

# RSAC

IS A MONTHLY NEWSLETTER THAT  
DISCUSSES A VARIETY OF TOPICS  
DEALING WITH SEXUAL ASSAULT  
AND ABUSE AND HOW TO SUPPORT  
SURVIVORS.

December 2019

RSAC



Kristin Kozakavich

## *Deck the Halls - It's December*

### **DECEMBER NEWSLETTER CONTENTS**

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## *December Calendar*

**December 5th to 9th - Our counsellor Kate will be participating in a training workshop on somatic experience and trauma resolution**

**December 18th - RSAC is hosting a holiday party for our board members and volunteers to say thank-you for all their dedicated, and selfless work**

**December 24th - We are closing down early to spend time with our families**

**December 25th- Our Centre will be closed until January 1st**

**January 2nd- The Centre will resume regular hours**



## Highlights

Counsellors Sarah and Kate presented their GRIN grant report late November to the Horticultural Society about the gardening group they hosted this past summer. The GRIN grant was created in order to promote gardening in the community and they were able to demonstrate how, with the financial help of the GRIN grant, their therapeutic gardening group had achieved that goal. They were invited to a delicious potluck supper with prizes and games. They also delivered a short presentation with great pictures of our beautiful sidewalk garden! The evening was delightful and it was a fun and lively way to represent RSAC's work in the community to a group of people who seemed genuinely interested in our observations and moved by our discoveries.

- Kate



Justice Minister, Don Morgan, shares that a new education program is being developed by the Ministry of Justice and Law Society of Saskatchewan that will be made available to judges, lawyers, and other justice system professionals. The new education program will "include training on subjects like sexual offences in Canada's Criminal Code, supports for survivors of sexual violence, courtroom tools like witness screens, and the effects of trauma."

[https://www.cbc.ca/news/canada/saskatchewan/legal-workers-sexual-assault-education-1.5375540?\\_\\_vfz=medium%3Dsharebar](https://www.cbc.ca/news/canada/saskatchewan/legal-workers-sexual-assault-education-1.5375540?__vfz=medium%3Dsharebar)

*We all have a role in people's healing journey*

*Here are some helpful reminders from Northern Health Indigenous Health for working with Indigenous families*



## CARE IN CRISIS:



### 8 THINGS TO REMEMBER WHEN SUPPORTING FAMILIES WITH INDIGENOUS BACKGROUNDS

#### 1. WELCOME

Offer a warm welcome and ensure your words and manner project acceptance and caring.

#### 2. RESPECT

Remember that many people experience poverty and social status different from ours; the words we use can sometimes be perceived as biased or discriminatory.

#### 3. SERVICE

Remember, we are here to serve. People need and deserve the best we can give them.

#### 4. CARE & CAUTION

Be mindful of the trauma people are experiencing now, as well as the trauma they may have experienced in the past. Our words can be helpful, not harmful, if we pay attention to what we say and how we say it.

#### 5. INTEREST

Show your interest and support as individuals share their issues and concerns.

#### 6. IMMEDIATE

Be present with the person in front of you knowing that each person brings a history and a context.

#### 7. SAFETY

Be the safe person that an Indigenous person will feel able to talk to, ask questions and seek support from.

#### 8. INDIGENOUS CULTURE

Be aware that Indigenous cultures have different understandings of well being and of communication. If you don't know, or you are unsure about something ask.



# HO HO ... NO

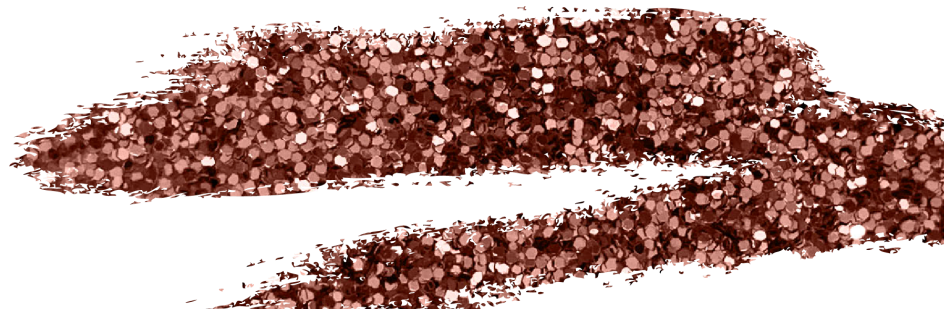
## *A Guide To Get Through The Holidays*

For some, the holidays are a magical time, filled with quality family time, fun traditions, and delicious food. For others, the hype about the holidays can make some feel lonely, fixate on negative things and can be extremely triggering.

**IF YOU ARE NOT FEELING UP TO PARTICIPATE IN THE SPIRIT OF THE HOLIDAYS, DON'T WORRY, YOU AREN'T THE ONLY ONE.**

Here are some remedies that may help you through the season

1. Remind yourself that the holidays are just another regular day.
2. Remind yourself how quickly the holidays go by, next thing you know they will be over.
3. Host an anti-christmas get together with everything non-christmas. You will be surprised how many people need a break from the stress of holiday festivities.
4. Volunteer at a local organization to give back and help others in your community who may also not be feeling the holidays.
5. It is okay to say "no," and not go. Be selective with your time, and who you share it with.
6. Use the time to introduce a new routine, or refocus on a routine that you may be slacking at. This can be anything from making your bed in the morning, to designating time to journal or meditate, refocusing on the gym-routine you always put off, or perfecting that cinnamon bun recipe!
7. Let people know you aren't participating in the gifting of gifts, and that instead of receiving gifts, a donation be made in lieu of you to your favourite charity.
8. Instead of dreading your time alone, view it as an opportunity to practice self-care! You now have free time to catch up on that laundry, watch a few episodes of your favourite series, read the last few chapters of that book.
9. Pick up a new hobby! Youtube is filled with millions of new DIY hobbies. Also have you ever visited Pinterest for craft inspirations?
10. Lastly, reach out and connect with others around you. It is important to communicate what you are feeling, and what your needs are so others aren't guessing and assuming.



# HO HO ... NO

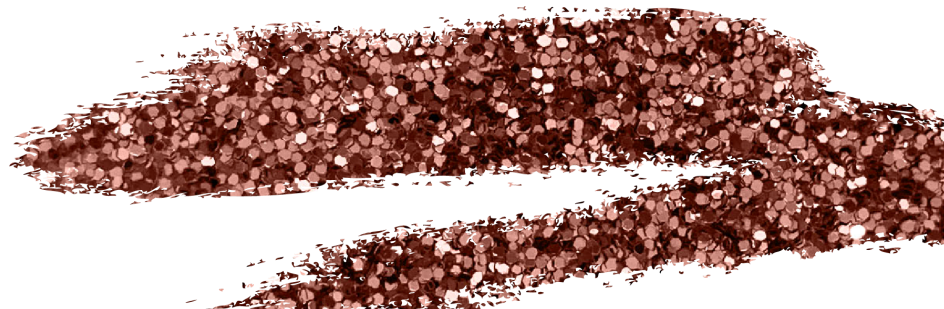
## *A Guide To Get Through The Holidays*

More so, if you are not the one struggling with the holidays, there are ways to help others through this hard time.

### INSTEAD OF SAYING "CALL ME IF YOU NEED ANYTHING," TRY:

- I am going grocery shopping today, send me your list and I will drop it off on the way home.
- I'll fetch your kids from school this week.
- I have made some dinner for you, what time can I drop it off?
- I know you are not okay, tell me how you are feeling about everything.
- I booked a massage for you, the therapist comes to your house so you do not have to drive.
- I'm taking your kids to the movies so you can have an afternoon off.
- I've got time off this week, what can I do for you and how can I support you?

@estevan\_family\_centre





## HERE'S TO DECEMBER \*

a month of...

- \*CELEBRATING HOW FAR WE HAVE COME
  - \*REFLECTING ON ALL WE HAVE LEARNED THIS YEAR
  - \*KNOWING WE ARE NOT ALONE IF WE ARE GRIEVING OR HURTING IN THIS SEASON
  - \*REMEMBERING THAT EVEN THOUGH THERE ARE 100 THINGS TO DO, WE ARE NOT WRONG FOR NEEDING TIME TO REST AND REGROUP.
  - \*BEING GRATEFUL FOR THINGS BOTH GREAT AND SMALL
  - \*BELIEVING THAT SOME OF THE BEST GIFTS WE CAN GIVE ARE TIME, EMPATHY, AND LOVE.
- MORGAN HARPER NICHOLS

FOR YOU,  
THERE IS  
STILL ROOM  
TO UNFOLD  
INTO  
YOUR BLOOM.  
- MHN

## HERE'S WHAT'S STILL TRUE IN DECEMBER:

- EVERY DAY IS STILL BRAND NEW
  - YOU ARE STILL LEARNING NEW THINGS
  - THERE ARE STILL HUNDREDS OF HOURS LEFT IN THE YEAR
  - YOU ARE NOT OUT OF TIME TO LIVE A MEANINGFUL LIFE
  - AS LONG AS YOU ARE BREATHING THERE IS STILL MORE TO COME.
- MHN

MAY YOU NEVER FORGET  
HOW FAR YOU HAVE COME  
SINCE DECEMBER OF  
LAST YEAR  
- MHN

SHINE ON,  
BEAUTIFUL SOUL.  
IT IS NOT TOO LATE  
TO MAKE THE MOST  
OF WHERE YOU ARE.  
- MHN

YOU ARE  
WORTHY  
OF A  
MEANINGFUL  
LIFE

NO MATTER

WHERE  
YOU ARE

ON THE  
JOURNEY  
- MHN

## RSAC

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