially you would meet with your therapist weekly and this may change to fortnightly or monthly depending on the progress on goals.

## Where do we meet?

We can do face-to-face sessions within the family home, at an Act for Kids centre, or at a mutually agreed location in the community. During the first visit, we will discuss where is the most comfortable location for you and your family.



Learn more at [actforkids.com.au](http://actforkids.com.au)

Act for Kids Limited. ABN 98 142 986 767.

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