

RSAC

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

June 2019



RSAC

Kristin Kozakavich

Announcement

Regina Sexual Assault Centre will be implementing a free, 6-week summer gardening group for adult survivors of sexual violence.

When:

- Wednesday Afternoons
- 2:30 pm -4:30 pm
- Bi-weekly
- June 26th - September 4th

Where:

- Regina Sexual Assault Centre, 1830 MacKay Street

What to Expect:

- A supportive group environment
- A bi-weekly topic and group discussion (each topic will be experienced through the gardening process)

Registration:

- Pre-registration is required
- Please Call 306-522-2777 or email rsac@sasktel.net to register
- A brief phone interview with one of our counsellors is required to make sure this is the right group for you.

Reminder

Regina Sexual Assault Centre is still running psycho-educational groups until June 30th! The same class is offered every week. Please note these are not counselling groups. Pre-registration is required. Please Call 306-522-2777 or email rsac@sasktel.net to register!

Trauma and You: Mondays 1:00pm - 2:30 pm

Taking Care of You: Tuesdays 1:00pm - 2:30 pm

Helping Children Heal from Trauma: Wednesdays 10:00am- 11:30 am.



Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls

Early June 2019, *Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls* released 231 calls to action to address the genocide of Indigenous women and girls. The report notes that these calls to actions are not recommendations, but legal imperatives.

Regina Sexual Assault Centre recognizes the importance of our role in aligning our services with the MMIWG Final Report, as Indigenous women and girls experience sexual violence at a rate of 1 in 2. It is imperative that our Centre provide services that meet the emotional, physical and spiritual needs of these clients.

It is our goal at RSAC to provide client-centered, trauma-informed care to every individual who seeks our services. We believe that clients should be heavily involved in making decisions about their healing journey (including a client's wishes and preferences in spirituality).

We recognize the value of Indigenous healing methods and are working to incorporate them into our mainstream counselling services. Centre staff recently met with Corrine McArthur from SIGN in Yorkton to discuss her Masters thesis on this topic and we have made both sage and sweetgrass available to clients who wish to use it for grounding and cleansing. We are also creating a network of elders and knowledge keepers who can be available for clients, should they wish.

The report also references triangular patterns of sex trafficking movement between Regina, Saskatoon, and Winnipeg, as well as Saskatoon, Edmonton, and Calgary. As a society, we must sit up, take notice, and act to protect the young women who are being victimized by this most cruel crime. Saskatchewan is one of the few provinces that does not have a safe house for victims, who need specific and long-term supports in order to heal. The Centre recognizes this gap and is attempting to fill it. On May 31st, 2019, we hosted an event to raise awareness about this issue within our community, and how, through collaboration, we can reduce trafficking and support those who have been impacted. RSAC plans to have a follow up event in October 2019 to create a roadmap for this work.

PHOTOS FROM @SACRED_MMIWG



RSAC

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www.reginasexualassaultcentre.ca