

Year in Review: Highlights of 2018

- Our counselling services, provided over 2000 individual counselling sessions this year. A variety of techniques, such as EMDR, Somatic, Narrative & art therapy are used by our counsellors who are all trauma specialists.
- Our Skills for Healing & Building Strengths groups provided clients with the necessary skills to undertake trauma therapy while waiting for individual service. These counselling groups have given us the ability to provide support to clients on our counseling waitlist.
- The Boundaries and Communication & Relationships and Sexuality counselling groups provided space for survivors to deepen their healing journey by exploring the impact of sexualized violence on relationships, sexuality, and boundaries.
- Our Victim Services Team spent hundreds of hours providing justice support to 224 clients, on the phone, at the Clinic, courthouse, and the police station.
- The Victoria Sexual Assault Clinic provided critical crisis support, medical interventions, and access to justice to recent survivors of all genders across 13 municipalities.
- Our Trans Inclusion program built relationships with service providers and Trans, Two-Spirit, and Gender Diverse community members in the Cowichan Valley, Campbell River, Nanaimo, and Ucluelet. We supported those agencies to deepen their Trans Inclusion work and create more inclusive spaces so everyone seeking supports, especially those most marginalized, feel welcome and safer accessing services.
- Project Respect launched its cyber violence prevention initiative: In October, the Prevention Team facilitated their third annual Youth Social Action Camp with an awesome group of youth where they developed tools and actions to address cyber violence.
- We deepened the impact of our youth-led social action through Project Reclaim, a partnership with Tsartlip community leader Beangka Elliott & Project Respect. The program engages youth from the Tsartlip Nation to lead their community in healing from, resisting, and preventing violence through youth-led land restoration, and development & delivery of culturally relevant violence prevention

55 Days to Raise \$55,000

On November 27th, the Victoria Sexual Assault Centre set out to raise **\$55,000 in 55 days** to support survivors of sexualized violence!

We are unbelievably grateful to everyone who donates. We encourage anyone to contribute to this campaign in any way that they can:

- Donate by mail, over the phone (250-383-5545) or online (www.vvac.ca/donate)
- Join the **Monthly Donor Club!** Find out more info here: <https://vsac.ca/monthly/>
- Join the \$1000 Club
- Spread the word and Get Connected- Share this newsletter and Sign up for our e-news at <https://vsac.ca/subscribe/>

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6 WAYS TO SUPPORT SURVIVORS WITH YOUR DONATION



\$25

Provides **bus tickets** for a survivor to come to a five week group counselling course.



\$50

Provides **one hour of crisis counselling** to a survivor dealing with the most immediate impacts of sexual assault.



\$100

Allows one of our Victim Services workers to **accompany a survivor to make a police report.**



\$250

Keeps the **Sexual Assault Clinic accessible for a 24-hour period.**



\$500

Gives a classroom of students a **prevention education workshop.**



\$1000

Provides a survivor with **months of one-on-one counselling** to work through the long-term effects of trauma.

Charitable Registration Number: 10822 0054 RR0001

Find us on the Web!

www.vvac.ca
www.yesmeansyes.com

Read our blog: www.vvac.ca/blog



@Victoria Sexual Assault Centre
@Project Respect - VSAC
@Trans and Gender Variant Inclusion at VSAC



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Changing the Story for Survivors

"The Sexual Assault Response Team is the most incredible, on the ground, grassroots, direct and impactful volunteering I have ever done."

– Grace Lore, Sexual Assault Response Team (SART) Worker



Grace Lore has been a longtime volunteer Sexual Assault Response Team (SART) worker at the Victoria Sexual Assault Centre (VSAC). Usually volunteers commit to a year of providing immediate, on-call support and information to recent survivors of sexual assault, but Grace has been at it for over 10 years.

Grace has been witness to key changes in the SART program, specifically the opening of the **Victoria Sexual Assault Clinic** three years ago. The first of its kind in BC, the Clinic has shifted services for recent survivors of sexual assault from the hospital and police stations to one location: the Victoria Sexual Assault Clinic.

Through Grace's extensive involvement with the SART team, she has met with hundreds of survivors at the hospital and police station. **She sees the difference the Clinic makes to people. We are excited to share her thoughts about the impact of the Clinic as we prepare for its three year anniversary:**

What is the Sexual Assault Response Team (SART)?

We are the sexual assault emergency team. I like to think of it as a network of quiet superheroes around Victoria ready to offer support to survivors of recent sexual assault. We help them navigate reporting to police or accessing any medical care they might need, 24-hours a day, 7 days a week, 365 days a year.

What happens when you are called to support a survivor?

My first thought is toward the survivor: someone in our community, one of our neighbours or friends. But trauma is not the only narrative. I also think of the resiliency of survivors and the courage it takes to reach out for support. As a SART worker, my first task is to determine the situation and wishes of the survivor.

Winter Newsletter 2018

What is the impact of the Victoria Sexual Assault Clinic on those in need of help?

The Clinic is innovative, practical, trauma-informed, amazing. One cannot overstate the impact of the Clinic. It is unique in Western Canada and provides the care survivors need, when they need it, and how they want it. It reduces wait times for survivors and frees up space at the hospital, all while providing the best care possible. It increases access to justice by making it easier, safer, and more accessible to file police reports. The clinic ensures survivors do not need to wait in hospital emergency rooms, it means their privacy and confidentiality is protected, and their supporters can be by their sides. **The clinic is fundamentally changing the story for survivors of sexual assault.**

What has inspired you to continue this work for 10 years?

It's hard to say how meaningful and necessary this work is. With every SART, you see first-hand what it means for survivors to be empowered and regain control. Care is provided to survivors in a way that is trauma-informed and reflective of their wishes. There is always a support worker ready to move into action to provide support for the next survivor. We are here.

OUR MISSION

The Victoria Sexual Assault Centre is a feminist organization committed to ending sexualized violence through healing, education, and prevention.

We are dedicated to supporting women and all Trans survivors of sexual assault and childhood sexual abuse, through advocacy, counselling, & empowerment.

WISHING YOU AND YOURS A HAPPY HOLIDAY & WONDERFUL NEW YEAR!



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ACCESS LINE: 250-383-3232 ♦ VISIT OUR WEBSITE AT WWW.VSAC.CA
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Violence Prevention



Our Prevention Team is growing this winter. We are excited to welcome Sarah Graham, the newest member of the Project Respect team. Below Sarah shares her thoughts on the importance of youth-led and adult-supported prevention education and her experience at this fall's third annual Youth Social Action Camp.



Pictured: Project Respect Youth and Staff at our fall Social Action Camp.

Tell us about the Youth Action Camp facilitated this fall?

Camp was the re-launch of the youth team, which had been on hiatus, and an amazing opportunity to go deep into these issues during a two night trip. We focused on building community and discussions about how the increase in cyber violence is changing the needs of prevention programming.

What was the highlight of the camp?

Collaging. I wasn't that exposed to art as a kid and I'm just discovering the power it has to bring people together. The conversations that happened at camp generated so many ideas for future projects, one of which is the creation of a mural about consent and resistance that is interactive and invites viewers to connect with the installation over social media. The youth team has decided that their first step is to learn more about the complexity of organizing a mural project on stolen Indigenous land and how to do so in ways that respect local nations.

What do you look forward to in your new role as Prevention Coordinator?

Working with the youth team to organize social action projects and building relationships with students and teachers at local schools, some of which we now have funding to work with on a more intensive basis.

What is the Fast Five Fundraiser?

Throughout the month of March, teams of five (or more!) will get creative and connected to raise \$500 (or more!) for VSAC! Teams may choose to organize an event, fundraise at work, collaborate with a business, ask their friends & family for donations or turn their favorite activity into a fundraiser – whatever your team wants to take on! The question is...How FAST can you raise it?

We welcome you to get involved and accept the Fast Five Fundraiser challenge. It is a chance to turn your favorite activity into a fundraiser!

For more details about how you can get involved & to read more about last years amazing fundraisers, please check out: <https://vsac.ca/fastfive/>

Working Together Makes All the Difference



When someone donates to the Victoria Sexual Assault Centre they not only help to make a difference in the lives of survivors of sexual assault and childhood sexual abuse but they help to create a world that is free from gender-based violence. **We at the Victoria Sexual Assault Centre are deeply grateful to our supporters for their assistance in making our mission a reality:** ending sexualized violence through healing, education, and prevention.

This work can be difficult, but we know that **together, we are stronger and have the ability to do amazing things.** The Clinic is an excellent example of this. Opening a facility like the Victoria Sexual Assault Clinic was a big vision. You made it a reality.

Each year, our donors and grantors ensure that we can continue to provide survivor-centred care for survivors and award-winning education to the broader community. From counseling and support groups, to victim services, facilitating youth-led prevention education, to working to increase access and inclusion for Trans, Two-Spirit, and Gender Diverse survivors, our supporters are helping us lead the way in compassionate, cutting-edge programming.

We are proud of what we have been able to accomplish here in Victoria with the support of our community. Thank you!

THANK YOU TO OUR FUNDERS & GRANTORS

BC Gaming – Project Respect & Trans Inclusion
City of Victoria – Clinic
Coast Capital Savings – Project Reclaim
Department of Justice Canada – Clinic & Crisis Services
Freedonia – Project Reclaim
Funke-Furber Fund through Victoria Foundation – Greatest Need
Greater Victoria Saving & Credit Union Legacy Fund - Project Reclaim
Inspirit Foundation – Project Reclaim
Life on this Planet Fund through Victoria Foundation – Project Respect
Ministry of Public Safety & Solicitor General - Stopping the Violence
Counselling & Victim Services
Provincial Employees Community Services Fund – Access Line, Crisis Services
Service Canada, Canada Summer Jobs – Project Respect
Shoppers Drug Mart – Victim Services
Telus Community Foundation – Cyber Violence Prevention Project
Thrifty Foods Smile Card Program – Counselling Program
United Way of Greater Victoria – Clinic & Project Respect
Vancity Community Fund– Trans Inclusion
Vancouver Foundation - Trans Inclusion
Victoria Foundation - Cyber Violence Prevention Project
Zonta club of Greater Victoria – Clinic

Leave Your Mark

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 special 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 your name to our Donor Recognition Plaque that will be displayed at the Clinic.



Become an Advocate of the Victoria Sexual Assault Clinic

Those who donate \$5,000 or more to the Victoria Sexual Assault Clinic will be named an advocate of the clinic. To acknowledge the gifts of Advocates permanently, we will create an individual Donor Recognition Plaque to be displayed at the clinic.

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 gifts of these supporters permanently, we will create an individual Donor Recognition Plaque to be displayed at the clinic. You will also have a special acknowledgement on our website and newsletter.

Champions, Advocates, and Guardians will also receive a special invitation to the Clinic's third anniversary celebration in 2019!

If you would like to speak with someone about making a donation or schedule a visit to see the facility, call 250-383-5545 and ask to speak with our Resource Development team. You can also send in your donation using the enclosed pledge card.

Join the Fast Five Fundraiser!

What do the proceeds from the sale of flights of beer, a "by donation" yoga class, a jewelry trunk show & a crab suit all have in common? They are all examples of how local companies and individuals raised life-changing support for survivors of sexual assault and childhood sexual abuse. **Last year alone, local teams and businesses raised a total of \$6,200 for the Victoria Sexual Assault Center during the Fast Five Fundraiser.** These contributions have helped fund support to survivors such as access to counselling services and the Victoria Sexual Assault Clinic. They help survivors regain strength and start their own healing processes.

Teams Fundraising \$500 for Survivors

