

RSAC

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

May 2019



RSAC

Kristin Kozakavich

May 2019 Itinerary

May 3: First Responder to Sexual Assault and Abuse Training in Moose Jaw

May 6 - June 30th: Psycho-educational groups are being offered

May 13 - 17: Sexual Assault Awareness Week

May 20: Victoria Day (office closed)

May 26 - June 1: Victims and Survivors of Crime Week

May 23: Police Showcase

Introducing Stephanie Carlson

Nominee for 2019 Women of Distinction Award

A transplant from Texas, Stephanie Carlson began her nursing career in 1983, graduating from what was then the Wascana Institute of Applied Arts and Sciences.

Determined and respected, she has dedicated herself to life-long learning and finding ways to improve the care that patients receive, particularly those who have experienced sexual or intimate partner violence. In 2003, Stephanie became the first board certified Sexual Assault Nurse Examiner (SANE) in Saskatchewan and continues to be the face of the SANE program throughout the province. As president of the National Emergency Nurses Association (NENA), she is a force of influence in forensic nursing, both nationally and internationally. Stephanie assisted the RCMP with updating sexual assault evidence kits and was one of the first nurses deemed an expert witness in court.



“

Stephanie is a determined, highly respected and compassionate sexual assault forensic examiner who has been influential on a national and international level. She is one of only 25 certified SANE-A sexual assault examiners in Canada and her work on strangulation has changed the practice of emergency room physicians in Regina. Our community is incredibly fortunate to have her. Yay, Stephanie!!

”

Psycho-Educational Groups

**Groups are not counselling sessions, or on-going.
Each group presents the same content weekly.**

Groups are open to anyone in the public and are free of cost. Pre-registration is required. Please specify which date you would like to attend during registration. Register by contacting our office, 306-522-2777, or emailing us at rsac@sasktel.net

Trauma and You

**May 6 - June 30
Mondays 1-2:30pm
Suitable for adults**

**Participants will learn in depth about trauma is and its impact on the mind and body.
Includes identifying triggers and how to deal with them
Includes basic coping strategies for dealing with anxiety and other unwanted feelings
Participants will learn about the role of self care in the healing journey**

Taking Care of You

**May 6 - June 30
Tuesdays 1-2:30pm
Suitable for adults**

**Includes learning the basic concepts of trauma and stress on the mind and body
Focuses on grounding and mindfulness activities as part of the healing journey
Includes information on breath-work, visualization, meditation, imagery, and the use of the
5 senses to deal with negative emotions and promote relaxation and peace
Participants are strongly encouraged to try the activities and examples of
grounding/mindfulness (Interactive videos/etc.)**

Helping Children Heal from Trauma

**May 6 - June 30
Wednesdays 10-11:30am**

For parents. It is not suitable for children to attend. Childcare not available.

**Participants will learn in depth about trauma is and its impact on children's minds and bodies.
Includes identifying children's triggers and how to deal with them
Includes basic coping strategies for helping your child deal with anxiety and other unwanted
or overwhelming feelings
Includes information on how trauma affects parenting, parenting children dealing with
trauma, ways to deal with difficult behavior, and how to talk to children about trauma
Includes information on helping your child learn to be calm, feel safe and express themselves
Participants will learn about the role of self care in the healing journey**

PSYCHO-EDUCATIONAL GROUPS

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Includes basic coping strategies for dealing with anxiety and other unwanted feelings

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Includes identifying children's triggers and how to deal with them, basic coping strategies for helping your child deal with anxiety and other unwanted or overwhelming feelings

Includes information on how trauma affects parenting, parenting children dealing with trauma, ways to deal with difficult behavior, and how to talk to children about trauma

Includes information on helping your child learn to be calm, feel safe and express themselves

Pre-Registration is required
The same class is offered every week, during registration please indicate which date you would like to attend

Regina Sexual Assault Centre
1830 MacKay Street
306-522-2777
rsac@sasktel.net

Regina Sexual Assault Centre



SEXUAL ASSAULT AWARENESS WEEK



MAY 13 - 17 2019

COUNSELLING

All services at Regina Sexual Assault Centre are free • Trauma-informed counselling services to anyone 5+ coping with sexual violence • Our counsellors are trained professionals with Master's level education • Individuals with transportation barriers may be eligible for over the phone counselling • 24-hour crisis line accessible for crisis intervention with trained advocates •

ADVOCACY

Accompaniment to any health, justice, legal, and/or social service appointments • Help connect survivors with local resources • Trained advocates can accompany individuals in difficult processes such as police reporting, and/or hospital visits •

TRAINING

Regina Sexual Assault Centre works closely with the community to create personalized educational workshops that meet the needs of the specific group • First Responder to Sexual Assault and Abuse™ Training • Kids on The Block Program – Children's puppet-based education program that provides age appropriate conversations around violence prevention • Personal safety, bullying, consent and abuse prevention presentations •

THANK YOU TO LOCAL BUSINESSES FOR THEIR SUPPORT

#Respect is for every body

During Sexual Assault Awareness Week (May 13-17), we asked the community to help us raise awareness.

In addition to this, we asked local businesses in Regina to put out a donation box during this week for RSAC.

All of our services here at the centre are free, the community support allows us to continue making an impact in our community.



Huge thank you to:
Local Barre Fitness
Wheelhouse Cycle Club
Cade Style Lounge
Wilkie Wellness
One Tough Mama Fitness
Brewed Awakening
Lotus and Oak Salon

We are excited to showcase a T-shirt we are releasing in honour of SAAW. The custom image was hand drawn for us by Canadian artist, Tim McEvenue, and has been screen printed onto a soft cotton V-neck. Also available in men's crewneck. The shirts are \$40 and available in sizes S-XXL. Contact us by phone, FB messenger or email



Introducing:

May 2019

The Philadelphia Model

The Regina Police Service and RSAC have partnered to work on a 17-month pilot of the Violence Against Women Advocate Case Review (Philly) model. This model takes the expertise of front-line agencies (such as RSAC) and partners them with police services which are willing to work in a transparent way that is not often seen. Advocates will review police reports, interviews, officer notes and other materials to identify specific issues in sexual assault investigations and provide recommendations to police. Rather than case-by-case problem solving, this model offers an opportunity to effect long-term systemic change to investigations, as well as transparency and increased trust in the judicial process.

This project will begin in July 2019

Regina Police Service, Chief Evan Bray



Regina Sexual Assault Centre, Lisa Miller



Sexual Assault Services Saskatchewan, Kerrie Issac

Regina Sexual Assault Centre

P R E S E N T S



STOPPING TRAFFIC

a film by Siddhayatan Tirth

VICTIMS
AND
SURVIVORS
OF CRIME
WEEK

(M A Y 2 6 - J U N E 1)

Please join us:

M A Y 3 1 , 9 A M - 4 P M
R A M A D A P L A Z A
1 8 1 8 V I C T O R I A A V E
O A K R O O M

Itinerary:

S C R E E N I N G O F S T O P P I N G
T R A F F I C : T H E M O V E M E N T T O E N D
S E X T R A F F I C K I N G

plus

G U E S T S P E A K E R S , I N C L U D I N G
B E A T R I C E W A L L A C E , A D V O C A T E A N D
O V E R C O M E R O F H U M A N
T R A F F I C K I N G

and

R O U N D T A B L E D I S C U S S I O N S O N
B U I L D I N G C O M M U N I T Y R E S O U R C E S

THE POWER OF
COLLABORATION

N O C O S T / P R E - R E G I S T R A T I O N I S R E Q U I R E D / L I M I T E D
A V A I L A B I L I T Y / L U N C H P R O V I D E D / C A L L 3 0 6 - 5 2 2 - 2 7 7 7 T O R E G I S T E R



Regina Sexual Assault Centre



P R E S E N T S

STOPPING TRAFFIC

VICTIMS
AND
SURVIVORS
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WEEK

(M A Y 2 6 - J U N E 1)

a film by Siddhayatan Tirth

*we are stopping
traffic*

A POWERFUL DOCUMENTARY THAT
FEATURES HEROES
OF THE ANTI-SEX-TRAFFICKING
MOVEMENT IN ORDER TO RAISE
AWARENESS, EXPAND THE
MOVEMENT, AND PRESENT
PRACTICAL SOLUTIONS TO
ERADICATE IT.
EVERY SOUL MATTERS.

STOPPINGTRAFFICFILM.COM

HERO
NOUN | HE·RO | 'HIR-(.)Ō
A DARING AND INSPIRING SOUL WHO SEES
THE TREMENDOUS PAIN OF OTHERS AND
SELFLESSLY UNDERGOES THE ULTIMATE
CHALLENGE TO HELP ELIMINATE THEIR
SUFFERING BY TAKING ACTION, NEVER
GIVING UP, AND MAKING POSSIBLE WHAT
SEEMS IMPOSSIBLE.



Regina Sexual Assault Centre

P R E S E N T S



VICTIMS
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(M A Y 26 - J U N E 1)

Beatrice Wallace

"Beatrice lived a life of "survival" – abandoned by her birth parents and then later by her adopted mother, Beatrice learned to fend for herself. The use of drugs and alcohol gave her a way to cope, to forget the pain of rejection, sexual exploitation, and abuse she faced living life on the streets. Mother of 8, Kukom to 4, entrepreneur, public speaker, writer, activist, overcomer. She's currently the assistant manager at Shayil Home at Souls Harbour. Nearly 16 years ago, Beatrice started the journey of healing from the abuse and addictions that had so long been a part of her life. Beatrice's passion truly lies in helping woman/girls who are being sexually exploited. Beatrice serves on the Defend Dignity team and a part of SOS – Strengthening Our Sisters. The project goes out to First Nations reserves to share the risks of sexual exploitation in and out of our community. Beatrice co-founded White Pony Lodge which is an initiative to end violence in North Central Regina. The Lodge has been recognized by the Federal Status of Women and the YWCA's Women of Distinction award. Her story is featured on Context, Globe and Mail."

Regina Sexual Assault Centre

P R E S E N T S



VICTIMS
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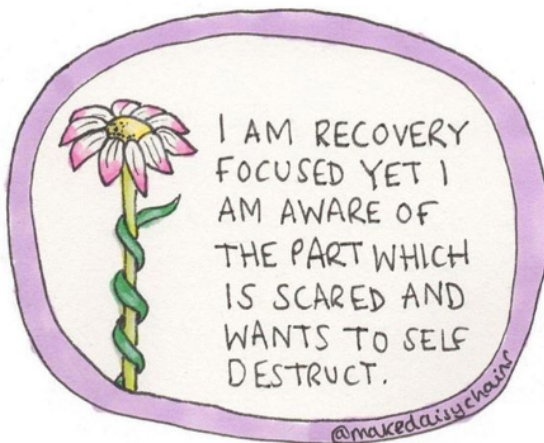
(M A Y 2 6 - J U N E 1)

Joeline Magill

Joeline was born and raised in Saskatoon, SK. Her professional experience includes 5 years as an associate director for an SK Children's camp. Joeline has 4-years of experience doing outreach in Saskatoon to women in the sex industry. During the last year, she worked part-time at the Salvation Army's female youth shelter as well as the Salvation Army women's shelter in Saskatoon. Joeline is currently working on a Masters in Leadership Management and Development. In 2015, Joeline began working together with Jodi Kozan as co-founders to form HRC. After learning about the issue of sex trafficking and exploitation in the last decade both globally and locally, they recognized the need to address this issue in Saskatoon and across Saskatchewan. A steering team was formed in 2015 to research the issue and services across North America. A survey was also conducted with 25 Saskatchewan women with lived experience in the sex industry, who shared personal stories and frustration over the lack of services. This study helped to inform HRC's programming.



Illustrations by
@makedaisychains



RSAC

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www.reginasexualassaultcentre.ca