



**YOU ARE
NOT
ALONE**

*Approximately
1 in 6 men will
experience
sexual abuse in
their lifetime.*

Support for men who have been sexually abused or assaulted is available across Northern Ontario.

If you want to talk or need information about support services near you, contact:



Timmins Family Counselling Centre
Centre de counselling familial de Timmins

Timmins Family Counselling Centre
60 Wilson Ave. Suite 310
Timmins, ON P4N 2S7
www.timminsfamilycounselling.com

705.267.7333

Find Help 24/7 Information
and Referral Services:

1.866.887.0015

MALE SURVIVORS



Support for men who have been sexually abused or assaulted.



Timmins Family Counselling Centre
Centre de counselling familial de Timmins


Funding for this Program is provided by
the Government of Ontario



ARE YOU A MALE SURVIVOR?

There are thousands of male survivors living in communities across Northern Ontario.


- ▶ Male survivors come from all walks of life.
- ▶ They are all ages, cultures and religions.
- ▶ Male survivors are straight, gay and bisexual.
- ▶ They are community leaders, fishermen, labourers and professionals.
- ▶ Male survivors are neighbours, friends, fathers and sons.
- ▶ They are strong and courageous men.
- ▶ Male survivors of abuse or assault often live in silence.



**You have already survived,
now it's time to recover.
Help is available for you
and your family.**

Sexual abuse and assault can happen anywhere and to anyone. For men, telling someone that they have been abused or assaulted is often more difficult than it is for women.

Living in silence or ignoring the trauma you feel can lead to problems at the time of abuse and later on in life. Problems can be physical but also emotional, mental and spiritual.



THE MALE SURVIVORS PROGRAM

The Male Survivors program provides free and confidential counselling support to men who have experienced sexual abuse or assault.

The program supports men aged 16 and over to regain a sense of control over their lives by developing positive coping skills. It is designed specifically to meet men's needs in a way that speaks to men.

Please do not live in silence. Share how you are feeling with someone you can trust.

**If you're ready to talk,
we're ready to listen.**