

KFL&A COMMUNITY PARTNERS & RESOURCES

Addictions and Mental Health Services (AMHS)

Family and Children's Services FL&A

Kingston Community Health Centres (KCHC)

Kingston Frontenac Anti-violence Coordinating Committee (KFACC)



Kingston Interval House

Kingston Police Services

L&A 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 (SACK)

South East Health Unit Public Health

St. Lawrence College – Campus Health Centre

Victim Services (Kingston and Napanee)

Victim/Witness Assistance Program

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

Feb. 2026

Kingston Health Sciences Centre

Centre des sciences de la santé de Kingston

Sexual Assault/ Domestic Violence (SA/DV) Program

Confidential care, support,
and resources

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 It can be withdrawn at any time – even after it starts.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.

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 (STIs)
- HIV screening and post-exposure prophylaxis (PEP)
- Documentation & treatment of injuries (including photographs)
- Forensic evidence collection (e.g. Sexual Assault Evidence Kit)
- Follow-up clinic appointments

It's your choice!

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

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)

WHEN & WHERE TO SEEK CARE FROM THE SA/DV PROGRAM

Adults and Youth (14 years or older)

Acute Care (within 12 days of the event)

- Present to your nearest emergency department for medical care
- Ask to see the on-call SA/DV team
- You can come on your own – a parent or guardian is not required but you may want a support person with you.

Non-Acute Care (13 days or more after the event)

- Call the SA/DV clinic to book an appointment. Outside referrals are welcome, but not required

Children and Youth (under 14 years old)

Acute Care (within 72 hours of the event)

- Present to your nearest emergency department for medical care
- Ask to see the on-call SA/DV team

Non-Acute Care (after 72 hours)

- Call the SA/DV clinic to book an appointment

For Parents, Guardians, and Health Professionals:

If a child or youth has disclosed sexual contact, or if you are concerned they may have experienced sexual abuse and the date or time is unknown:

- Please call the SA/DV team directly between 7 a.m. - 7 p.m. for guidance via the KHSC switchboard: 613-549-6666 ext. 0