

# CELEBRATING RESILIENCY

*"Thank you so much.*

*I'm starting to feel safe...You all inspire me to live every day with courage and embrace the fact that I am strong."*

**- VSAC Client**

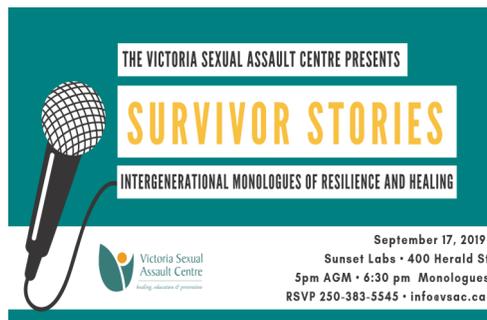
## Access to sexual assault support services has a profound impact on survivor's trajectory to healing.

When survivors walk through our doors they are often struggling to begin the journey. We offer guidance by letting survivors know they are believed, and reminding them that they have the inner strength necessary to heal. We then provide tools to assist them to rebuild their lives.

It is humbling to be invited to walk beside hundreds of people each year. We are reminded again and again of the strength of survivors, as they take brave steps towards recovery from trauma.

Whether we are responding to the immediate needs of a recent survivor at our clinic, supporting a client to access justice through our Victim Services Program, to reconnect with themselves through counselling, or empowering youth to create a world free from gender-based violence through our Prevention work.

We hope you will join us in celebrating the resiliency of survivors at our **2019 Annual General Meeting and Monologue Presentation**, *Survivor Stories: Intergenerational monologues of resilience and healing*.



**Tuesday September 17, 2019**  
**Sunset Labs, 400 Herald St., Victoria**

**AGM:** 5:00—6:10 pm

**Monologues:** 6:30–7:45 pm (Please arrive by 6:15 pm)

**Survivor Stories** chronicles the experiences of sexual assault survivors aged 101 to 15 years old, and their journeys towards healing.\*

**Join us** to learn more about how sexual assault services help survivors find hope and how we are supporting youth to resist gender-based violence.

**Please RSVP by**

**Thursday, September 12, 2019**

Call 250-383-5545

or email [info@vsac.ca](mailto:info@vsac.ca)

\*To protect client confidentiality the stories presented are composites drawn from our 36 years of service.

## Fall Newsletter 2019

### THANK YOU TO OUR DONORS

We are grateful for the support of our loyal donors. Without your generosity, our ability to provide high-level services and multiple support options would be greatly diminished.

Over half of our annual operating budget comes from individuals, businesses, special event donations, and grants. You ensure we can continue to provide services free of charge to the community.

Thank you for contributing to survivor's healing and the sustainability of our Centre through your donations.

### 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.

# WAYS TO GIVE

## 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 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 contribution at any time. Give a gift of \$15 each month and receive a tax receipt for \$180. 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 VSAC.

## Make a "one-time" donation

Please consider making a donation when you receive a letter, email, or phone call requesting support for our services. Every donation helps us further our work and is greatly appreciated.

## 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!

## Organize a 3<sup>rd</sup> Party Event

Thank you to all of the groups and individuals who organize events on our behalf – you are absolutely amazing! If you are interested in organizing an event to benefit VSAC, please contact us for more information. Organize a concert, a sporting event, a spa night, a discussion panel, or donate proceeds from the sale of goods from your business or restaurant - the possibilities are endless!

**For information about how you can support VSAC, visit:**  
[www.vscac.ca/donate](http://www.vscac.ca/donate)

Or contact: Carissa Ropponen, Resource Development Manager, at (250)383-5545 or [carissar@vscac.ca](mailto:carissar@vscac.ca).

## UPCOMING EMPLOYMENT OPPORTUNITY

Are you looking for your next opportunity to lead a dynamic team working to create a world without sexualized violence? Are you a leader who views the world through a feminist, intersectional lens, with natural networking skills, experience leading a team in developing a strategic vision for growth, then leading the team to implement this vision?

**We are looking for the next Victoria Sexual Assault Centre Executive Director — Could this be you?**

Get your resume ready as we will post the position to our website in mid-September: <https://vscac.ca/careers/>

This publication was  
generously discounted by:



## INCREASING ACCESS TO SERVICES

Sexualized violence continues to be a reality for far too many people in Canada: 1 in 3 women, 1 in 2 Trans, Two-Spirit, & Gender Non-Conforming folks, and 1 in 6 men will experience sexualized assault within their lifetime.



The rates of violence are even higher for marginalized communities including newcomers, refugees and international students.

In May, for Victims and Survivors of Crime Week, we published two of our booklets and one pamphlet in 4 languages (Mandarin, French, Spanish & Arabic) to help increase newcomers, refugees, and international students' knowledge about sexual assault, and access to support survivors.

Survivors should be able to have support in the language they are most comfortable with, and translating our survivor support resources is a step toward making that possible.

When a survivor has access to information and trauma-informed support, it has a significant impact on their healing and shortens the time it takes to recover and heal.

The translated resources can be accessed online here: <https://vscac.ca/resources/>

*Funding for the translations was generously provided by The Department of Justice Canada.*

## TRIATHLON OF COMPASSION

In July 2019, we had another successful Triathlon of Compassion. **Over 200 people aged 6 – over 60 competed in the Triathlon and raised more than \$24,000!**

**Thank you to everyone who volunteered, pledged and participated.** We are fortunate to have community support us with special events like this. The event was organized by **Human Powered Racing** and sponsored by Frontrunners, Arbutus Physiotherapy, Peninsula Coop, Robert Cameron Law, Trek, Country Grocer, the Q and the Zone.

**Join us in July 2020 for the next Triathlon of Compassion!**

