



50 YEARS OF TRUTH AND PURPOSE

ANNUAL REPORT 2025 - 2026



PREPARED BY:
LISA MILLER
KELSEY LAGUS
JULIA DIMA

DESIGN: JULIA DIMA



WHAT'S INSIDE

GET TO KNOW US

PRESIDENT'S REPORT

EXECUTIVE DIRECTOR'S REPORT

OUR ANNUAL IMPACT

SURVIVOR ADVOCACY WORK

FINANACIAL SUMMARY

COMMUNITY PARTNERSHIPS

BOARD OF DIRECTORS

President - Kelsey Lagus

Vice President - Kennya Bhimji

Secretary - Stephanie Zulkoski

Treasurer - Patrick Innes

Member - Beverly Deglau

Member - Fleesha Willfong

Member - Michaela Peterson

25-26 STAFF + STUDENTS

Lisa Miller, Executive Director

Mary Zwane, Counsellor

Janice Giroux, Counsellor

Savanna Belitski, Counsellor

Chantelle Priel, Survivor Support
& Advocacy Coordinator

Tash Bigeau - Education and Outreach

Julia Dima, Office Manager

Tyler Targerson-Jones, Student

Shayla Stephenson, Student

Sumia Hassan, Counselling Student

Lainey Speidelsbach, Student

Subah Haque, Student



OUR MISSION

Empowering individuals, families and community through specialized therapeutic support, holistic services, education and advocacy.



OUR VISION

To be the leader in sexualized-violence knowledge and support for southern Saskatchewan.



OUR VALUES

Integrity. In all we do:

Accountability and transparency.
Collaborations, partnerships and relationships.
Centering those we serve.

Dignity. For those we serve:

For all ages, genders, identities and cultures.
Accessible and client-directed services and spaces.
Advocacy, empowerment and supporting pursuit of justice.

Excellence. What we strive for:

Continuous growth and learning.
Knowledge mobilization and innovation.
Best practice therapeutic services and support.

Safety. Without compromise:

Expert, trauma-informed care.
Confidentiality.
Compassion, empathy and respect.

YOUR TRUTH, OUR PURPOSE - SINCE 1975

2025 marked a special milestone for our agency, as we celebrated 50 years of service for survivors of sexualized violence in Regina and area. We had a chance to look back at our roots, reflect on where we are today, and envision the future we want to see - where sexualized violence is preventable and prevented, where children are empowered and educated, and where survivors can access healing, expert trauma care, and support, free from any barriers.

The Regina and Area Sexual Assault Centre (RSAC) is a registered charitable non-profit that supports anyone impacted by sexualized violence via counselling, crisis response, individual and systemic advocacy, and education. Founded in 1975 as the Regina Women's Community Centre, RSAC grew from a grassroots feminist movement into a cornerstone of trauma-informed healing, advocacy and education in Saskatchewan.

What began as a small space offering counselling, advocacy and connection has consistently evolved alongside the needs of survivors. In 1977, the 24/7 Crisis and Support Line launched, a service that is still offered by the Centre. In 2013, the organization became the Regina Sexual Assault Centre, reflecting its commitment to serving survivors of all genders and identities.

Over five decades, RSAC has continued to expand its response through free counselling, crisis support, advocacy, accompaniments, anonymous reporting, public education and collaborative initiatives such as Violence Against Women Case Reviews with Regina and Moose Jaw police services, and our pilot program launched in 2025, the Sexual Violence Victim Advocacy Program (SVVAP).

In 2024, we made a move to a new location at 1040 Winnipeg Street in Regina, a larger, accessible, and centrally located office that addresses barriers of accessibility identified by our clients.

As the Centre grows, so does the need for expert-led, research-driven responses to trauma and sexualized violence. 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.



306-352-0434
24/7 CRISIS SUPPORT FOR
SEXUAL VIOLENCE:
OPERATIONAL SINCE 1977!

Continued on next page

ABOUT US CONT.

All staff counsellors are Masters educated, and trained in recognized and effective modalities, including Eye Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing, Play and Sand Tray therapy. Every year, we invest in staff education to ensure that our team can effectively and ethically provide best-practice and specialized trauma therapy. This past year, staff have taken advanced Play Therapy, EMDR, Somatic and Emotionally Focused therapy trainings.

This continued education is part of our steadfast commitment to offering our clients mental health and advocacy support that creates meaningful transformation in their healing journeys and reduces the revolving door of care.

Outside of the counselling office, the dedication to survivors continues: In the 2025-2026 years, 191 crisis calls were responded to by RSAC's dedicated team of survivor advocate volunteers. We delivered public education to numerous organizations and partner agencies in the province, and continued our partnership work with the Saskatchewan Police College and Saskatchewan Polytechnic Victims Services Program, ensuring the next generation of justice professionals are empowered to respond in effective ways to sexualized violence reports.

We continue our successful work with the Regina Police Service and Moose Jaw Police Service through quarterly reviews through the Violence Against Women Advocate Case Review (VACR). The police commitment to these partnerships have lead to meaningful enhancements to victim experiences.

Additionally, RSAC has been working with the University of Regina, Justice Studies, to research survivor needs related to how they view "justice". We look forward to continuing this work..

We continue our systemic advocacy work while also now providing direct systems navigation support + survivor advocacy support via the SVVAP - in the first year of the program, 44 clients were supported over 174 sessions, court accompaniments, and police reporting accompaniments. The program continues to grow and meet survivors' complex needs.

Just as RSAC's founding leaders believed that showing up for survivors and listening to their needs is vital community care, this value still guides our work, and as we enter the next chapter of our story, we will only continue to evolve with survivors and their needs.



PRESIDENT'S REPORT

As Board President, I am deeply grateful for the continued opportunity to serve the Regina and Area Sexual Assault Centre (RSAC) for another year. Each year I am pleased to watch RSAC maintain a strong commitment to its mission, vision, and values to best serve our community through expert service, support, and education.

As subject matter experts and leaders in the province, the team at RSAC fulfills its mandate through education, advocacy, and trauma counselling to promote support and safety for all people.

Reflecting on the past year, I am inspired by the support RSAC receives from our community. This support was especially highlighted at RSAC's 50th Anniversary celebration in November 2025, which served as an opportunity to recognize the achievements of RSAC over the past five decades as we look forward to a bright future of continued service. Our event "It Started in the 70's" was a fun, 1970's themed evening showcasing local talent such as Collective Studios, Mark Johnston, David Carnegie, Messy Milo and the Uncoolas! With special thanks to our primary sponsors, SaskGaming, OWZW Law, Conexus Arts Centre, Virtus Group, Tandem X Visuals, Affinity Credit Union, Rebellion Brewing and the Boiler Room, this successful event would not be possible without community investment.

At this event, we also had the opportunity to celebrate our Executive Director, Lisa Miller, as she celebrated ten years of service excellence with RSAC. Under Lisa's leadership, RSAC has not only recovered from past difficulties but surpassed its initial goals to reach its strong position today. Lisa's experience in the justice sector has strengthened relationships, resulting in police training by RSAC, development of partnerships with justice professionals and quarterly VACR file reviews, which offers feedback to strengthen police response.

Lisa continues to lead RSAC with integrity, compassion, competency and vision, always striving towards progress and keeping survivors at the heart of every decision she makes. For this and more, the board shares their gratitude for her continued leadership as we look ahead to the coming year.

I am also sincerely grateful for the team at RSAC who serve as leaders in their unique disciplines to help the organization run successfully in the pursuit of a safe world for all people. Your efforts are not in vain and I have witnessed the incredible difference you make for everyone who enters our doors.

This last year has also seen our leadership through the Sexual Violence Victim Advocate Program funded by the Law Foundation of Saskatchewan. This program fills a particular gap and allows RSAC to compassionately and expertly assist survivors in their navigation of systems.

This last year also saw community fundraisers, workshops, and market attendance, with the goal of increasing public outreach and donor participation to maintain a strong position during challenging economic times. I would like to personally thank anyone who made a donation to RSAC over the last year. Your investment is vital to our work.

As always, I am inspired by the dedication of our staff, volunteers, board members, and community partners, whose efforts continue to ensure our mission remains strong and impactful. I look forward to another year of excellence in our advancement towards our mission and vision, never losing sight of the survivors who are the motivation behind everything we do.



Kelsey Lagus,
RSAC Board President

EXECUTIVE DIRECTOR'S REPORT



RSAC Executive Director Lisa Miller at the 2025 YWCA Walk A Mile in Their Shoes Event

There are very few organizations where you can spend a decade and still feel like there is more to learn every day.

Over the past ten years I've had with RSAC, I have watched this organization grow, adapt and respond to an increasingly complex need for specialized services. But one thing has remained constant: the ever-present need for dedicated support and advocacy.

Sometimes those who reach out to RSAC are ready to embark on their counselling journey. Sometimes they need someone to answer the phone in the middle of the night. Sometimes they need an advocate to sit beside them while they navigate a system that feels impossible to understand. Sometimes they are a parent trying to figure out how to help their child.

And sometimes they simply need someone to believe them.

That responsibility is one I don't take lightly.

As Executive Director, my role is often described in terms of leadership, operations, finances and strategic planning. All of those things are true. But underneath them is making sure RSAC is here and able to do its job well.

That means making difficult decisions about resources while knowing that behind every number is a person waiting for service. It means advocating for adequate funding while understanding that government funding alone does not always meet the complexity of the work.

It means paying attention to the health of the organization—our finances, policies, staffing, governance and sustainability—because a strong organization requires a strong foundation. And it means constantly asking whether we are doing what we say we are doing.

Effective treatment requires specialized clinical intervention, caregiver involvement and coordination with schools, health providers, police and other systems. A client may be dealing with trauma, family disruption, mental-health challenges, financial insecurity, relationship difficulties, criminal justice involvement or the effects of years of not being believed or supported. And for children, the complexity can be even greater. It is our responsibility to make sure we are meeting those needs in the best way.

One of the challenges of leadership is knowing when an organization needs to grow—and when growth could compromise what makes the organization effective. Our pilot into Moose Jaw to better serve children and youth is an example of testing expansion that ultimately drew on resources that were not producing the outcomes and outputs we were expecting. We have reduced our footprint in Moose Jaw but will continue to serve any survivor from this area in the same way we always have.

But we continue to look for ways to expand capacity for children and youth. RSAC receives referrals from as far away as Estevan. With only one counsellor qualified to see young children, we know it is important we find ways to expand this service.

Continued on next page

EXECUTIVE DIRECTOR'S REPORT CONT.

All of this is important because I don't just want RSAC to do more. I want to do more in the most impactful way we have available to us. That distinction matters.

And all of this doesn't happen without dedicated people. I am most proud of the people who make RSAC what it is. Staff bring specialized knowledge, compassion and professionalism to work that can be emotionally demanding and especially complex. Turnover remains at zero for nearly four years - which is a bit unique in non-profit work. It speaks to the commitment and culture this team embodies.

Each person, with their particular lens, personal and professional knowledge and experience, and deep commitment to gender-based violence creates a complementary synthesis of support that serves survivors in incredible and life transforming ways. I am not a counsellor, but watching and hearing about these transformations, both within our clients and also our community, continue to feed my own passion for change - knowing and seeing that change is possible.

RSAC is also strengthened by an incredible volunteer community. We currently have approximately 35 volunteers. They answer our

I don't just want RSAC to do more. I want to do more in the most impactful way we have available to us. That distinction matters.

crisis line. They sit on our Board. They support our children's programming as puppeteers. They bring different ages, backgrounds, professions and perspectives to our organization. I started as a volunteer with RSAC and I am continually reminded that volunteering at RSAC requires something different than simply giving time.

Our volunteers' contributions are not peripheral to our work. They are part of it.

This year also reinforced the importance of advocacy as a core part of sexual assault services. Our Sexual Violence Victim Advocate program has seen a significant increase in accompaniments and ongoing advocacy work.

We have seen this dedicated advocacy contribute to movement in cases that had been stalled for years and support a strong relationship with Regina Police Service and local RCMP. These relationships matter because better systems are built through communication and trust.

Many thanks to the funders, donors, collaborators, businesses, partners, clients, volunteers, staff and others who have trusted us with their story, their experiences and their work. Community matters and we have that in abundance.

- Lisa Miller,
RSAC Executive Director

144

VACR Regina Police Files Reviewed in 2025-2026 FY

The Violence Against Women Advocate Case Review (VACR) is a collaborative oversight model which enables independent, arms-length reviews of sexual assault investigations that did not proceed to charges. It is led by RSAC. This model enhances justice responses for survivors.

A LOOK AT OUR IMPACT + WORK

1130



Counselling Sessions delivered in 2025-2026. All RSAC clients receive 25 FREE counselling sessions with an expert counsellor. Because finances should not be a barrier to healing.

119



New clients received counselling + direct advocacy services at RSAC. In addition, 191 calls to our 24/7 Crisis + Support Line were answered.

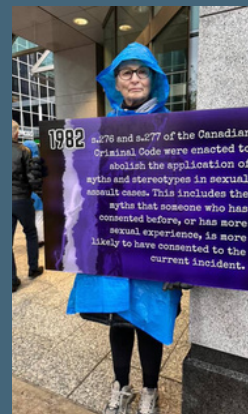
"I could not express how much I appreciated how much autonomy there was in this group. I never felt any pressure to share or move when I wasn't comfortable, but I still fully experienced it just by listening, reflecting on my own, and paying attention to what was coming up for me. Being able to listen to my body (in a space that made it clear that it was okay to) made it feel genuinely safe and respectful."

- Movement Group Participant

Free, expertly delivered therapy groups!

AT HOME IN YOUR BODY

Join us for this 6-week body-based therapy group for adult survivors of sexual violence. Using movement, arts, grounding, somatic approaches, and education about trauma and the nervous system, this group aims to support survivors to feel safe in their bodies, reclaim their agency, and help process the trauma that was not their fault.



Out in the Community

Clockwise from Top: We were privileged to be part of the SaskAbilities Together We Shine Conference, and offer a curated Kids on The Block Puppet Show covering topics of consent, boundaries, and recognizing abuse. | Our team at the annual YWCA Regina Walk A Mile in Their Shoes fundraiser. | For Sexual Violence Awareness Month, we partnered with YWCA for "No Walkin' Back" an evening downtown walk to raise awareness of the way gender-based violence has impacted laws + lives. | 2025-2026 was another year of great supportive fundraisers for RSAC - in July, Folk and Fan Woodburning offered a class, raising \$900 for RSAC!



Clockwise from top: Our crew gearing up for the 2025 Queen City Pride Parade. | Our practicum student, Tyler, connecting with participants at the Pasqua First Nation Health Fair. | Our Board President Kelsey Lagus promoting RSAC's work at the 2025 Queen City Pride Market.

SURVIVOR SUPPORT IN ACTION: SEXUAL VIOLENCE VICTIM ADVOCACY PROGRAM



The Client Support and Advocacy program continues to grow as an important part of RSAC's response to sexual violence. Our Sexual Violence Victim Advocate provides practical, trauma-informed support to clients navigating systems that can be complex, overwhelming and, at times, difficult to access. This may include accompaniment to appointments and meetings, assistance navigating police and justice processes, communication with other service providers, referrals, information and ongoing advocacy.

We have seen a considerable increase in accompaniments each month, along with ongoing advocacy for clients whose needs extend beyond a single appointment or interaction. The advocate has developed strong working relationships with Regina Police Service and local RCMP, creating opportunities for improved communication, information sharing and collaboration in support of clients.

The impact of this work is daily, as well as notably in situations that have been stalled

“I appreciate [the program] so much. Chantelle supported me during a time I wasn't sure how to support myself. She helped me make calls to the officer on my case, and made the entirety of the situation less daunting. RSAC was and is a safe place and I strongly believe I was able to get through one of the hardest things in my life because of her and the supports at RSAC.”

- SVVAP Client

for years. This is a reminder that advocacy is not simply about helping someone navigate a system—it can help create movement when a person has felt stuck, unheard or unable to move forward on their own. Support, knowledge-sharing and referrals help people to make the best decision for themselves at that time, with the information they have.

This program has worked collaboratively and done cross referrals with the Elizabeth Fry Women's Legal Clinic, which we are pleased to report is set to expand in the near future.

The program also continues to demonstrate the value of having dedicated advocacy within a sexual assault centre, where support is grounded in an understanding of trauma, sexual violence and the realities survivors may face across multiple systems.

In 2025-2026, this position supported 44 clients, with 144 sessions and accompaniments. Feedback from clients indicate the immense value this support has provided, both practically and emotionally.



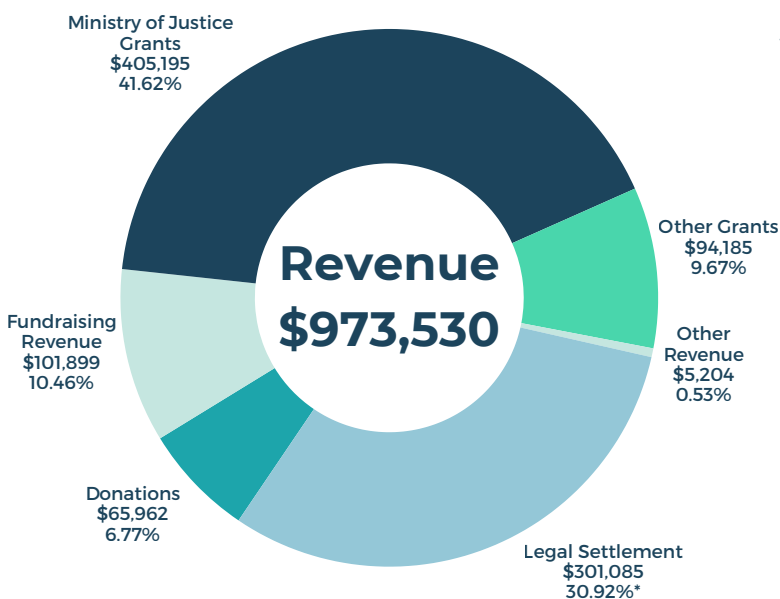
Chantelle Priel
BSW, RSW

*Survivor Support
and Advocacy
Coordinator*

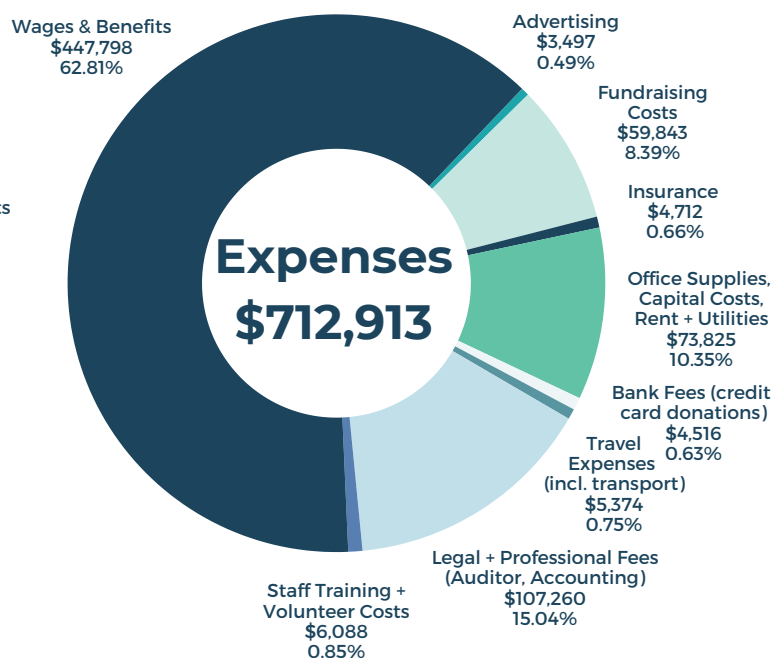


The Survivor Support Advocacy Program is generously funded by the Law Foundation of Saskatchewan

FINANCIAL SUMMARY



*Settlement Funds do not represent normal annual revenue



THANK YOU TO OUR GENEROUS FUNDERS



RSAC counts on the generous contributions of grantors, governments, and a caring and engaged community of donors to deliver the vital services we do every day. We want to thank all our funders, the Government of Saskatchewan, Government of Canada, Saskatchewan Community Foundation, and Law Foundation of SK. **We also want to thank the hundreds of kind donors who contributed financial gifts in the 25-26 fiscal year.**

2025 was a special year for us, and we received extremely generous support from donors and sponsors for our 50th Anniversary Celebration. Therefore, we'd like to include a special shout out to everyone who made the celebration possible:



Sask Gaming, OWZW Lawyers LLP, Tandem X Visuals, The Boiler Room, Conexus Arts Centre, Signature Print-It, Rebellion Brewing, Affinity Credit Union, Virtus Group, Corner Office CFO, Exquisite Events and Wedding Décor, Marlo Pritchard, SaskEnergy, Sasktel, SaskPower, TJX Canada, ON A/V, Hillberg and Berk, Regina Whittlers and Woodcarvers Club, Nortown Bowling Lanes, Folk and Fan Woodburning, Sticks and Doodles, Sara Jain Tattoos, Handmade Saskatchewan, Colleen Barss Pottery, The Fidget Guy, Lindt Chocolate Canada, The Atlas Hotel, Tunnels of Moose Jaw, Karen Robson Jewelry, Kim Burrows, Koko So Knotty, Cursed Rabbit Comics, Moon Creative Art Shop and Hair Studio, Photographer Allan Corridor, YWCA Encore Market, Mark Johnston and Maren Miller-Pritchard.

COMMUNITY PARTNERSHIPS, COLLABORATIONS, AND ENGAGEMENTS

Community means working together, and nothing can be achieved in community service work without meaningful, intentional, and trusting collaborations. RSAC is grateful to work with, and supported by, so many agencies and businesses in Saskatchewan - to best serve survivors of sexualized violence - and we wish to thank our 2025-2026 collaborators:

- Ministry of Justice, Community Safety and Wellbeing & Victim Services
- City of Regina
- Regina Police Service
- Moose Jaw Partners Against Violence
- SHA Sexual Assault Nurse Examiner Program
- Moose Jaw Police Service
- Moose Jaw Transition House
- YWCA Regina
- STOPS to Violence
- Coalition of Regional Sexual Assault Centres Sask.
- Saskatchewan Police College
- Sofia House
- Pine Lodge Addiction Recovery
- RCMP/Regina Police Victim Services
- Provincial Association of Transition Houses
- Law Society of Saskatchewan
- Pasqua First Nation
- Saskatchewan Health Educators
- Queen City Pride
- Cathedral Village Arts Festival
- Woodflame Candles
- Session Fitness Studio
- Saskatchewan Advocate for Children and Youth
- Glassy Gardener
- Law Foundation of Saskatchewan
- Rebellion Brewing
- Elizabeth Fry Society
- Saskatoon Sexual Assault and Information Centre
- Battlefords and Area Sexual Assault Centre
- Saskatchewan Polytechnic (SIASST)
- Regina Early Learning Centre
- Cowessess First Nation
- Prince Albert Sexual Assault Centre
- Regina Catholic School Division
- University of Regina
- Praxis Consulting
- Valmore Consulting
- SaskAbilities
- Conexus Arts Centre
- Ranch Ehrlo
- Sask Abilities
- Regina Transition House
- Rooted Connections
- Regina Immigrant Women's Centre
- City of Regina
- Neil Squire
- Institutional Accountability Project
- Prairieaction Foundation
- Cathedral Art School
- SaskMusic
- Folk and Fan Woodburning

REGINA AND AREA SEXUAL ASSAULT CENTRE

1040 Winnipeg St. - Regina, SK

Office: 306-522-2777

Crisis Line: 306-352-0434

rsac@sasktel.net

www.reginasexualassaultcentre.ca