

# HIGHLIGHTS OF 2019

This Holiday season we wish to thank our donors for the support you give all throughout the year to the Victoria Sexual Assault Centre.

We are proud to have had another successful year providing services to survivors and the community in Greater Victoria.

- Our counselling services, provided over 1,329 trauma counselling sessions and 988 crisis counselling sessions. A variety of techniques, such as EMDR, Somatic, Narrative & art therapy are used by our counsellors who are all trauma specialists.



- We provided survivors with opportunity to connect with others and build skills through group counselling. We ran our Skills for Healing, Building Strengths, Boundaries and Communication, & Relationships and Sexuality counselling groups this year. These counselling groups have given us the ability to provide support to clients on our counselling waitlist.



- Our Victim Services Team spent hundreds of hours providing justice support to 402 clients, on the phone, at the Clinic, courthouse, and the police station.
- Our Sexual Assault Response Team provided critical crisis support, medical interventions, and access

to justice at our Clinic and the hospital to 121 recent survivors of all genders across 13 municipalities.

- Our Trans Inclusion program developed an inclusion audit to assist organizations to take a proactive role in making their spaces, policies, & functions more trans inclusive.

- Project Respect expanded their SHIFT program. The 5 year project, funded by the Public Health Agency of Canada, will support youth in 7 middle & high schools to explore root causes of gender-based violence and create a shift in schools to a culture of consent. Over 5 years we will have the opportunity to provide prevention workshops to every student in our partner schools.



- We began a new collaborative 5-year program to build meaningful partnerships between anti-violence organizations, Indigenous serving organizations, & local Indigenous communities to create and enhance accessible, culturally-relevant responses to gender-based violence for Indigenous womxn, youth, 2Spirit people, sex workers and their communities. This program is funded by Women and Gender Equity Canada.

- We had our 26th Annual Triathlon of Compassion. Our awesome community raised nearly \$25,000 for our services!



## Winter Newsletter 2019

### THANK YOU TO OUR DONORS

*Choosing to support survivors is a strong and powerful act of resistance to sexualized violence. Often survivors feel alone, isolated, and hopeless, as if nobody cares what they have been through.*

*The financial support of our donors helps to turn this around."*

- Paula Murphy, Registered Clinical Counsellor.

### 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, and empowerment.

# Learn more about our work

Did you miss our 2019 Annual General Meeting in September?

Learn more about the work we do at the **Victoria Sexual Assault Centre** by watching the video from our **AGM**, including a photo-voice presentation from our youth violence prevention program, Project Respect, and a panel discussion with our staff about the services we provide to the community. **Staff discuss how we work, what we do, the programs they're running, and some of the joys and challenges of their work in our community.**

The livestream was made possible through a generous 2020 Vision grant from Stream of Consciousness, who provided the event space at Sunset Labs and the recorded live stream.



Staff at the event

Watch the video here:

<https://streamofconsciousness.ca/event/2020-vision-vsac/>



Youth from our prevention program



Shannon, Counsellor; Ali, Volunteer Coordinator; and Jaq, Inclusion Co-Coordinator speaking on the panel



Panel presenters on the stage at Sunset Labs

## OTHER WAYS TO GIVE

### Fundraise on Facebook

Thank you to all of the people who fundraise on our behalf via facebook! If you are having a birthday or other event, you can ask your friends and followers to donate to a cause that's close to your heart in lieu of gifts. **To start a fundraiser** go to: <https://www.facebook.com/fundraisers/> and click on the Raise Money for a Nonprofit button. The sign up processed is quick and easy, and funds raised will be sent directly to VSAC through the PayPal Giving Fund.

### Use your Thrifty's Smile Card

We are fortunate to be part of the Thrifty's Smile Card program. Contact us to get a card that you can use when shopping at Thrifty's and 5% of your grocery purchases will be donated to VSAC! **Call us to get a card: 250-383-5545**

### Plan a Holiday Fundraiser

Plan an event this holiday season and donate proceeds to the Victoria Sexual Assault Centre. If you're interested in organizing an event to benefit VSAC contact Carissa at [carissar@vsac.ca](mailto:carissar@vsac.ca) or call 250-383-5545 ext 115.

Production of this newsletter was generously discounted by:



## THANK YOU TO OUR FUNDERS

**BC Gaming** - Project Respect & Youth Counseling  
**Canada Post Community Foundation** - Project Respect  
**City of Langford** - Clinic  
**City of Saanich** - Clinic  
**City of Victoria** - Clinic  
**Coast Capital Savings** - Project Respect  
**District of Oak Bay** - Clinic  
**Employment and Social Development Canada** - Inclusion Program Summer Student  
**Ministry of Public Safety and Solicitor General** - Victim Services and Stopping the Violence Counseling Contracts  
**Provincial Employees Community Services Fund** - Access Line & Crisis Services  
**Province of B.C.** - Clinic  
**Public Health Agency of Canada** - Project Respect, SHIFT program  
**Royal Oak Lions Club**  
**Shewan Foundation**  
**Town of View Royal** - Clinic  
**United Way of Greater Victoria** - Clinic & Project Respect  
**Greater Victoria Saving & Credit Union Legacy Fund** - Project Reclaim  
**Vancouver Foundation** - Inclusion Program  
**Victoria Foundation** - Project Respect, Cyber Violence Prevention  
**Westshore Business Association** - Clinic  
**Women and Gender Equity Canada** - Gender-Based Violence Support for Indigenous Survivors and their Families; Capacity Building Project  
**Woodmere Holdings Corp.** - Clinic  
**Zonta Club of Victoria** - Clinic

## Get Involved!

### Volunteer at the Victoria Sexual

**Assault Centre:** There are all sorts of volunteer opportunities with The Victoria Sexual Assault Centre: Providing support to recent survivors of sexual assault, helping out with administrative tasks, assisting with events, or developing policy as a Board Member.



Each demonstrates a commitment to support, empower, and advocate for women and Trans individuals who are survivors of sexual assault and sexual abuse; and to work toward the prevention of sexual violence.

For applications please email: [volunteers@vsac.ca](mailto:volunteers@vsac.ca)