

I'm interested in the Sexual Assault Counseling program at The Listening Ear.

I would like to:

- ___ Have a SAC counselor speak to my community group.
- ___ Learn more about SAC services.
- ___ Become a Listening Ear volunteer.
- ___ Donate \$ _____ to SAC and The Listening Ear.

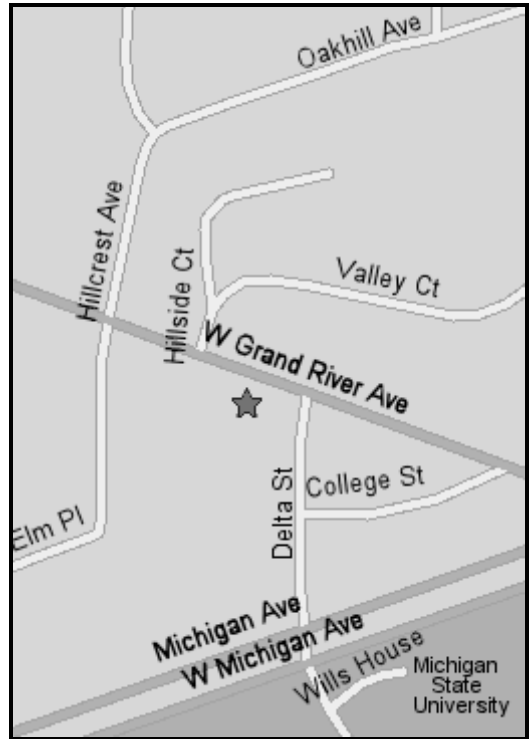
Name _____
Street _____
City _____
State _____ Zip _____
E-mail _____

Please mail this sheet to:

The Listening Ear, Attn: SAC
313 West Grand River Ave.
East Lansing, MI 48823-4213

"SAC Services at The Listening Ear" is a publication of The Listening Ear. It may be freely redistributed so long as the content remains unchanged.

The Listening Ear is a non-profit crisis center located in East Lansing, Michigan. We have served the public 24 hours a day, 365 days a year without interruption since 1969.



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This brochure is available for download at <http://www.theear.org/SAC/Brochures.shtml>



*Sexual
Assault
Counseling*

**SAC Services at
The Listening Ear**

The Listening Ear
313 West Grand River
East Lansing, MI 48823-4213

(517) 337-1717

24-hour Crisis Center

Sexual Assault Counseling at the Ear

Since 1976, the Listening Ear has provided free short-term sexual assault counseling (SAC) services for rape survivors and their significant others. SAC counselors receive nearly 100 hours of training and are available 24 hours/day for emergencies. Our free SAC services also include advocacy, support groups, and community education.

Short-term Counseling

Counseling involves one-on-one sessions with a SAC counselor, usually over the course of three to six months. Counseling is available for both survivors of sexual assault as well as significant others - friends and family of survivors who often experience their own overwhelming reactions to the rape. Everything that happens during counseling is confidential.

Community Education

SAC is dedicated not only to helping survivors of rape, but also to education and prevention. For this reason, we offer free community education for any and all interested groups. A SAC counselor will work with you to plan the focus and length of the presentation to best match your group's needs.

Advocacy

Every survivor copes with their assault in whatever way is best for them. For those who choose to go to the hospital, or to press charges against their attacker, SAC counselors are available to serve as advocates. Hospitals and the legal system can be intimidating and overwhelming. A counselor can serve as an important source of support during these times.

Support Groups

Support groups are scheduled as the demand arises. Groups meet once each week for approximately 11 weeks. Most groups include between six and eight members as well as two SAC facilitators. Support groups are announced several months in advance in the State Journal and the SAC Website. You can also call the Ear to learn when the next support group is scheduled.

To Request SAC Services

Contact the Listening Ear at 517-337-1717 and say you would like to speak with a SAC counselor. If it is an emergency, the SAC counselor on shift will be paged, and they will contact you shortly. You will be asked to provide

your name and phone number, as well as whether the SAC counselor can leave a message. We will not discuss who we are or why we are calling with anyone but you.

For non-emergency requests, a SAC counselor should return your call within 24 to 48 hours. Again, you will be asked to provide contact information and the best time for the counselor to contact you.

Things to Be Aware Of

- It's normal to feel scared about counseling. Remember, you have the choice to tell your counselor as much or as little as you're comfortable with.
- Depending on your age, a parental consent form may need to be signed after the first counseling session or before participating in support groups.
- For community education requests, please contact us several weeks before the event.

All SAC counselors are volunteers, and are supervised by a professional consultant.