REPORT FROM THE BOARD OF DIRECTORS

The Board of Directors for the Women’s Sexual Assault Centre are first and foremost volunteers. We are part of a deeply-committed and skilled group of people with big hearts and boundless energy who log hours and hours of work supporting the work of the staff of the Centre.

We are pleased to report that the we have become a ‘Carver’ Board in the past year as we have examined, discussed and adopted governance principles and policies that will allow us to support the Centre’s staff and their work. We want to adhere to principles that clearly delineate the roles of the Executive of the Centre and the Board of Directors. Yet, at the same time, we affirm our feminism and the role it plays in the very essence of the Centre.

We have ‘completed’ our Board Policy Manual; I use the term ‘completed’ loosely as this document becomes our guide to wise and practical governance and is a living document that will grow and change with the times. It has been a remarkable way to grow as a Board as we have examined governance and how it can make us a better functioning Board; it has strengthened us and helped form our purpose.

This year we had Directors retire and we wish Anne Wilson and Lisa Baergan well in their new endeavours. We welcome Lola Freeman, Erica Willinger, Ingrid Kirk and Kimberly Brown; we can now speak to our public in five or more languages as many of our members are multi-lingual and possess a variety of organizational and academic skills that enhance our performance as a Board.

Our Society is strong and our ultimate goal is to put ourselves out of business—we are pressing the envelope with our prevention initiatives and programs to the community thanks to a great volunteer team and the financial support of individuals and businesses in the Greater Victoria region.

Respectfully, Sandy McLellan, Executive Director

REPORT FROM THE EXECUTIVE DIRECTOR

2004/05 was an exciting year. We established a group for young women survivors of sexual violence and continued significant partnerships with PIERs, NEED Crisis Line and the Native Friendship Centre. Project Respect was given the Women’s Safety Award and our Victim Services team traveled to Ottawa to take part in a national project. WSAC took the lead role in organizing TAKE BACK THE NIGHT to empower women and create community awareness.

Government funding continued to provide less than half our services so fund raising consumed considerable time and energy. We began a new community awareness program entitled “Putting the Pieces Together” designed to develop a community of supporters.

This year saw the need to upgrade an old and failing computer system and we completed the first phase of this process. It continues to be a challenge to provide and maintain an updated infrastructure so necessary to effective and efficient programs.

Again this year we were able to provide services and prevention programs to the community thanks to a great volunteer team and the financial support of individuals and businesses in the Greater Victoria region.

Respectfully, Sandy McLellan, Executive Director

Putting the Pieces Together

WSAC Board of Directors

Kimberly Brown, Jenelle Cooper, Lola Freeman, Ingrid Kirk, Ilka Thiessen, Jan Trainer, and Erica Willinger.

WSAC Staff

Sandy McLellan, Executive Director
Lorinda Allix, Myriah Breese, Catherine Charlton, Tuval Dinner, Terrina Fitzgerald, Jessica Forbes, Fran Guenette, Sally Gose, Linda Jennings, Tracy Lubick, BeAnna Lynn, Jude Marleau, Jenny Matthews, Romina Miranda, Suzanne Simpson, and Karen Wickham.

Thank You Volunteers, Donors & Funders

Compassion, generosity, dedication and selflessness. These are the words that first come to mind when I am asked to share my thoughts about the Centre’s donors and volunteers. Each individual has his or her own motivation for supporting us but, at the very core, lies an awareness of the reality and pervasiveness of sexual violence in our community and the desire to do something about it.

Providing support to over a thousand individuals each year, our skilled staff of sixteen would be unable to offer the multitude of services and programs that we do without the assistance of over sixty volunteers. Volunteers on the Sexual Assault Response Team undergo an intense 48-hour training program enabling them to accompany survivors of recent sexual assault to the hospital to provide information and emotional support. Volunteers in the office answer phones, greet visitors and provide administrative support, and youth volunteers called “ Respect’rs” deliver prevention messages in the community and their schools. In addition, the always-inspiring volunteers on our Board of Directors provide their expertise and skills in governance and an enthusiastic group of volunteers on our Speaker’s Bureau are now involved with raising awareness and public outreach.

In addition to the outpouring of support that we receive from the public in terms of volunteer time, we are also extremely grateful to receive the financial support of a multitude of individual donors, businesses, and service organizations. A special thank you to the Ministry of Community, Aboriginal and Women’s Services, the Ministry of Solicitor General and Public Safety, RCGEU, Barley Wik, Fort Street Cycle, Frontrunners, Needs of Victorians’ Society, Provincial Employees Community Services Fund, Queen Alexandra Foundation, Royal Purple of Canada, Runners of Compassion, Saanich Lions Club, Soroptimist International, United Way, and the Victoria Medical Wives Association.

We are very proud to work with such an extraordinary group of donors and volunteers. We thank you for your time, energy and dedication. You make a difference and help us to create a better world.

Respectfully, Tracy Lubick, Resource Development Officer, Coordinator of Volunteers

Volunteer Hours

Thank You Volunteers, Donors & Funders

You Make a Difference

Women’s Sexual Assault Centre

You Make a Difference

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Contact Information:
941 Pandora Ave ~ Victoria BC ~ V8V 3P4
Business Line: 383-5545
Crisis & Information Line: 383-3232

www.vwsac.com
Charitable Business # 10822 0054 RR0001

www.yesmeansyes.com
Project Respect:
Project Respect continued to build on its successes this year. Reaching over 2500 youth directly with our prevention messages through our school program, community presentations, table displays and our youth group, we helped spread the word of respect into communities all across Canada.

A group of 12 dedicated youth volunteers devoted over 80 hours each to Project Respect this year. The youth learned how to help prevent sexual violence, how to help a friend who has been assaulted, and what they can do to create change. The youth this year has ambitiously tackled a video project to raise awareness about drugs, alcohol and sexual assault. The youth interviewed peers and professionals and learned how to edit footage from a few fantastic community volunteers. Our thanks to Cinevic, Sarah and Jan, and Abi for all their help.

Want to know more about what our youth have to say? Check out the Monthly Contribution on our website at www.yesmeansyes.com.

Direct Client Services
Number of Clients Seen
From April 04 - March 05
Crisis Line 1,175
SART 104
Victim Service Program 149
Crisis Counselling 215
Information Meetings 54
Intake Appointments 103
Individual Counselling (STV) 139
Group Counselling 135
Family Members 32

Aboriginal Youth Healing & Prevention Program:
This is year two of a three project with the Victoria Native Friendship Centre (VNFC) "funded by the Unit ed Way". The goals are to provide awareness sessions on sexual violence to Aboriginal youth, and to increase capacity of the youth workers to respond to disclosures and crisis situations. This year there was an increase in contact with the youth team at VNFC and Project Respect and the Direct Services team at WSA C, as planning and consultation took place. Jude and Suzanne from direct Services facilitated a workshop on relationship violence for the Two Spirited group. A four week workshop series was developed by Project Respect, and facilitated by Romina and Tovai and two youth workers from the Native Friendship Centre. A total of 8 youth attended one or more of the workshops. Impact on the youth:
• Able to define sexual violence
• Healthy and unhealthy relationship behaviours are more easily identified.
• Received validation regarding their experiences of trauma. Got the message: “You deserve and have a right to support. You are valuable.”
Impact on youth workers:
• Share resources and learn from one another.
• Mutually inspiring.
• Identify training needs regarding disclosures.

Number of Youth’s Reached
School Program Youth Participants: 610
Respecters: 12
Community Presentations and Events: 1890
Website, Video, other Social Marketing: 23,000+

Expenses Breakdown
Funding Sources
Fee for Service, 2%
Grants 2%
Other 1%
Direct Funding 52%
Government Contracts 43%

Team Victoria:
Team Victoria; Janet Calnan, Catherine Charlton, Rob McColl, Sally Gose and Jack Henzie

Soul Survivors Group:
This is a new group for young women (aged 13 to 19 years), who are survivors of sexual violence. The format and topics were developed during a focus group with young women who are current clients at the centre. This 8 week group covered topics such as safety, self care and coping, boundaries and self awareness, healthy relationships, self esteem and assertiveness.

Quote from Soul Survivor Group participant: “Soul Survivors has been a very important part of my healing process, and the support from the counsellors and the group has been absolutely phenomenal. When entering the group, I immediately feel the power of acceptance and love. I found all of the topics of discussion and group activities to be helpful, and the counselors never made me feel like I had to do or say anything that I didn’t feel comfortable with. Even if I were to just sit and listen. I would find the advice given very beneficial. I’ve seen many shy girls, including myself, come out of their shell and shine while attending this very amazing group. I can only hope that Soul Survivors will be able to aid other girls healing journey as it has for me. It has helped me find the strong woman inside myself that I never thought was there.”

Team Victoria: Janet Calnan, Catherine Charlton, Rob McColl, Sally Gose and Jack Henzie