

## Our Mission

It is our mission to support, empower and advocate for all women and Trans people who are survivors of sexual assault and sexual abuse. We serve as a liaison between individuals affected by sexualized violence, the justice and medical systems, and community services. We are committed to working towards the prevention of sexualized violence.

## What is Sexualized Violence?

Most people assume sexualized violence only includes rape, sexual assault or childhood sexual abuse, but it also encompasses all forms of **unwanted sexual contact**. Sexualized violence is an overarching term used to describe any violence, physical or psychological, carried out through sexual means or by targeting sexuality.

## What are the effects?

Sexualized violence is a traumatic and violating experience regardless of the degree of violence or physical threat, and can affect many areas of a person's life. A survivor's ability to trust and feel safe may be profoundly affected after a sexual assault. Although the reactions to sexualized violence will be unique for each person, some common experiences are:

- shock, disbelief, denial
- overwhelming anger, rage, grief
- depression, numbness
- shame, guilt, self-blame
- nightmares, sleep disturbances
- flashbacks (*reliving the assault*)
- using substances to cope
- hyper-vigilance (*inability to relax or feel safe*)
- erratic or unpredictable mood swings
- fear, anxiety, feelings of isolation
- relationship and sexual difficulties

## Help is Available

### Have you been recently sexually assaulted?

At any point, you can call our Access Line (**250-383-3232**) to find out what your options are. We want you to know that what happened to you was **not your fault** and **there is support for you**.

If you have been sexually assaulted within the last 7 days, you can access the **Sexual Assault Response Team** (*all genders, 13 years+*)

The Victoria Sexual Assault Clinic is available 24/7 and can provide you with support, medical/forensic care, information on reporting to police and referrals.

### How do I access the Clinic?

**Contact the Vancouver Island Crisis Line** at 1-888-494-3888. From there, you will be connected with a support worker to discuss your options including accessing the clinic.

**Please note:** Evidence collection is part of the police investigation process. If you are considering reporting to police, it is helpful not to shower, change or destroy clothes, or straighten up the location where the sexual assault occurred. However, even if you have done any of these things, there still may be evidence available.

### Have you experienced sexual assault/abuse in the past?

If you have experienced a past sexual assault or if you have survived childhood sexual abuse, there are services available for you at the Victoria Sexual Assault Centre.

Our counselling and victim services programs are available to women and trans survivors.

**To connect with services**, please call our Access Line (250-383-3232) between 9:30am–4:30pm (Mon-Fri) or email the Service Access Line at [access@vsac.ca](mailto:access@vsac.ca).

## Our Services - Healing

To access these services, call **250-383-3232**

### Crisis Response and Information

#### Service Access Line

Provides information about our services and/or community referrals available and access to services during office hours.

#### Sexual Assault Response Team (SART)

Emergency accompaniment to Victoria Sexual Assault Clinic or hospital, information and emotional support for survivors of a recent sexual assault (all genders, 13 years+). Contact 1-888-494-3888.

### Counselling Programs

#### Individual and Group Counselling

Help manage reactions and heal from recent or past sexual trauma.

#### Support for Allies

Information and individual support for family, partners and friends of survivors.

### Victim Services Program

#### For survivors involved in, seeking

involvement or information about the **criminal justice system**. Services include:

- information, support and accompaniment in making police reports
- information and orientation on the court process, including assistance with Victim Impact statements
- court accompaniment
- case status information
- assistance with applications for the Crime Victim Assistance Program (CVAP)

**(Please note:** our Counselling and Victim Services programs are available to all women, Trans Two-Spirit, and Gender Non-Conforming survivors)

## Our Services - Education & Prevention

To connect with these programs, email [education@vsac.ca](mailto:education@vsac.ca)

### Project Respect™

Project Respect brings together youth (ages 12-19) and adults to create awareness and dialogue regarding gender-based and sexualized violence, by encouraging critical thinking about root causes such as systems of power, ongoing colonization of the lands and systems we live in, as well as gender expectations and stereotypes. Project Respect programming includes:

#### Youth Groups & Education Programs:

- Black Youth Empowerment (BYE)
- Bystander Intervention Workshop facilitated by BYE
- Youth Council
- Youth Leadership Training
- Consent & Healthy Relations Workshop

#### Adult Education Programs:

- **Safer/Braver Spaces** is culturally relevant training facilitated by BYE, for adults who want to learn how to support youth who are impacted by racism and gender-based violence.
- **Safer Spaces** training is for adults working with youth, who want to learn about the root causes of gender-based violence.

#### Project Respect's Website:

[www.projectrespect.ca](http://www.projectrespect.ca)



## How Can You Reach Us?

### To access our:

- Counselling Programs
- Victim Services Program

**Phone:** (250) 383-3232

**Email:** [access@vsac.ca](mailto:access@vsac.ca)

**Website:** [www.vsan.ca](http://www.vsan.ca)

### Should You Call?

- ▶ Have you experienced recent or past sexualized violence?
- ▶ Are you a partner, family member or friend of someone who has experienced recent or past sexualized violence?
- ▶ Do you need information about sexualized violence, reporting to police, healing and/or prevention?
- ▶ Would you like to know more about our services?

### For information about:

- Fundraising & Donations
- Volunteering
- Training and Community Education

**Call:** (250) 383-5545 **Fax:** (250) 383-6112

**Email:** [info@vsac.ca](mailto:info@vsac.ca)

**Website:** [www.vsan.ca](http://www.vsan.ca)

### To connect with:

- Project Respect

**Call:** (250) 383-5545

**Email:** [education@vsac.ca](mailto:education@vsac.ca)

**Website:** [www.projectrespect.ca](http://www.projectrespect.ca)

## Trans Inclusion

Sexualized violence is experienced by people of all genders but like women, the percentage of Trans, Two-Spirit and Gender Non-Conforming individuals who experience sexualized violence is disproportionately high. Therefore, we provided our services to all Trans people, including Trans women, Trans men, and Two-Spirit and Gender Non-Conforming individuals.

For Trans, Two-Spirit and Gender Non-Conforming survivors, that is to say survivors who do not identify with the gender they were assigned at birth, knowing that there is a place to go where staff and volunteers will be knowledgeable and welcoming to Trans people is essential. Our commitment to being Trans inclusive is a work in progress and our hope is to make all services that support survivors in Victoria more inclusive of Trans people.

### We Believe...

- Sexualized violence is never justifiable.
- Sexualized violence is an act of power and control.
- Violence against women, children, and Trans people happens because our society has created and tolerates power imbalances and socialization processes that devalue and victimize these groups of people.
- Supporting survivors of sexualized violence to heal requires us to acknowledge that people have multiple identities and experiences of oppression that shape the way they experience and respond to sexualized violence as individuals and communities.
- No one deserves to be sexually assaulted or abused, and those who are victimized are never responsible for violence perpetrated against them.
- Everyone has the right to a world free from sexualized violence.

## Donate to VSAC

When you donate to the Victoria Sexual Assault Centre (VSAC) you become a part of a community of people working towards healing and preventing sexualized violence.

### Ways of Giving:

- Make a one-time donation (*online, by phone or by mail*)
- Become a monthly donor
- Participate and/or fundraise for one of our events (Triathlon of Compassion & Fast Five Fundraiser)
- Leave a gift in your will
- Leave a gift of securities
- Contribute through workplace giving

If you would like to make a donation or find out more about the different ways to give, contact us at:

**Phone:** 250-383-5545

**Email:** [development@vsac.ca](mailto:development@vsac.ca)

**Website:** [www.vsan.ca](http://www.vsan.ca)

## Volunteer at VSAC

Every year we are inspired by the dedication and compassion of our volunteers. The Victoria Sexual Assault Centre would not be able to provide the services it does without the support and commitment of volunteers.

### Our volunteers help out in many ways, including:

- Serving on our Board of Directors
- Supporting Survivors through the Sexual Assault Response Team (SART)
- Assisting with office tasks
- Helping out with our annual events

**If you are interested in volunteering** at VSAC, please call 250-383-5545 or email [volunteers@vsac.ca](mailto:volunteers@vsac.ca).

# Victoria Sexual Assault Centre



*healing, education  
& prevention*

#201-3060 Cedar Hill Rd  
Lekwungen Territories, Victoria, BC V8T 3J5

**Business line:** 250-383-5545

**Service Access Line\*:** 250-383-3232

**Email:** [info@vsac.ca](mailto:info@vsac.ca)

**Website:** [www.vsan.ca](http://www.vsan.ca)

*\*Emotional support and SART available 24  
hours a day from the:*

**Vancouver Island Crisis Line:** 1-888-494-3888

All Trans survivors welcome

*“Thank you for helping me help myself.  
Thanks to you I have discovered strengths  
I did not know I possessed.” ~ VSAC client*