REPORT FROM THE BOARD OF DIRECTORS

It’s always a pleasure for the Board of Directors to reflect on the year that has passed since our last report and take stock of our achievements. This year, we are particularly proud of the 1-in-3 campaign that WSAC developed and launched last October. This event, made possible through the support of several local businesses, raised awareness of the fact that one woman in three experiences some form of sexualized violence. We also hosted a performance of Anna Camilleri’s powerful monologue “Sounds Siren Red” to cap the 1-in-3 campaign and celebrate WSAC’s 25th anniversary. We plan to make 1-in-3 an annual event, so look for it this fall.

Our other major project involved hiring WSAC’s next Executive Director - a daunting assignment when one considers the impressive combination of feminism, strength, intelligence, humour and compassion that Sandy McLellan has brought to WSAC for the past 20 years. As sad as we are to say farewell to Sandy, we are excited about working with Makenna Rielly.

The Board also experienced change this year. Jan Trainer, a long-time director and Chair, moved on, and Emily Ellingsen and Jen Cooper replaced her as Co-Chairs. Mary Heppner and Ingrid Kirk also tendered their resignations, and Jen Cooper is pursuing graduate studies in Calgary. We thank all of them for their contributions. We are pleased to welcome back former director Shelley Spring and to introduce new directors Natasha de Klerk, Yvonne Haisst, Shannon Schaua and Andrea Titterness. You can read more about us on WSAC’s website, and we encourage you to contact Lindsay Pomper, Coordinator of Volunteers, if you would like to discuss joining our team.

The Board has set itself an ambitious agenda for the year ahead, and we look forward to sharing the results with you next year.

Respectfully,

Jen Cooper (Co-Chair), Emily Ellingsen (Co-Chair), Kimberly Brown (Treasurer), Andrea Titterness (Secretary), Jill Ainsley, Natasha de Klerk, Yvonne Haisst, Shannon Schaua and Shelley Spring.

OUR DONORS

We rely on the generous financial support of the community to sustain our services. Thank you to all of our donors whose gifts make a difference in the lives of many. We extend special recognition to the following:

- Jill Ainsley, Barbara Allen, Raymond Berry, Dredan Black, Dieneke Bowdeway, Estate of Eberhard Schulenburg, George Ferdinands, David Flaherty, Fort St. Cycle, Dorothee Friese, GiveMeaning Foundation, Bjartnne Hansen & Barre Peck, Helping Hands Society, Julie Higginson, IBM Employees’ Charitable Fund, D2D Communications, Josie Irwin, Don James, J Properties, Suzanne Johnson, H & A Khera, Dr. John Kinaian, Geraldine Kokkelink, Helen Lane, Louise Langhuis, LIN Rite Enterprises, Halli Macnab, Mel McDonald, Sandy McLellan, Helen Mogensen, Needs of Victorians Society, Norwalk Furniture, Oak Bay Sailing School, Elise Olson, Pacific Hockey Development, Nancy Poole, Dr. Elinor Powell, Rebel Rebel, Noel Richardson, Adrian & Janet Rimmer, Ken Williams, Dr. Julian Young, Margaret Young and Patricia Young.

REPORT FROM THE EXECUTIVE DIRECTOR

We celebrated our 25th year planning for change and rising to the challenge of unforeseen choices. We are immensely grateful for the compassion and dedication they bring to each role they take on.

Our Board worked diligently to recruit and hire a new Executive Director, Makenna Reilly. It was a smooth and inclusive process and we thank the hiring committee for their thoughtful deliberations. We welcome Makenna and look forward to working with her to provide quality healing programs and effective prevention initiatives.

Unfortunately the building we are in was sold and we were forced to re-locate. While the timing wasn’t of our choosing, we are happy to report that we have leased space in the Central Building (620 View St). We will be able to create a warm and welcoming centre and the addition of a larger group room will enhance the services we can offer. Our appreciation goes to David Langlois, Cornerstone Realty for making the search efficient and effective.

Amid this backdrop of significant changes our programs and services continued and expanded. The TIPS Project with funding from Human Resources & Social Development Canada will see us providing trauma informed practice training to seven partnering youth serving agencies. This project will continue until March 2009.

Our partnership with the Native Friendship Centre (NFC) continues with one of our counsellors at the NFC weekly providing group and individual counselling.

Both Project Respect and Direct Client Services have continued providing services at the Youth Custody Centre. Once at the custody centre conducted a Walk a Mile in Her Shoes event to stop sexual assault.

Two new awareness campaigns were begun this year. Walk a Mile in Her Shoes – The Men’s March to Stop Rape, Sexual Assault & Gender Violence provided a fabulous, fun opportunity for men in our community to speak out about sexual assault. The 1 in 3 Campaign with the support of local businesses helped inform the community about the prevalence of sexual violence, the services available and ways to prevent this violence.

All of this work would not be possible without the ongoing support of the community. We are heartened by the response to our requests for financial assistance. As a result of your generosity we ended our fiscal with a surplus which will fund our move to new premises.

Sandy McLellan, Executive Director

THANK YOU TO OUR DONORS

City of Victoria – Walk a Mile
Coast Capital Savings Foundation – Project Respect
Direct Access to Gaming through the Province of BC – Project Respect
Royal Bank – Project Respect

Ministry of Community Services
Ministry of Solicitor General and Public Safety
Provincial Employees Community Services Fund

Thank you to all the WSAC volunteers for the truly extraordinary service you provide to the Centre and our clients.

Lindsay Pomper, Coordinator of Volunteers

THANK YOU TO OUR VOLUNTEERS

This year the incredible volunteers for the Women’s Sexual Assault Centre contributed over 11,000 hours of service. We are immensely grateful for the compassion and dedication they bring to each role they take on.

This year saw over 20 new volunteers join our Sexual Assault Response Team. With the vital work of our SART volunteers, WSAC is able to provide a 24hr service that offers immediate support and information to recent survivors of sexual assault at the hospital or police station. SART volunteers were featured in the Victoria News this year as an example of women making a difference in the community.

Our Board of Directors contributed a significant amount of hours this year. Each member of the Board has a strong commitment to the Centre and its mission, which is reflected in their work on countless committees that enables the WSAC to accomplish its goals.

We saw new office volunteers help out in reception to create a welcoming atmosphere for our clients, as well as provide the much needed support to our administrative staff.

Once again, the volunteer committees for our annual Triathlon of Compassion and Walk-A-Mile-In-Her-Shoes worked tirelessly to create two successful events. Without their contributions, these events, that raise funds and awareness, would not be possible.

Combined, over 175 amazing volunteers stepped forward on the day of these events to help out in whichever way they could.

WSAC would also like to acknowledge the Royal Bank volunteer program for partnering with the Centre to allow RBC employees to volunteer in our office and with our events.

Thank you to all the WSAC volunteers for the truly extraordinary service you provide to the Centre and our clients.

Lindsay Pomper, Coordinator of Volunteers

www.yesmeanyes.com

Contact Information:
941 Pandora Ave – Victoria BC – V8V 3P4
Business Line: 383-5545
Crisis & Information Line: 383-3232
24 hour Crisis Line service made possible through partnership with NEED Crisis Line

Charitable Business # 10822 0054 RR0001

Board - 930
Project Respect - 435
Office - 350
Events - 1680
Sexual Assault Response Team - 7761

Charitable Business # 10822 0054 RR0001

As of September 1st, we are moving:
5th floor - 620 View St.
Victoria, BC V8W 1J1

Annual Report 2007-2008
Women’s Sexual Assault Centre
**Women’s Sexual Assault Centre**

**Receiving the Gifts of Balance: A Partnership with Victoria Native Friendship Centre**

In September 2007, the Victoria Hope Society provided financial assistance for WSAC and VNFC to work together to write and deliver a curriculum for aboriginal women who have experienced trauma and addictions (based on Najavits’ Seeking Safety model). The first delivery of this group began in January 2008 and was named the “Receiving the Gifts of Balance” group. Currently, nine women have attended the 12-week group at the Native Friendship Centre, facilitated by Be-Anna from WSAC and Maria from VNFC. Over the months of July and August 2008 the curriculum will be edited into a facilitator’s manual and participant workbook to be utilized for future groups.

**A Partnership with Victoria Native Friendship Centre**

Sharing What We Know with Youth

Serving Agencies in Victoria

Stability with people who have experienced trauma. Seven youth-serving agencies and numerous community professionals with expertise in working with youth have formed an advisory committee to provide direction and feedback on the five modules of training, which include information about the psychological basis of trauma, how traumatic impacts may manifest in the lives of youth and concrete skills for supporting youth in a trauma-informed manner. The training modules will be delivered to each of the seven partner agencies over the 2008/2009 fiscal year.

Minister Gary Lunn announces HSRC funding.

**Resources for Healing Audio CD**

A foundation of the counselling work that we provide is helping women to develop strategies for managing post-traumatic reactions. A component of this work is learning about and practicing grounding, containment, relaxation, deep breathing and visualization strategies. In late 2007, in partnership with the UVic Women’s Radio Collective, the WSAC counsellors created an audio CD that women can use at home, guiding them through specific strategies to help build their internal healing resources.

**Transitions and Priorities**

The 2007/2008 year has seen a number of transitions in the Direct Client Services Team. The Victim Services team has continued to work on strengthening relationships with police, crown counsel and the Sexual Assault Nurse examiners to provide a coordinated, collaborative response in our community. As the waitlist for the Violence counselling has grown significantly over the past year, our team has been focusing on re-configuring services to utilize group counselling, effective referrals and alternative ways of developing trauma-management strategies to support women in their healing.

**Expense Breakdown**

Admin - 10.5%  
Fundraising - 11%  
Direct Client Services - 44%  
Government Contracts - 46%  
Grants - 8%  
Fee for Service - 2%  
Other - 5%  
Staffing - 73%

**Funding Sources**

Direct Client Services

Number of Services Provided

- April 07 - March 08

- Crisis Line: 1168  
- SAR: 103  
- Victim Service Program: 565  
- Crisis Counselling: 735  
- Information Meetings: 77  
- Intake Appointments: 82  
- Individual Counselling (STV): 1604  
- Group Counselling: 477  
- Family/Supporters: 34

**Project Respect Program Highlights**

2007-2008 was a very busy year for Project Respect workshops. The program created and delivered specialized training workshops aimed to give peer helpers in various schools the skills to support peers who disclose experiences of sexual assault. The program was also able to fulfill one of its main goals for this year and reach all the different alternative education programs in the Victoria area. These include: Artemis Place for Girls, Girls Alternative Program (GAP), SJ Willis Alternative School, Independent Learning Centres (Broadmead and Sidney).

Other highlights of this year include workshops at the Aboriginal Youth Leadership Conference workshops at different community based youth programs and presentations at key conferences such as the BC Association for School Counsellors and the UVic School of Child and Youth Care. This year Project Respect was asked to do numerous workshops in Elementary and Middle Schools, the curriculum was adapted to the younger age and was well received by both students and teachers – there are already plans to have us revisit these schools in the fall!

**Project Respect Reached:**

- 1,845 youth
- 389 adults
- 14 schools
- 12 community programs

**Respect Revolution Campaigns**

at Oak Bay Secondary and Victoria High School

The Respect Revolution Campaign (RRC) continues to spread to different schools throughout Victoria. In the spring of 2007, the Oak Bay Respect Revolution Youth Group led a one-day event to raise awareness about sexual assault at their school. The day included recruiting 40 additional volunteers to wear a white “X” on their cheek as a symbol of the number of people affected by this issue.

The Spring 2008 Respect Revolution Campaign was held at Vic High where 11 very dedicated students ranging from grades 10 -12 participated in the leadership training. The group participated in training around the issue of sexualized violence and has learned about important community resources such as Island Sexual Health and AIDS Vancouver Island. Members of this group participated in this year’s Walk a Mile event and were instrumental in ensuring the participation of the boys Rugby team in the Walk. The group also organized and delivered an assembly presentation to over 200 of their peers and talked about the issue of sexual assault and how to support a survivor.

Both these Campaigns are key examples of how youth are taking leadership roles in raising awareness about sexual assault, are breaking the silence around this issue and are inspiring other youth to do the same.

**“I learned that sex is not an obligation” Consent must be physical, emotional, and verbal.” (Quote from youth)**

**On May 3rd, 2008, WSAC had the second annual Walk-A-Mile-In-Her-Shoes: a man’s march to stop rape, sexual assault and gender violence.**

Even in the rain, Walk-A-Mile, once again, turned out to be a great success with over 250 people coming out to do their part in ending sexualized violence. The day raised over $17,000 and saw the community come together to raise awareness about this important issue. For more info and great pictures please visit: http://walk-a-mile-in-her-shoes.blogspot.com

**“My past experience has affected me more than I thought. I have a clearer understanding of my situation since hearing the presentation. We need to start spreading this info to children of a younger age.” (Quote from youth)**

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