



About S.T.A.N.D.

S.T.A.N.D. is a non-profit grassroots organization. We were founded in 2018 by a survivor of sexual assault. S.T.A.N.D. was created for survivors to be able to connect with others that have overcome similar traumas. We believe healing starts with telling, being believed, and knowing you are not alone.

Why Peer Support

Peer support is about courageous, life affirming, regenerative conversations and breaking the isolation of silence that comes with violent traumas. Peer Support is a way for people who share experiences in common to come together to build relationships in which they share strengths and support each other's healing and growth. Peer support promotes healing by building relationships among a community of equals. We hold space for the survivor to share their feelings, offer emotional support and help them navigate any other systems they are looking for to receive help.

S.T.A.N.D. is run by survivors for survivors.

How it works

S.T.A.N.D. offers up to eighteen, one-hour sessions weekly via phone.

We can be reached

1. Through our website www.standasa.com We respond via email within 48hrs, to set up an initial phone call with the service user to explain our services and set up the first support meeting.
2. By phone Monday to Friday between 9:00am and 3:00pm at 1-403-983-1668 and toll free at 1-888-377-1668. Outside of business hours a confidential voicemail can be left.
3. Via email at erinb@standasa.com

Important Information

Our service users need to identify as female over 16yrs of age, that have experienced sexual violence in their lifetime.

We do not have an intake process and we do not keep any records. This ensures that the support remains anonymous and confidential for the service user.

If the service user has gone through the eighteen sessions provided and they feel they need more support, they are put back on the wait list to have continued service after 3 months time.

A deeper dive on the value of peer support

A peer support worker with a shared lived experience offers a unique perspective through an equal and empowering recovery-oriented relationship.

Peer support is not based on psychiatric models or diagnostic criteria. It is about understanding another's situation empathically through the shared experience of emotional and psychological pain. Hope is the starting point from which a journey of recovery must begin, and peer support workers can inspire hope and demonstrate the possibility of recovery.

Peer support provides a sense of empowerment and can help a person gain control over their journey and improve their quality of life. A peer who interacts with a peer support worker will not only feel empathy and connect, but this interaction also fosters hope of recovery and creates a community of support, so no survivor feels alone.

Empowering relationships, engagement in meaningful activities and an ability to experience happiness are all part of recovery. The peer support worker supports the survivor as they find their inner knowledge and reignite that hopeful desire to heal. The empowerment that results from a greater sense of hope and kinship is supported by studies showing that the most powerful themes in recovery are people's own personal resourcefulness and relationships that reinforce their belief in themselves.

A strong sense of connectivity and empowerment can result from hearing, "I have been there, and I found my way and I believe you can too."

When a person feels that they are truly accepted by another as they are, they are freed to move forward and begin to think about how they want to change, how they want to grow, and how they can become more of what they are capable of being. This approach allows survivors to explore possibilities and find their own path towards a happier outcome.



Providing a safe opportunity for a survivor to talk about what happened to them can be validating and healing. It can also help to ensure that the causes of psychological distress are not overlooked. Recovery does not follow a straight line – it is different for everyone. Peer support begins the process by inspiring hope, validation, and empowerment.