

Regina Sexual Assault Centre

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Raising awareness by
sparking
conversations,
challenging social
norms, and advocating
for those with lived
experience.

A monthly newsletter that discusses a variety of topics dealing with sexual violence, how to support survivors, and community events and resources.

The Regina Sexual Assault Centre is a progressive and inclusive organization dedicated to reducing and preventing all forms of inter-relationship and sexual violence towards all individuals.

This goal is accomplished through effective counselling, public education, and advocacy. The Centre provides supportive services and referrals to anyone, including family, who has been impacted, regardless of gender, sex and sexual orientation.

Cheers to 2021!



Another year has come and gone, so cheers to 2021!

This past year was unlike anything most of us have ever experienced. The impacts of a worldwide health emergency presented many challenges to our clients, community, and our service delivery.

We know that women and children have been unequally impacted by this pandemic and the resulting restrictions and closures. We had to make some necessary changes to how we deliver our counselling and supports; however, we have also increased our services, including increased hours for counselling and some short term supports that aren't usually on our menu. Counselling continues to be by phone or Zoom for adults, although we continue to see folks who are under 18 years in person.

It has been wonderful to see the initiatives that have popped up in our community to help those who need a hand. Examples of this include the little community pantry on Dewdney Ave., the repurposing of mini libraries around the city into mini pantries, the Facebook group I Will Help Regina and the Guru Nanak free kitchen. Thank you to all who recognized that people needed some support and for the energy that made it happen. We encourage everyone to continue to watch out for each other - make a phone call, check in, drop some treats off in the mailbox, offer to help with something.

We have hope for a better 2021 and look forward to the day when we can see all of our clients and our community face-to-face in the near future. All the best to each of you.

A Brief Welcome



For those that are new here, a little bit about us...

Exactly two years ago, Regina Sexual Assault Centre initiated a community newsletter to address a variety of topics related to sexual violence and how to support those with lived experience. We use our newsletter to share community events, what our agency is up to, and other informal and formal resources. Our newsletter is a way to facilitate dialogue about sexual violence in our community. We are...

Mission

...an inclusive nonprofit organization of trained counsellors and advocates who are dedicated to helping reduce the trauma of inter-relationship violence and sexual assault

Vision

...working to reduce the risk of abusive behavior and sexual violence through education, prevention, and support in our community

Values

...examples of confidentiality, professionalism, inclusiveness, respect, compassion, and qualified services

History

In the late 1960's and early 1970's, western societies experienced a resurgence of feminist collective activism. This activism focused on addressing the inequalities that women were experiencing in all areas of their lives. In June of 1975, Denise Hildebrand and Abby Ulmer opened the doors of the Regina Women's Community Centre with a vision of promoting the equality of women within their own community. An initial grant from the Province of Saskatchewan provided funds for a drop in, referral and counselling service, as well as a lending library and advocacy.

A Brief Welcome



History Continued

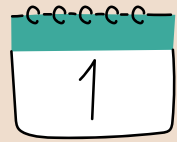
In February 1977, the addition of a sexual assault crisis line improved the Centre's ability to respond to survivors of sexual violence and provide crisis and long-term counselling.

In January 2013, the Centre changed its name to the Regina Sexual Assault Centre. This was done in an effort to be more inclusive to all genders of adult survivors of sexual violence. The change was to reflect the diverse individuals we serve and make the Centre welcoming and accessible to all.

In 2017-2018 the hashtag #MeToo made international headlines, prompting individuals to publicly share their experiences of sexual violence. While the movement has encouraged many individuals to come forward with their experiences, it is also triggered and re-traumatized many survivors. As a result, RSAC saw a large increase in requests for services and our resources were completely exhausted. The number of crisis line calls doubled, and the Centre went from having no waitlist to an eight-month waitlist for those who need counselling support.

Since 2016, we have grown from five staff to eight and are involved in and offer a range of services and supports, including counselling by MSW educated counsellors, extensive public workshops and professional development, psycho-educational groups, children's programming and a number of collaborative community projects. We recently began offering dedicated counselling space to individuals from the Moose Jaw area to better meet these needs. Unfortunately, our community's needs outstrip our capacity and we continue to have a lengthy waitlist. However, we are vocal advocates for increased mental health capacity and strive for the best supports we can offer.

Upcoming Dates



For those that are new here, we want to say welcome.

JANUARY 4
RSAC Office
Reopened

JANUARY 16
YWCA - Virtual
Women's March
#ForwardTogether

JANUARY 28
Bell Let's Talk Day

FEBRUARY
Black History
Month

FEBRUARY 12
Chinese New Year

FEBRUARY 14
Valentine's Day

FEBRUARY 15
Family Day
Stat holiday

FEBRUARY 20
YWCA - Coldest
Night of the Year

FEBRUARY 23-25
RSAC VACR file
review at Regina
Police Service

FEBRUARY 25
Regina Public
Library - Trina
Markusson:
Mindfulness and
Wellness

VACR Update



Violence Against Women Advocate Case Review Update

In 2019, the province announced a pilot of the Violence Against Women Advocate Case Review, also familiarly known as the Philadelphia Model. The project began in July of 2019 and combined the expertise of RSAC front-line workers and Regina Police Service - creating a partnership with the common goals of improving response and access to justice for those who report sexual violence.

Advocates review police reports, interviews, officer notes, and other materials to identify specific trends in sexual assault investigations, and provide recommendations. Rather than case-by-case problem-solving, this model offers an opportunity to create long-term systemic change to investigations and increase trust in the judicial process.

The pilot project was completed on December 31, 2020. We are pleased to share that the RPS saw a tremendous amount of value in the work and the project and are committed to continuing the file review process as part of the investigative chain. We look forward to continuing this work and supporting those who have experienced sexual violence in our community.

Rebranding



New Year . . . New Look

With all the change Regina Sexual Assault Centre has experienced, we thought that it was time for a rebranding to reflect the progress and growth we have experienced – especially in the last two years.

Many of our services and outreach have shifted to meet the demands and needs of those we are serving. With the modernization of our world, we have sought new tools and strategies to incorporate into our service delivery.

We are excited to announce our relationship with Janet Lee and The Story Co., who will be helping us rebrand and update our website in the next few months. We will be the same organization, same team, just a new look – and we can't wait to share it with you.

THE STORY CO.

work
with
me

OWN YOUR

story

NO ONE ELSE CAN

Welcome to . . .



Monarch Mental Health

Our team is thrilled to welcome Celeste with Monarch Mental Health Counselling at UR Pride. As of January 2021, Celeste will be offering counselling services from a space in the RSAC office.

Monarch Mental Health is a project that started in January 2019 with support from the Community Initiatives Fund. Monarch provides clinical counselling to gender and sexually diverse children, youth and adults, as well as their families and loved ones.

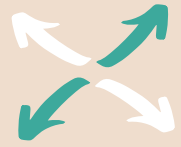
Whether you are seeking a check-in during these uncertain times, or hoping to begin longer term counselling, Monarch Mental Health could be for you. Depending on case load and availability, their counsellors will try their best to offer you the support you need. For individuals who are unable to talk on the phone, or video, due to lack of privacy, counsellors may also provide text support (Monarch Mental Health).

We are pleased to welcome Celeste and the strength this collaborative relationship offers.

For more information on Monarch Mental Health please visit their website at www.urpride.ca/monarch/



Expanding



Regina Sexual Assault Centre is expanding our services to the Moose Jaw area.

Thanks to the ongoing support of the Partners Against Violence Committee in Moose Jaw, RSAC is finally (slowly - thank you, covid) getting established in the community. We are very grateful to Moose Jaw Family Services, who has generously provided an office space within their organization. Currently, we have one counsellor allocating a percentage of their caseload to serving individuals in the Moose Jaw area.

Anyone who has or is experiencing sexual violence that is seeking counselling services can call our Regina Centre at (306)-522-2777 to place their name on a waitlist. When doing so, please advise our team that you are located in the Moose Jaw (or west of Belle Plain) area.

At the moment we are only offering distance counselling for adult clients. Once we return to in-person counselling, our counsellor will be working out of the space at Moose Jaw Family Services, located at 200 Main Street S.

We look forward to providing expanded and enhanced services in this community!

Resources



General

- Community Service Numbers and Abuse Help Line pages at the front of every Sasktel phone book provides various community resources
- 211 Sask - a free, confidential information and referral system for thousands of community and social services available across Saskatchewan

Intimate Partner and Family Violence

- Domestic Violence Outreach Program (Operated by Family Service Regina) 306-757-6675 (EXT 232)
- www.abusehelplines.org
- Provincial Association of Transition Houses of Saskatchewan (PATHS) www.pathssk.org (not a direct service organization)

Safe Shelters

- Isabel Johnson Shelter (24 hours) 306-525-2141
- My Aunt's Place - YWCA 306-525-2141
- Regina Transition House (24 hours) 306-569-2292
- SOFIA House (second stage housing) 306-565-2537
- Wichihik iskwik Safe House (24 hours) 306-543-0493
- Salvation Army Waterston Shelter (men only) 306-569-6088

Safe Shelters - Out of Town

- Moose Jaw Transition House (24 hours) 306-693-6511
- Qu'Appelle Haven Safe Shelter (24 hours) 306-332-6881

Help Lines

- Regina Sexual Assault Crisis Line 306-352-0434
- Mobile Crisis 306-757-0127
- Crisis and Suicide Number 306-525-5333
- Kids Help Phone Crisis Line 1-800-668-6868, or text "HOME" to 686868
- Crisis Response Team 306-766-7800

Child and Youth

- Child Protection Local Intake 1-844-787-3760
- Child and Youth Services 306-766-7800
- Regina Child Injury and Abuse Line 306-569-2724

Health and Medical

- Addiction Services 306-766-6616
- Regina Mental Health Clinic 306-766-7800
- Aids Program South Sask 306-924-8420
- Planned Parenthood Regina 306-522-0902
- Woman's Health Clinic 306-766-0586
- STI Clinic 306-766-7788

RSAC

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www.reginalsexualassaultcentre.ca
