

La Traversée receives a \$50,000 donation from the Fondation Pharmaprix pour la santé des femmes to maintain access to specialized psychotherapy in Montérégie

Saint-Lambert, October 8, 2026 – La Traversée (Rive-Sud) is pleased to announce that it has received a \$50,000 donation from Fondation Pharmaprix pour la santé des femmes. This support will help fund a significant portion of a full-time psychotherapist position specialized in sexual trauma, so that women and people who identify as women who have experienced sexual violence can begin their recovery sooner.

A growing need

In Montérégie, La Traversée is the only community-based organization offering specialized, free psychotherapy to adults who have experienced sexual violence. Demand continues to rise: eligible requests increased by 26% in 2023-2024, 34% in 2024-2025, and 42% in 2025-2026. Wait times to access psychotherapy have grown from 9 to 15 months, and from 1 to 5 months for psychosocial support.

Each year, La Traversée supports approximately 350 people, of which 70% are women. Of these, 81% experienced violence before the age of 18, often in a family context, and 47% live with an additional vulnerability factor: autism spectrum disorder, intellectual disability, functional limitations or substance use. These realities call for follow-up that is longer, more complex and better adapted.

A donation that translates into care

The psychotherapist position supported by this gift makes it possible to accompany about thirty people per year, in follow-up that generally extends over several months and sometimes up to a year. Maintaining this clinical capacity helps prevent waitlists from growing longer and ensures equitable access to care for the most vulnerable women.

The results speak for themselves: before psychotherapy, 86% of the people supported show severe emotional distress. After follow-up, that rate drops to 11%. Satisfaction among those who have completed their follow-up reaches 94 out of 100.

La Traversée warmly thanks Fondation Pharmaprix pour la santé des femmes for its trust and its commitment to the health of women in Montérégie.

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

Information and interview requests:

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