



WHAT IS IT?

Our Seeds of Healing program is for addressing specific symptoms that result when a person has experienced sexual violence. In these sessions, you will focus on the past and present, processing the trauma and addressing specific symptoms to work towards the life you want to create.

This program is provided by our team of specialized therapists, one of whom will work with you to help reduce your symptoms and overall feelings of distress.

SCOPE OF THE PROGRAM

Every client who attends the Seeds of Healing program has access to up to 20 sessions of individual counselling to be used at any point throughout their lifetime. All of Saffron Centre's therapists practice through a client centred trauma-informed lens and have been trained in various types of therapy to help you on your healing journey.

In your sessions, you get to decide if, when, and how to share and work through your experience. Talking about the trauma itself is optional. If your story has never been held in respect, it might be healing for you to have someone to listen with compassion and empathy. This may include pausing you frequently to work with the resulting emotions, sensations, and thoughts, as you share as much or as little as you want, at whatever pace feels best for you. If you prefer not to talk directly about the trauma itself, you and your therapist will use other techniques to help you in your healing journey.

HOW?

Clients can access Saffron's Seeds of Healing program by self-referral. To begin the intake process, call 780-449-0900

You have the option to attend any of Saffron's other programs either simultaneously or one after the completion of another.

WHERE?

Services are offered:

In-person

Located in Sherwood Park

Video

To be accessed through your client portal

Phone

WHY?

To work collaboratively with your therapist to identify and work towards your unique healing goals. This may include building on existing strengths and coping skills, developing new coping skills, processing your experience of trauma, reducing symptoms of trauma, and building resilience.

HOW MUCH?

Maximum: \$170/50 min session

All clients are assessed on our sliding fee scale to ensure accessibility of our services.

Please reach out if you have any questions or concerns about the cost of our services.