

Our Donors

We continue to be humbled by the generous gifts from our donors. Without your generosity, our ability to provide high-level services and multiple support options would be greatly diminished. In fact, over half of our annual operating budget comes from individuals, businesses, special event donations, and grants. In addition, we receive in-kind donations in response to our Wish List that enable us to provide nutritious snacks during counselling groups, comfortable chairs for our clients and counsellors, arts and crafts materials that are used for art therapy, prizes for our event participants and software to aid our administrative team. Warmest thanks to all of you for keeping us in your thoughts throughout the year.



Stephanie Capyk is presented with a cheque from Rocky Houlston and John Miller of the Royal Oak Lions.



Victoria Firefighters Charitable Foundation gives a generous donation to Tracy Lubick

Thank you to our 2011 Funders & Grant Providers

Community Gaming Grant through the Province of BC – Project Respect & youth-focused Crisis Counsellor

Ministry of Public Safety & Solicitor General – Stopping the Violence & Victim Service contracts

Provincial Employees Community Services Fund – Crisis & Info Line and Workshops for Supporters

RBC Foundation – Project Respect

Thrifty Foods – Smile Card Program

United Way of Greater Victoria – Project Respect

Victoria Foundation – Vic High – Youth in Philanthropy grant

Zonta Club – SART transportation costs



Ways to Give

Wish List

- ◆ Gift certificates for grocery store/Costco enabling us to provide healthy group snacks (cheese, fruit, crackers, etc.)
- ◆ Gift certificates for women in dire need of basic necessities (ie: London Drugs, Zellers, Wal-Mart)
- ◆ Journals for clients (often used in group counselling)

Make a Pledge or Participate in WSAC's Special Events

We are so fortunate to have community support to help us with the organizing of our special events. In May 2011, we welcomed over 600 people and raised an amazing \$34,000 at our 5th annual Walk a Mile in Her Shoes. A special thank you to Team RBC who had over 50 employees join in the walk and volunteer. Keep your eyes on our website to confirm next year's date but, as of the moment, it has been tentatively set for Saturday, May 12th.

In July 2011, we had another successful Triathlon of Compassion that was organized by Island Triathlon and sponsored by Fort St Cycle and Fronrunners. Over 190 participants raised a record \$25,000. Next year's date: Saturday, June 30, 2012.



We would also like to acknowledge and thank everyone who volunteered, pledged and participated in the GoodLife Fitness Victoria Marathon on our behalf in October. We were proud to be part of the 2011 Times Colonist Charity Pledge program.



Organize a 3rd Party Special Event

Thank you to all of the groups and individuals who organized events on our behalf this year – you are absolutely amazing! If you are interested in organizing an event to benefit WSAC, please contact us for more information. A concert, a sporting event, a fabric fair, a spa night, a discussion panel, the possibilities are endless!

Become a Monthly Donor or join the "\$1,000 Club"

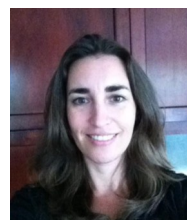
Many of our donors want to give a meaningful gift but find it difficult to give a donation at one set time of the year. By becoming a monthly donor, you can opt to have a set donation automatically charged to either your bank account or credit card on a monthly basis. It's easy, cost-efficient and manageable. A tax receipt is issued at the end of the year and you can make changes to your set-up at any time. Give a gift of \$20 each month and receive a tax receipt for \$240. Give a gift of \$85 each month and you become a member of our "\$1,000 Club" – recognized along with our top donors as contributing to the sustainability of WSAC.

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 WSAC!

For information about how you can support WSAC, please contact Tracy Lubick, Resource Development Manager, at (250)383-5545 or tracyL@vwsac.com.



In October we bid a sad farewell to Lenore Kennedy, Resource Development Officer, who has taken on an exciting opportunity as Manager of Annual Giving at Glenlyon Norfolk School. Lenore's many gifts and talents helped to bring fundraising and awareness to a new level for WSAC and we are so grateful for all that she did. She is truly missed!



November 2011

It is our Mission

To support, empower and advocate for women who are survivors of sexual assault and sexual abuse; and to work towards the prevention of sexualized violence against women.

WSAC Board of Directors

Heidi Exner,
co-chair

Sally Gose,
co-chair

Kim Brown

Yvonne Haist

Natasha de Klerk

Katie Shaw-Raudoy

Tyler Schaus

Makenna Rielly,
Executive Director

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@Victoria Women's
Sexual Assault
Centre
@Project Respect -
WSAC

www.vwsac.com

Women's Sexual Assault Centre

healing, education & prevention

Working Together to Continue Providing Needed Services

An update from Makenna Rielly, Executive Director

2012 is soon upon us as we take time to consider our strategic plans for the upcoming year. WSAC will celebrate its 30th year in the Greater Victoria region offering crisis services, counselling, outreach, and education. We will celebrate the people that we assisted in overcoming the negative impacts of trauma from sexualized violence in their lives. We will celebrate the educational opportunities we have with survivors, youth and the community. And we will celebrate the privilege of working in a community that supports our work through donations and volunteering.

Once again we are grateful to receive funding for our contracts through the Ministry of Public Safety and Solicitor General as 45% of our annual operating budget. It is important to note that the Ministry has been unable to increase these contracts in order to keep pace with inflation and rising costs. Consequently, our reliance on fundraising continues to increase. As donors and supporters of WSAC, we know you trust us to use your donations wisely and responsibly with hopes that we continue our services to those in the greatest need. We still have a wait list for those who need long-term counselling, but ongoing support is always available. We are not only meeting our government contract mandates, but we go beyond those service levels to meet the demand thanks to grants and private donations.

In an effort to address our funding challenges, WSAC has been exploring options for reducing administrative costs. Over this past year we researched opportunities in our community and worked very closely with the Victoria Women's Transition House (VWTH). I am pleased to announce that in the upcoming year we are entering an administrative consolidation with VWTH on a one year trial basis. This consolidation includes combining administrative staffing costs, purchasing, and exploring the possibility of sharing space. Additionally, we plan to explore some joint programming to enhance services. We have chosen to take this proactive strategy with the expectation that both agencies will experience administrative cost savings in the long run. I will be the Executive Director for both WSAC and VWTH during this time. I would like to emphasize that this is not a merger of the two organizations. Both agencies will remain intact with their individual identities and history, providing the same high level of services and making an effort to handle our funds most effectively in the current tight economic environment.



Congratulations to Carolyn on her retirement as Executive Director of the Women's Transition House and in her new role as Special Projects Manager

The need for our specialized services has not lessened in our region. Even with these cost saving strategies, undertaken in an effort to avoid cutbacks to our service levels, we still rely on your support. As long as there is a need, we can make efforts to run more efficiently but we depend on our community to stand with us in order to provide support to heal, educate and advocate for survivors of sexualized violence. Your donations are key to making this happen and we thank you for your continued alliance and support.

Warmest Holiday Wishes, Makenna

A very special thank you to all of our incredible volunteers—office/reception, SART, Board, Special events and Respect'rs. You are amazing!

Women's Sexual Assault Centre ~ #511-620 View St. Victoria, BC, V8W 1J6

Business Line: 383-5545 ~ Crisis & Information Line: 383-3232 ~ Visit our website at www.vwsac.com



Project Respect

Project Respect works to prevent sexualized violence among youth aged 14-19 by providing safe and skillfully facilitated spaces for young people to begin to think critically about, act to resist, and create positive alternatives to the harmful (yet normalized) messages they receive about gender, relationships, sexuality, and violence. Programming addresses individual, relationship, and societal level influences by focusing on knowledge change, skill-building, attitude change, and social change.

Youth video project

This summer we created our youth video project, which continues as a dynamic and innovative initiative that is open to new youth participants on an ongoing basis. We currently have approximately 20 youth from across Victoria involved in various capacities in producing their own short films that create awareness about and promote the prevention of sexualized violence. This project engages young people as producers of critical, alternative messages that challenge dominant representations of gender and violence in the media. When these films are complete we will host a premiere screening of and community dialogue about the films. The films will also be disseminated broadly online and be used as educational tools in Project Respect workshops. This project is facilitated through Project Respect's partnership with MediaNet, a local, non-profit organization that supports and facilitates the creative use of independent video/film as a form of communication and personal expression. MediaNet provides youth in our video project with access to film and editing equipment and technical support. We would not have the resources to do this project without their ongoing support. Also integral to the project are volunteer production consultants Kirk Schwartz and Monique Cartesan, who provide valuable expertise and mentoring to our youth team.



What's new with the prevention team?

This past summer, we created our first youth summer staff position with the support of the Canada Summer Jobs Program through a partnership with national youth organization, the Students Commission of Canada. Seventeen year old Samantha Claver was hired into this position as our Youth Community Developer over July and August 2011. Samantha has been an asset to our team, bringing her extensive experience with activism and youth led projects and demonstrating openness to learning and working with everyone around her. She helped us develop some theatre techniques to use in workshops and took the lead on coordinating youth volunteers and co-facilitating group meetings for the youth video project. In October, Samantha was one of only two youth in the province to receive the prestigious Youth Leadership Award of Excellence presented by the BC Representative for Children and Youth. Project Respect was happy to provide a letter of support to nominate Sam in partnership with the Victoria Immigrant and Refugee Centre Society (VIRCS). We are thrilled that Samantha's significant contributions to our community have been honoured through this award. She continues to volunteer with our youth video project.

Over this school year, Project Respect will continue to support work experience training for youth by creating high school co-op placements. These placements will allow young people to build skills and knowledge related to the work of sexualized violence prevention, including developing greater awareness of the impacts of sexualized violence in our community and learning facilitation skills to engage their peers in violence prevention activities.



Samantha Claver hard at work on the film set of our youth video project this summer

A busy fall

Elicia Loiselle (Prevention Coordinator) and David Boffa (Prevention Educator) are back in full swing this fall facilitating school- and community-based workshops. We are continually integrating new media resources and facilitation techniques to keep our curriculum relevant and responsive to the diverse young people in our community. We look forward to a busy year of dynamic, challenging, and rewarding conversations with youth across Greater Victoria.

Thank you to our Project Respect funders for 2011 and the many individual donors and businesses whose generous gifts support the program.

Visit us at www.yesmeansyes.com, on Facebook: Project Respect—WSAC or follow us on Twitter: @projRespect

Direct Client Services

Trauma-Informed Services at WSAC: Stages in Healing from Sexualized Violence

By Stephanie Capyk, Manager of Direct Client Services

In previous newsletters, we've described our work in the community providing workshops (TIPS) for general community service providers about trauma-informed practice. These workshops were born out of requests to share our approach about supporting survivors of sexualized violence in a way that is evidence-based, honouring of survivors' incredible capacity to heal after violence and supportive of the long-term wellness of workers on the front-lines. And it is also the very same type of support and skill-building we do with clients here at the Centre in the initial stages of counselling.

Many survivors will disclose their experience of sexualized violence to someone who is supporting them with another issue, such as housing or career changes, or a close friend or partner. Our goal in TIPS training has been to help build community capacity to respond to survivors with skillful, non-triggering support that will allow a survivor to feel acknowledged and be able to focus on the issue at hand, and possibly access more trauma-specific counselling when the time is right for the survivor. This support, either offered to survivors in the community by support workers or other health professions, or offered here at the Women's Sexual Assault Centre, is considered 'stage one' of healing.

This stage is a combination of grounding,

containment and self-directed emotion regulating skills, as well as developing or re-affirming safe, trusting connections with people that help survivors to care for themselves and surround themselves with support. We emphasize that while it is important for a survivor to feel heard in her experience, it is not necessary, or often even helpful to go into the details of the traumatic experience before she feels safe and stable. There is often a sigh of relief, both from survivors and from community supporters, to learn that initial stages of healing doesn't mean re-living the event over and over, but instead, strengthening the foundation of skills to respond to the cascade of feelings and thoughts that result from trauma, and re-building a sense of internal and external safety.

When this safety and internal sense of stability is strengthened, survivors may want access to a 'trauma-specific' service like our Stopping the Violence counselling program for trauma-resolution therapy with a counselling therapist who has specific training in modalities of trauma healing. This 'second stage' is critical for many survivors to metabolize their experiences and move forward, however, for others, safety and stabilizing work re-establishes an equilibrium that allows people to move forward without trauma therapy. In either situation, the work of resolving trauma and the amazing, creative and unique ways that survivors heal from their experiences happens not only through the collaborative work of survivors and their counsellors and supporters, but most importantly through the incredible tenacity and endurance of survivors themselves.

We'd like to also share a little bit about the second stage of healing, what is often called 'remembrance and mourning', and the third stage, 'reconnection and reintegration'.

Although this process is called 'staged approach to trauma resolution', it is not a linear process; it is more of a circular process where we return to strengthen the foundation of safety on a regular basis. Second stage healing may include acknowledging the experience of violence and trauma, integrating the experience as a part of a personal history, grieving the losses associated with the violence and gradually facing and making sense of the trauma at a pace that is safe, manageable, and not overwhelming or re-traumatizing. There are various therapeutic modalities that are commonly used in stage two, including EMDR, somatic experiencing and other mind/body approaches, narrative therapy, cognitive-behavioural therapy (CBT), etc.

The third stage of healing, reconnection and reintegration, is a process of 'moving beyond surviving, and into thriving'. It is about reconnecting and reintegrating healing and growth into everyday life and making adjustments in our lives to reflect this integration.

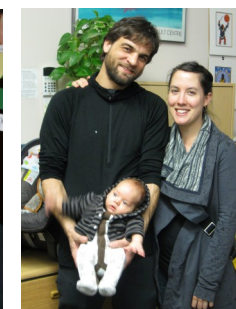


People begin to hold the violence and abuse as a memory rather than a painful current reality. Survivors (thrivers!) develop and strengthen attachments, holding appropriate boundaries, and exploring intimacy in a new and freer way. And most importantly, at the final part of healing, after all the hard work and support, is moving on with our lives with more 'space' for whatever we choose to do!

Please feel free to call us if you are interested in learning more about how we approach supporting survivors through healing – we are always happy to share our work and engage in more learning!



WSAC counsellor Linda Jennings



Jen Cooper with partner Matt welcomed their new joy, baby Hawthorne!



New coordinator of volunteers and auxiliary crisis line worker Quetzco Herejk



WSAC's "Fun House" tied for first place in last years Habitat for Humanity's annual fundraiser hosted by the Laurel Point Inn. This year's gingerbread house is slated to be even better!



WSAC was honoured to participate in the Victoria Foundation's 75-Hour Challenge in November. Thank you to everyone who helped us grow our endowment fund that is generously hosted by the Victoria Foundation!