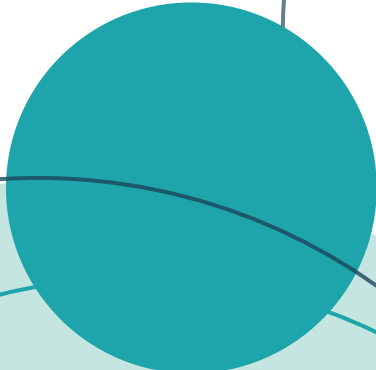




ANNUAL REPORT 2024-2025



REGINA+AREA
**sexual
assault
centre**

Your Truth. Our Purpose.

**PREPARED BY:
LISA MILLER
KELSEY LAGUS**

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24-25 STAFF AND STUDENTS

Lisa Miller, Executive Director
Mary Zwane, Counsellor
Savanna Belitski, Counsellor
Janice Giroux, Counsellor
Chantelle Priel, Education and Outreach
Julia Dima, Office Manager
Miranda Tarnes, Student
Andrea Churko-Roh, Student
Grace McGee, Student
Abigail Trann, Student

BOARD OF DIRECTORS

President - Kelsey Lagus
Vice President - Kennya Bhimji
Past President - Amy Baldwin
Secretary - Stephanie Zulkoski
Treasurer - Patrick Innes
Member - Brittni Mainil



MISSION

The purpose of RSAC is to provide expert service, support and education to those impacted by sexual violence.



VISION

As a leader and advocate for survivors of sexual violence, RSAC works within Regina and area to ensure anyone affected by sexual violence is supported.



VALUES

Confidentiality
Professionalism
Inclusiveness
Respect
Compassion
Qualified Service



WHO WE ARE



The Regina and Area Sexual Assault Centre (Regina Sexual Assault Centre Inc.) is a registered non-profit charitable organization that has been providing support in the Regina area for 50 years to individuals who have experienced sexual and interpersonal violence. The Centre's work is guided by a trauma-informed, anti-oppressive and client-directed philosophy.

It was originally established as the Regina Women's Community Centre, which provided counselling and support to women who had experienced domestic and sexual violence. Staff supported women through police reporting, court processes and medical procedures, as well as undertaking advocacy activities related to justice and health reform. The organization was incorporated in 1975. In 2013, the Centre changed its name to the Regina Sexual Assault Centre to be more inclusive and reflect the diverse people we serve. True to its roots, the Centre continues to provide free counselling, accompaniments, a 24-hour crisis line, public education and advocacy activities.

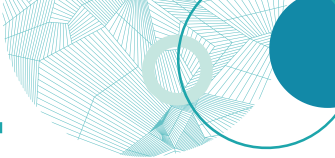
The Centre is funded graciously by the Government of Saskatchewan Ministry of Justice, various project grants, and a generous community of donors.

As we grow and the demand for specialized services does too, we have prioritized identifying and supporting the development of skills and training for our counselling and advocacy team to ensure best-practice therapeutic approaches are offered. Our goal is to eliminate the revolving door of care that so many experience.

All staff counsellors are Masters educated, and trained in trauma approaches with recognized efficacy, including Eye Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing, Play and Sandtray therapy. In 2022, two counsellors were also trained in EMDR for Children, ensuring we can provide the best practice therapy methods for children.

We continue to work tirelessly in our public education offerings, expanding the work we do with disciplines and institutions whose work intersects with sexual violence victims and survivors. We work with the Regina Police Service and Moose Jaw Police Service to provide quarterly reviews through the Violence Against Women Advocate Case Review (VACR). RSAC further influences justice response through half-day training to new recruits at the Saskatchewan Police College as part of curriculum and another half-day session for students of Saskatchewan Polytechnic's Victim Services program. Additionally, we offer curated education to community organizations, and groups.

In January 2024, RSAC made a big move forward by finding a new home at 1040 Winnipeg Street. The space has proven to be a good choice - with ample parking, street access to public transportation, lots of natural light and good accessibility for those who may need reduced physical barriers.



PRESIDENT'S REPORT

Reflecting on the past year, I am deeply appreciative of the opportunity to serve as Board President of the Regina and Area Sexual Assault Centre (RSAC). This year has brought meaningful progress, collaboration with community partners, and resilience as we continue our commitment to supporting survivors and strengthening our community.

It is with this spirit that we look forward to celebrating RSAC's 50th anniversary this November. This important milestone calls us to reflect on RSAC's history of strength, compassion, and advocacy, as together, we lay important groundwork for the next 50 years.

This year has brought new and exciting changes to our organization. RSAC board members, along with its staff, have made a significant effort to prioritize fundraising and development to maintain a strong financial position within the current economic climate. This emphasis on development has resulted in exciting opportunities to engage the community through fundraiser workshops and independent fundraising events hosted by community-minded local businesses and artists such as Cathedral Arts School & Studio, the Glassy Gardener, Rebellion Brewing Co., SaskMusic, and Queen City Hardcore.

Looking to the coming year, there are plans for RSAC to participate in local markets and events in the Regina area to continue this engagement.

The dedication and support of our community is wholeheartedly appreciated as the generosity of businesses and individuals allow us to continue providing meaningful services to those impacted by sexual violence. This support is especially meaningful during a difficult economic season, and we are fortunate to remain strong due to the generous support of the community.

In addition to these exciting development opportunities, RSAC has also received grant funding from the Law Foundation of Saskatchewan to help pilot the Sexual Violence Victim Advocate Program in the Regina area. This has been a meaningful opportunity to further strengthen our partnerships with criminal justice professionals to provide support to survivors of sexualized violence as they navigate the justice system. Further, with RSAC's increased presence at the Saskatchewan Police College and engagement in restorative justice research this year, our opportunities for impact continue to grow. These initiatives highlight the importance of working with community partners to foster our vision of ensuring anyone affected by sexual violence is supported.

I am inspired by the dedication of our staff, volunteers, board members, and community partners, whose efforts have ensured our mission remain strong and impactful. Together, we have navigated challenges, celebrated achievements, and forged a path to continue this important work. Through positive retention of staff and Board members, we are positioned to continue our impact as we look forward to the year ahead.



Kelsey Lagus,
RSAC Board President



EXECUTIVE DIRECTOR'S REPORT



RSAC Executive Director Lisa Miller speaking to the audience at our Rally 4 Justice during Sexual Violence Awareness Month.

It's hard to believe I am entering my tenth year at RSAC, and ninth as Executive Director. Non-profit work is never static—each year brings new opportunities and new challenges—but RSAC continues to move forward with resilience, stability, and a deep commitment to survivors. I am regularly in awe of the things we have accomplished thanks to this commitment and professionalism.

Like many other non-profits, the past few years have been marked by economic uncertainty. From 2020–2022, COVID-related funding helped stabilize agencies, but as those programs ended, we gained a clearer view of long-term granting and donation patterns. 2024–2025 was somewhat more financially challenging. Although our direct donor fundraising was slightly above budget, our general donations via mail or Canada Helps were down. RSAC was fortunate to have reserves that supported capital costs for a new office, privacy-compliant cloud-based file management (goodbye paper files!), staff training, and our Moose Jaw pilot project.

Looking ahead, our staff and board will continue to explore new funding opportunities while ensuring every dollar—whether public funds or private donations—is always allocated with care and in ways that directly benefit survivors.

We are grateful to the Government of Saskatchewan for its funding, ongoing consultations, and support. This partnership is vital in sustaining our work and ensuring survivors across the province have access to timely, expert services.

An area we have prioritized this past year is helping eligible clients—especially children—to access Saskatchewan's Victims Compensation program. Many of these young clients come from outside Regina, and getting these families connected to Victim Services and supporting access to this fund not only supports our child counselling program, it also helps families cover travel costs, which can significantly reduce barriers to the in-person counselling that children need.

Our presence in Moose Jaw continues to evolve. While about 30% of our clients have historically come from the area, and we provided in-person services for about three years as part of a pilot project, referrals declined with the introduction of rapid-access counselling in the community. In early 2024, we formally withdrew in-person services (although we continue to finish up with existing clients using an office provided by the Moose Jaw Transition House) to redirect resources where they have the greatest impact. We will continue to monitor and have stakeholder meetings, as we remain committed to finding sustainable ways to support Moose Jaw families.

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EXECUTIVE DIRECTOR'S REPORT CONT.

RSAC continues to be recognized as a leader in social justice and gender-based violence work. Over the past year, we have contributed to the advancement of the Coalition of Regional Sexual Assault Centres and worked collaboratively with member agencies on awareness campaigns, strengthened partnerships with Regina and Moose Jaw Police through file reviews and education, consulted on a number of advisory tables, and supported agencies implementing VACR in their communities.

We also serve clients from as far as 175 km away and now provide education at both the Saskatchewan Police College and Saskatchewan Polytechnic's Victim Services Program. Lastly, we are undertaking a research project with the University of Regina Justice Studies to explore survivor needs and the potential for restorative or transformative community practices. The survey for the initial stage of this project will be launched in Fall 2025.

160

New Donors supported RSAC in this fiscal year. As demand for our services grow, donors who believe in this work make all the difference.



190

Recruits and active police officers received training from RSAC in trauma-informed sexual assault investigations.



300

Crisis Line calls answered by trauma-trained staff and volunteers, supporting callers with emergency and emotional care.



“RSAC continues to move forward with resilience, stability, and a deep commitment to survivors. I am regularly in awe of the things we have accomplished thanks to this commitment and professionalism.”

This year also marks RSAC's 50th anniversary. On November 7th, our anniversary event, It Started in the 70's, will celebrate our resilience, adaptability, and progressive work—with a variety show, local talent, and retro activities. While challenges exist and sometimes seem to grow—such as court outcomes and the erosion of rights—we also see progress: institutional changes in policing agencies, further awareness of the prevalence and impacts of sexual violence – and a growing unwillingness to be silent in the face of injustice.

As always, I am deeply proud of RSAC's staff and board—they are brilliant, compassionate, and committed people. I am equally grateful for the trust and support shown to me and RSAC staff by our funders, partners, and community. Together, we are ensuring that RSAC remains strong, stable, and ready to meet the needs of survivors for decades to come.

**- Lisa Miller,
RSAC Executive Director**

A LOOK AT OUR IMPACT



Chantelle and Moose Jaw Police Service's accredited facility dog, Sven, rocking their RSAC shirts at the Victims and Survivors of Crime Week Luncheon hosted by Moose Jaw's Partners Against Violence Committee in May 2024

72 new clients seen by a counsellor in the fiscal year. A small but mighty team, our Master's Educated counsellors provide qualified trauma care.

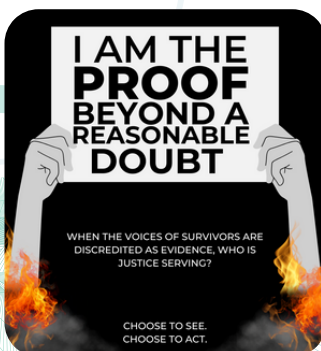
72

Over 1300 community members received researched and contextually relevant education relating to sexualized violence. This includes impacted populations, community workers, police, and more.

1319

111 people reached out to RSAC for counselling services in the 24-25 fiscal year. The need for our services remains high - RSAC offers all these clients free, qualified service, and as many as 25 sessions.

111



For Sexual Violence Awareness and Prevention Month 2024, RSAC continued its successful #ChooseToSee Campaign by raising awareness about the ways justice is inadequate or inaccessible for survivors of sexualized violence. Locally produced t-shirts featuring the emotional image of 'Lady Justice', which was designed by a local artist, were available during the month to raise awareness of the work we must do to create survivor-centred justice responses.

1137

Over 1100 clinical counselling sessions were provided to RSAC's clients in the 24-25 Fiscal Year. Every single counselling session is free of charge to the client, and provided by a specialized trauma-informed Master's educated counsellor. Our counsellors offer many modalities of best-practice therapies to ensure everyone experiences an effective counselling experience.

240

240 Pine Lodge Recovery Centre participants were provided education from RSAC on understanding trauma, especially the intersections between trauma and substance use disorder. RSAC partners with Pine Lodge Recovery Centre to support those in recovery - to help them recognize the role that trauma has played in their substance use and how to find support and healing.

159

Over 150 individuals accessed RSAC's free, anonymous, psychoeducational videos on trauma, sexualized violence, supporting children through healing, and systems navigation. These resources are available on-demand for anyone awaiting services at RSAC, or anyone in the community who may benefit from them. These videos are available free of charge.



YOUR SUPPORT IN ACTION



Above: After a successful day of helping children learn about personal safety, Public Education Coordinator, Chantelle, and her friends, Claire and Bloomfield snap a celebratory selfie! For over two years, RSAC's "Kids on the Block" puppet show violence-prevention program has been banned from classrooms as 'third party' education. Despite the ban, many community members showed support for this age-appropriate and kid-friendly knowledge: During the summer, Kids on the Block visited the Kare for Kids summer camps, presenting to over 80 children.



We are so thankful for the community support we received!
Left: Volunteers delivered Valentine's Day Singing Telegraphs to raise funds for RSAC's work! The fun and funny day raised \$500! Below: Queen City Hardcore supported RSAC with their year end show. Loud music, big hearts: \$3,300 was raised!



Community Solidarity:
RSAC at YWCA Regina's Walk A Mile 2024



Above and Left: In May 2024, RSAC hosted a rally for justice at the Regina Court House. We did this to raise awareness of the systemic failures in justice responses for sexualized violence and to call for better. Community members came out, loud and proud, to show support.



THE IMPACT OF EDUCATION



Our public education work is an important pillar in our mission to connect with a wide and diverse range of community members who have experienced or are otherwise impacted by sexual violence. We provided numerous presentations and training sessions for various groups, including professionals, students, and youth. A key focus - as an extension of our file review process with police - was working with police and justice professionals to enhance their knowledge and response to those who report sexual violence. We were proud to provide specialized training to Moose Jaw Police Service (MJPS), Regina Police Service (RPS), and recruits at the Saskatchewan Police College, and students of the Saskatchewan Polytechnic's Provincial Victims Services Program as part of their curriculum. This specialized knowledge helps improve survivors experiences with the justice system.

Beyond working with justice professionals, we have provided education to many community human service agencies, corrections staff, diverse committees, nurses, student nurses and teachers, newcomers, First Nations and Saskatchewan Association of Social Workers.

We continued to engage in powerful awareness building through the 3rd consecutive year of our Sexual Violence Awareness and Prevention Month campaign "Choose to See."

This year, we focused on building awareness of the complex inequities and injustices surrounding people impacted by sexualized violence and what happens when we ignore this: the root causes of violence go unaddressed, prevention education lacks meaningful investment and, as a society, we are only dealing with the crisis and emergencies bolstered by these harms - a never-ending cycle of harm and response.

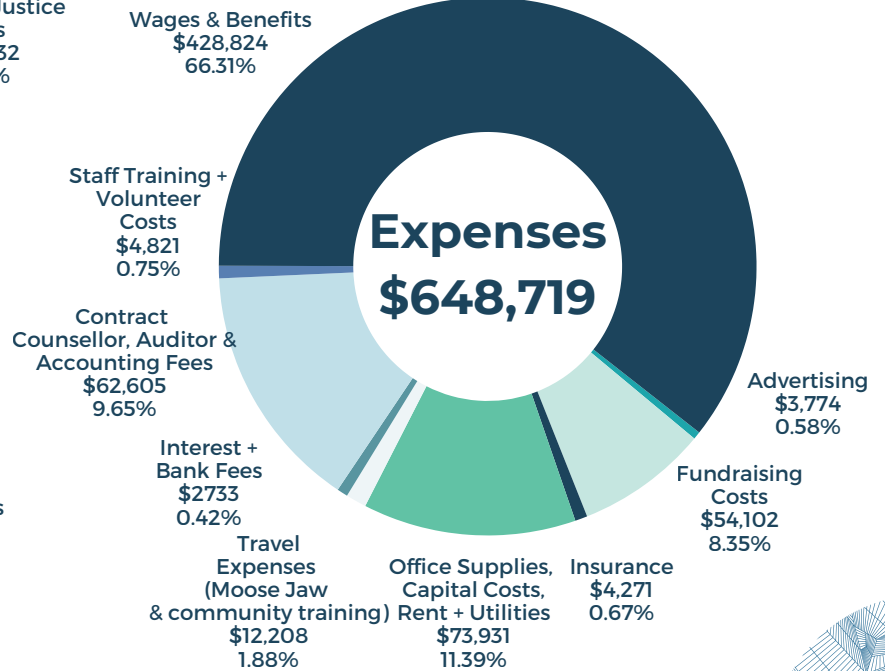
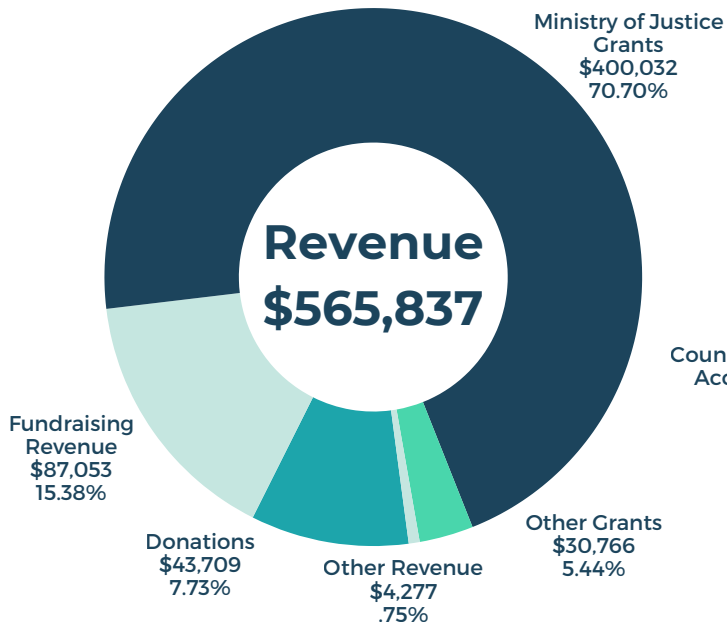
This campaign reached over 11,000 people across social media and fostered meaningful conversations, including a community justice rally in Regina.

RSAC is deeply committed to education, and especially prevention education that addresses harm before it happens - 2024 was the second school year that RSAC was banned from classrooms under the 'third party educator' regulation in Bill 137 (The Parental Bill of Rights). That means our Kids on the Block shows, and other age-appropriate presentations on consent, healthy boundaries, and sexualized violence awareness for grades 6-12, were missing from the puzzle of prevention education in Saskatchewan. We believe that all students deserve access to expert, and qualified information about their safety and rights, and moving into the future of our work, will continue all we can do to make this possible.





FINANCIAL SUMMARY



OUR FUNDERS



Canada



Department of Justice
Canada

Ministère de la Justice
Canada



South
Saskatchewan
Community
Foundation

RSAC counts on the generous contributions of grantors, government partnerships, and a caring and engaged community of donors to deliver the vital services we do every day. We want to thank our Funders, The Government of Saskatchewan Ministry of Justice, Government of Canada Department of Justice, South Saskatchewan Community Foundation, and hundreds of kind donors who contributed financial gifts in the 24-25 fiscal year.

We also wish to thank our dedicated volunteers, without whom we simply could not deliver 24/7 holistic support to those who need it most.



COMMUNITY PARTNERSHIPS & ENGAGEMENTS

Ministry of Justice, Community Safety and Wellbeing

City of Regina

Regina Police Service

Moose Jaw Partners Against Violence

Sexual Assault Nurse Examiner Program

Moose Jaw Police Service

Moose Jaw Family Services

YWCA Regina

STOPS to Violence

Coalition of Regional Sexual Assault Centres Sask.

Rooted Connections

Regina Immigrant Women's Centre

Saskatchewan Police College

Regina Transition House

Sofia House

Pine Lodge Addiction Recovery

RCMP/Regina Police Victim Services

Moose Jaw Transition House

Provincial Association of Transition Houses

Law Society of Saskatchewan

Rebellion Brewing

Elizabeth Fry Society

Saskatoon Sexual Assault and Information Centre

Battlefords and Area Sexual Assault Centre

Saskatchewan Polytechnic (SIAST)

Regina Early Learning Centre

Cowessess First Nation

Regina Catholic School Division

University of Regina

Praxis Consulting

Together with community, incredible things are possible. RSAC thanks all our community partners and those we engage with for working with us in 2024 and 2025

REGINA AND AREA SEXUAL ASSAULT CENTRE

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