Three years ago you brought the Victoria Sexual Assault Clinic to life through your donation. Since its doors opened in February 2017, there has been a positive shift in the experience recent survivors have after an assault.

The biggest advantage of the clinic is complete survivor care. Prior to the clinic, survivors had to access three different locations for services. This was a barrier to survivors receiving all the supports that are available.

Survivors can now receive medical and forensic care, crisis support, and options for reporting to police all in one place that was built especially for them.

This change has resulted in more survivors getting critical care. Demand for these services has increased by 154%, from 54 in 2016 to 137 last year!

Survivors are being connected to empathic, professional sexual assault support services in the moment that they need help.

Directly after a sexual assault, when trust is at its lowest point, the clinic provides a place where survivors feel supported, cared for, safe to come through the doorway and receive the care they need to move forward.

When a survivor receives immediate, compassionate care it significantly impacts their healing. A positive first response shortens the time it takes to recover and heal emotionally from the sexual assault.

Thank you for sustaining this program for the last three years. Your continued support will ensure that people in need receive immediate support to begin their healing for years to come.

THANK YOU TO OUR CLINIC PARTNERS AND FUNDERS
Island Health, the dedicated team of Forensic Nurse Examiners, local Police, Victoria Child Abuse Prevention and Counselling Centre, United Way, the City of Victoria, and the Zonta Club of Victoria.

THANK YOU TO OUR DONORS
Thank you to all of the donors that have supported the clinic.

Your donations truly makes a difference in survivors lives. You keep the doors open, lights on, and hope in survivors hearts.
TRI OF COMPASSION

When: Sunday, June 23rd, 2019
Where: Esquimalt Rec Centre
Register: www.triofcompassion.com

Join the 26th Triathlon of Compassion and combine sport with a cause close to your heart. This fun and feel-good event sees athletes of all abilities and ages come out to swim, bike and run to support the Victoria Sexual Assault Centre’s programs and services.

Race and fundraise with us as a Compassionate Triathlete! Last year, 35 fundraisers raised more than $32,000! This year please join us in raising $35,000 for survivors of sexual assault.

You do not need to be a triathlete to participate. The Triathlon of Compassion puts the “try” in Triathlon - our focus is on completion, not competition! You can join as an individual racer or triple the fun and join as a team of three!

The event is a shorter distance triathlon (500m swim, 20k bike and 5k run), making it an ideal event for beginners and a great tune-up for experienced athletes! The event also features race distances for kids, ages 5 years old and up.

If you’ve ever considered trying out the Tri, we encourage you to sign up this year!

Questions? Contact Carissa Ropponen at 250-383-5545 or carissar@vsac.ca.

WAYS TO GET INVOLVED

BECOME A VOLUNTEER

Ali Shewan, Coordinator of Volunteers, shares about volunteer opportunities at the Victoria Sexual Assault Centre (VSAC):

What volunteer opportunities are available at VSAC?
In a typical year we recruit for three different positions: Office Volunteering, Event Volunteering, and the Sexual Assault Response Team.

Why should people volunteer?
It’s an incredible opportunity to be involved in the community and offer much needed services to survivors in a time of crisis. The training to become a member of SART is very in-depth and volunteers often tell us that the communication skills they learn in the training have a very positive affect on their personal life, too!

What can volunteers expect from their experience?
On top of learning new skills in their volunteer role, volunteers can expect ongoing training in supporting survivors from all walks of life, a sense of community within the Centre and with other volunteers, and social events!

What’s a stand out moment from your time as Volunteer Coordinator?
It isn’t one moment, but rather the same feeling that hits me so frequently in this job: that so many people are willing to donate time from their busy lives to volunteer with us. And our volunteers are busy people! They have full time jobs, or children to care for, and many are students. It’s incredibly powerful to see so many people reaching out to support a total stranger in a time of need.

Interested in volunteering with us? Contact Ali at volunteers@vsac.ca

JOIN THE FAST FIVE FUNDRAISER

Do you have a creative fundraising idea? Get a group of friends together to see how fast you can raise $500 for VSAC in the month of March. It’s not too late to join!

Getting involved is easy:
1. Choose a fundraising idea (it could be a bake sale, clothing swap by admission, or simply asking your friends and family to donate)
2. Let us know you’re fundraising: Call Carissa at 250-383-5545 ext. 115 or email carissar@vsac.ca
3. Plan and complete your fundraiser in the month of March
4. Drop off the funds at the Centre, or mail in a cheque.

There are prizes for the top fundraisers! Best of all winners get a trophy keepsake…a unique ceramic cat (not unlike this one!)

If you’ve been thinking of doing some fundraising this spring, don’t wait! Get involved with the Fast Five! Check out vsac.ca/fastfive for more info.

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