

RSAC

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

August 2019



RSAC

Kristin Kozakavich

Hey Regina!

It is crazy to think we are already almost half-way through August! Where has summer gone?
We have a couple of things we would like to share with you in this month's issue!

First off, we would like to remind everyone we have our final round of educational groups on trauma on Fridays 10am-12pm. These groups are free and can be recommended to anyone! We just ask that you pre-register by contacting the Centre!

Taking Care of You - August 16th

Helping Children Heal - August 23rd

Identity After Trauma: Who Am I? - August 30th

Next up on the agenda: RSAC's Annual General Meeting!

We would like to invite everyone to our AGM being held on September 5th at 5:30 at the Centre.

We are also looking for individuals who wish to join RSAC's Board. If you wish to attend, have any questions or are interested in being a part of our progressive community, please reach out to Lisa at lisa.rsac@sasktel.net.

Upcoming Events:

August 21st - Gardening Group at RSAC

September 4th - Gardening Group at RSAC

September 5th - Annual General Meeting

September 10th- RSAC will be participating in the YWCA's event Walk a Mile In Her Shoes

September 14/15th - First Responder Training in Regina (Four spots are still available. Please call the Centre for more information, or see our website!)

September 19th- Our counsellor Sarah will be presenting to MACSI

October 5th - RSAC is planning to implement a Take Back the Night Event



*Our little office has turned into a jungle...
and we love it.*



*Thank-You
Gardening Group!*



Violence Against Women

Violence against women is an epidemic in the northern part of our province. Northern Saskatchewan presents triple the rate of violence against women than Southern Saskatchewan, and remains one of the highest rates within Canada (CBC Radio Canada, 2019). Across Canada's North, young women were disproportionately the victims of violent crime in 2017, according to Statistics Canada.

Most often people attribute the significant rates of violence against women because of the prevalent poverty levels in the north. However, poverty alone does not increase a woman's vulnerability to violence. We know this because poverty is present in all areas of our country, and yet women in the northern parts are still experiencing violence at a higher rate. It is important to acknowledge the difference experiences that women in northern communities' face.

One of the biggest differences between northern and urban communities is the availability of law enforcement and officials. In northern communities, law officers are sparser and may not be able to promptly answer an intimate partner violence (IPV) call to intervene. One option to help women remove themselves from immediate danger or abusive relationships is through protective and restraining orders. However, for women in northern rural communities, communicating with local law enforcement, and finding a judge to grant a peace bond, emergency protective order, or a restraining order may not be as easily accessed than it is in urban areas, ultimately putting these women at greater risk of violence.

Another factor to consider when differentiating the experience of women in poverty in urban communities and women in poverty in northern communities is isolation. Individuals may be living in areas that are remote or not easily accessed by vehicle. These northern communities can lack in cell service, and reception that hinder an individual's ability to reach out for emergency help and support. In addition, because of the location and environment of these communities, northern areas lack health services that specifically address IPV that ultimately trap women in abusive relations.

BY AARYANNA CAWSON, RSAC SUMMER STUDENT
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ILLUSTRATIONS FROM @BYKELLYMALKA



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