Our counselling services, which range from short-term crisis support to longer-term, individual trauma therapy and groups, provided 2,669 counselling sessions this year. A variety of techniques, such as EMDR, Somatic, Narrative and Art therapy are used by our counsellors who are all trauma specialists.

Project Respect launched its first hit music video “Respect Me Like You Do”. Project Respect youth made this video to create the media they want to see in the world - media that shows diverse bodies, genders, orientations, relationships, ways of loving, and lots of consent!

Our Trans Inclusion program brought together a group of 12 local Trans folks to develop and facilitate Trans Inclusion workshops. Through these workshops, hundreds of staff and volunteers received training at a wide range of organizations - including PEEKS, the United Way Community Partners, Uvic and Need2.

Our Community-Based Response Network brought together seven organizations: the Victoria Native Friendship Centre, Royal Roads University, Victoria Brain Injury Society, South Island Counselling and Trauma Centre, Forensic Nurses Examiners, and Public Health Nurses.

Project Respect, VSAC’s prevention initiative, delivered workshops in middle schools, high schools, alternative schools, employment-skills programs, and other community-based programs, reaching over 1000 youth in the Greater Victoria Area.

Project Respect revamped their website (www.yesmeanyes.com) to include a blog. The website restructure has been a great way not only engage with youth on a larger scale, but also to include their voices and perspectives through social media and blogging.

FROM EVERYONE AT THE VICTORIA SEXUAL ASSAULT CENTRE

Ministry of Justice

Project Respect, a Health Nurses.

and our services, to various community training on working with trauma, as well for clients to have more contact with efficiently handle the long waitlists and groups have given us the ability to more individual service take trauma therapy while waiting for

Our Skills for Healing and Building groups, such as EMDR, Somatic, Narrative and who are all trauma specialists. Art therapy are used by our counsellors such as EMDR, Somatic, Narrative and groups, from short -term crisis support to longer

The Victoria Sexual Assault Centre is a feminist organization dedicated to ending sexualized violence through healing, the Victoria Sexual Assault Clinic.

This clinic will offer survivors a more comprehensive, therapeutic environment and a new home for the services of the Sexual Assault Response Team (SART). SART is a team of VSAC support workers, forensic nurse examiners and police/RCMP who work collaboratively to ensure that recent survivors of sexual assault receive immediate support, information, medical care and, if the survivor chooses, options for reporting.

Through Lorinda’s extensive involvement with the SART team as a support worker and trainer, she has met with hundreds of survivors at the hospital and police station. While supporting survivors through that process, she has heard survivors express many wishes “I wish there weren’t so many people around. I feel so exposed” “I wish I could just have a shower right now.” “I wish everyone understood how hard this is for me.”

Whether is it offering a more confidential and inviting space without having to wait, being greeted with compassion and respect from anyone the survivor chooses to involve or having the option to shower in private bathroom with heated floors and towels, the Victoria Sexual Assault Clinic was created as a direct response from the feedback we receive from survivors. This clinic will continually work to reduce barriers to ensure that all survivors can receive the care and services they deserve after experiencing a sexual assault.

Through our counselling services, prevention programs, community partnerships, Trans inclusion work, and the new clinic, the Victoria Sexual Assault Centre is committed to providing services that are accessible, innovative and honour the voices of survivors and our community. This commitment is what motivates and inspires Lorinda, along with everyone else at VSAC, to continue the work we do.
Sexual Assault

Look What We Can Build Together!

‘Leave Your Imprint

The support from donors is crucial to sustain the vital services of the Victoria Sexual Assault Clinic. We wanted to share our gratitude for the new Victoria Sexual Assault Clinic. This is your chance to support a greatly needed service in Victoria and become part of something that is the list of its kind in British Columbia.

There are a number of ways in which we honor the generosity of those who give to the Victoria Sexual Assault Clinic. Donors in the categories listed below are given the following recognition to show the deep appreciation we have for your support.

Become a Champion of the Victoria Sexual Assault Clinic

If you donate $1000 or more to the Victoria Sexual Assault Clinic we will add you name to our Donor Recognition Plaque that will be displayed at the Clinic. You will also receive a special invitation to the grand opening of the facility in early 2016.

Become a Guardian of the Victoria Sexual Assault Clinic

Individuals or businesses who donate $10,000 or more to the Victoria Sexual Assault Clinic will be named a guardian of the clinic. To acknowledge the ongoing support of this level of commitment, we will create an individual Donor Recognition Plaque to be displayed at the clinic. These donors will also have a special page of acknowledgement on our website and newsletter as well as receive a special invitation to the grand opening of the facility in early 2016.

Construction is underway!

When construction for the Victoria Sexual Assault Clinic started at the end of September, it was the right moment when we realized our wish, and as Lorinda articulated, a wish for survivors, became a reality.

The Victoria Sexual Assault Clinic will be housed in the Victoria Community Response Centre which is located in the same building as the Victoria Sexual Assault Centre (3600 Cedar Hill Rd). The Victoria Community Response Centre will also house the Victoria Child Abuse Prevention and Counselling Centre’s Child Advocacy Centre.

The Victoria Community Response Centre will have a fully equipped medical exam room for survivors to receive medical and/or forensic care.

The exam room will have tripleolved roofs and its own private washroom with a shower. The Centre will also house police interview rooms with state of the art audio-visual recording equipment and spacious counselling rooms.

Program office Counselling space Counselling space
Reception & waiting
Police interview room
Medical exam room

D. Forbes Contracting Ltd. has taken on the job of doing the necessary renovations to create a warm and welcoming environment that will house both of these valuable programs.

We are incredibly appreciative with the amount of care, thoughtfulness and hard work Danyl Forbes and crew have put into building our new Centre.

We are excited for renovations to be complete and have the Victoria Sexual Assault Clinic open in February of 2016.

Gifts of Time

The volunteers at the Victoria Sexual Assault Centre are truly incredible. Through their on work the Sexual Assault Response Team (SART), as office volunteers, on our Board of Directors, and at events, their commitment to VSAC is committed.

The VSAC volunteers provide countless hours of their time, energy and kindness to ensure that survivors of sexualized violence are supported in our community.

This year we said goodbye to one of our longstanding volunteers, Heid Enzer. Heid first started at the Victoria Sexual Assault Centre as a Prevention Coordinator with Project Respect in the early 2000’s. She moved agencies to start working at AIDS Vancouver Island, but wanted to remain part of VSAC, so she decided to become a volunteer on the Sexual Assault Response Team (SART). We usually ask SART volunteers to commit to a year of providing immediate, on-call support and information to recent survivors of sexual assault, but Heid stayed on for five. From there, Heid decided to join the Board and we were more than happy to accept her role.

Heid is someone that you want in your corner. She was someone that we could call on, when we needed it the most, even if it was last minute. Among her many talents, Heid is an incredibly skilled public speaker and facilitator. If ever there was an event that needed an emcee, or a conversation that needed to happen, Heid could be trusted to be there and perfectly articulate what we wanted to say and what we needed to hear.

These are just a couple of examples of what Heid brought to the Victoria Sexual Assault Centre. Her level of commitment, passion, sense of collaboration, insight and positivity were true gifts to the Centre. Heid always called herself, “a lifer” at the Victoria Sexual Assault Centre and although she is no longer with us in an official capacity, she will always be a strong supporter of VSAC. She has left a lasting impact on the work this agency has been able to accomplish.

Without the support of volunteers, VSAC would not be able to accomplish half of what it does. As an agency, we are incredibly grateful for everything that Heid and all of our volunteers contribute.

Please Accept Our Gratitude

When someone donates to the Victoria Sexual Assault Centre (VSAC) they not only help to make a difference in the lives of survivors of sexual assault and childhood sexual abuse, they also make a difference for the staff that work at VSAC. In countless ways, we, as staff, are lucky to work here and see firsthand the courageous ways in which survivors resist and heal from trauma. As staff, we get to create innovative programs to work alongside youth and see them strengthen their voices to speak out against sexualized violence.

Even though we are witness to so much resiliency and strength, at times this work can be hard and we need a reminder of hope.

As a donor, you do that for us. We wanted to share our gratitude, so we asked the VSAC team the following question, “There have been thousands of people who support the work of the Victoria Sexual Assault Centre, what does that mean to you?”

Tracey, counselor

“It’s a relief. It means I can focus on my clients. It means this place [VSAC] exists; the heat is on, the lights are on – all that is being taken care of because of our donors. As a counselor, having this support when I am working with survivors, I carry the knowledge that there are thousands of individuals who create a community of support that holds us up. Donors create a sense of stability for this organization and those are hallmarks for healing.”

Paula, counselor

“Knowing that there are donors who support Victoria Sexual Assault Centre (VSAC) makes me feel that I am not isolated in doing this work. There is a whole community that is supporting the clients I work with. It helps to create an atmosphere of hope; hope that things can get better. That feeling of generosity and goodwill is ultimately healing. For our clients to know there are people who donate to VSAC, it can help to restore their faith in the world that hurt them.”

Lorinda, counselor

“It shows that the help survivors receive is valued. The amount doesn’t matter; I am moved that there is a community of people who consider these services important enough to sacrifice something for it. Individuals can speak up through their dollars. When someone donates, what they are really saying is that sexualized violence is wrong and survivors deserve support.”

Chaw-win-lis, Prevention Manager

“When we can lean on the support of donors, we can lean on the support of hope; hope that there is a community that believes in the work we are doing here. That belief keeps me motivated because it shows there is a desire for change and I am not alone.”

Karen, Crisis Line Coordinator

“It blows me away. As the crisis line coordinator, my position would not exist without the support of donors. It always amazes me the number of people that become part of the Centre when they commit to donating. Thank you.”

Alaza, Trans Inclusion Coordinator

“I feel loved! Donors make me feel so fantastic and supported. When facing society-wide systemic problems, knowing that is a community of people who have our backs and support an organization like this – it is a big deal and a huge part of what gets me up in the morning.”

Pictured: Victoria Sexual Assault Centre Staff