

La Traversée launches training for the carrefours jeunesse-emploi of Montérégie to better support people who have experienced sexual violence

Saint-Lambert, October 1, 2026 – This week, La Traversée (Rive-Sud) is rolling out training for the teams at the carrefours jeunesse-emploi, with the first year dedicated to Montérégie. Offered in person and remotely, the training is built around a toolkit designed to equip employment counsellors, who are often on the front line, for situations where sexual violence is part of the story of the people they support.

The observation behind the project

The effects of sexual violence extend well beyond the event itself: they can also affect financial independence. At La Traversée, 28% of clients live on replacement income. Hypervigilance, overwhelming emotions and other trauma-related reactions can collide with the labour market, and with employment services that are not always equipped to deal with these realities.

A toolkit designed for practice

Titled *Reconnaître, accueillir, accompagner, orienter – Soutenir les personnes ayant vécu de la violence sexuelle : repères et outils pour les conseiller·ères en emploi* (Recognize, Welcome, Support, Refer – Supporting People Who Have Experienced Sexual Violence: Guideposts and Tools for Employment Counsellors), the toolkit was designed and written by La Traversée. It consists of two complementary parts:

- **Essential Guideposts:** recognizing the different forms of sexual violence, understanding their impact on employability, knowing the legal framework and adapting one's professional stance;
- **Practical Tip Sheets:** tools to consult when a situation arises, including on receiving a disclosure, grounding techniques, specialized resources, workplace accommodations, reporting to the Director of Youth Protection (DPJ) and available recourses.

The toolkit is not intended to turn staff into therapists. Instead, it gives them concrete guideposts to respond with care to a possible disclosure and to refer the person to appropriate resources.



In the second and third years of the project, the training will extend beyond Montérégie to reach the entire province by the end of the mandate.

Acknowledgements

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About La Traversée

Since 1984, La Traversée has been a psychosocial support and psychotherapy centre for victims living with mental health disorders resulting from sexual assault. The organization provides its services free of charge to victims of sexual violence and their loved ones, without discrimination, regardless of gender or age, in Montérégie. La Traversée is the only organization in Quebec to offer free EMDR therapy to victims of sexual violence. Since 2023, it has coordinated and hosted, on its premises, the Centre de services intégrés en violence sexuelle (CIViS; Integrated Sexual Violence Services Centre), a joint project with CAVAC de la Montérégie and the Longueuil Agglomeration Police Service.

Need support or information?

- La Traversée (Montérégie): 450 465-5263 | latraversee.qc.ca
- Info-aide violence sexuelle (across Quebec, free, confidential, bilingual, 24/7):
1 888 933-9007 | 514 933-9007 | infoaideviolencesexuelle.ca

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