

A photograph of three women of diverse backgrounds smiling and looking at a tablet together. One woman is wearing a blue hijab. The image is overlaid with a large purple circular graphic.

**sasc**

**SEXUAL ASSAULT  
SUPPORT CENTRE  
OF WATERLOO REGION**

# 2020 Programs

WORKSHOPS

GROUPS

DROP-IN

[sascwr.org](http://sascwr.org)

2020 Program made possible by



Please share this resource and the knowledge you gain from it with others!



## SASC Services:

- 24 Hour Support Line
- Individual Counselling (16 years of age and up)
- Group Counselling and Workshops
- Police, Legal and Medical Accompaniment and Advocacy
- Public Education – Speakers, Workshops and Training
- Practical Assistance
- Family Court Support Program
- Anti Human-Trafficking Program (all ages)

Services are confidential and free of charge. Call **519-571-0121** or visit **[sascwr.org](https://sascwr.org)** for more information.



**[sascwr.org](https://sascwr.org)**

# 2020 Schedule

## KITCHENER

All Kitchener programs are held at **151 Frederick Street, 3rd Floor, Kitchener, ON** unless otherwise noted.

**Registration Information:** Please call **519-571-0121** ext. **114** or email **groups@sascwr.org** to register for groups and workshops. Registration is not required for drop-in programs, unless otherwise noted. All programs are free and confidential.

*\* From time to time, location/dates/times of programs may change. SASC will contact registrants in the event of program changes.*

### Workshops

#### **Getting Started:** Overview of Family Law and Family Court Process

This 2-hour information session is open to folks who identify as women that have experienced abuse, control or violence in their relationship and/or family and are currently involved in, or beginning, the Family Court Process. This workshop will provide an overview of the steps involved in the family court process and how to get started with a Family Court Application. Information and resources will be available on topics such as custody, access, child support, restraining orders and more.

**Date/Time:** January 21st, 6 – 8pm

#### **Sexual Healing** – Two Part Workshop

A two part workshop that explores intimacy, sexuality, self-acceptance, and consent. Participants will have the opportunity to reflect, journal, read, draw and discuss what healthy sexuality means for them on their own unique path toward sexual healing.

**Date/Time:** Wednesday March 4th and 11th, 6 – 8pm

#### **International Women's Day** – Pamper Day

A one-day event to honour women who have experienced sexual violence by offering a day of self-care and community-care.

**Date/Time:** Monday, March 9th, 10am – 2pm

**Location:** Centre in the Square, 101 Queen St N, Kitchener, ON

## 2020 Schedule / CONTINUED

### **Coping with Flashbacks and Nightmares**

Flashbacks and difficulty sleeping are common experiences among survivors of sexual violence. This workshop will explore why this happens, how to identify triggers, and strategies for coping with them.

**Date/Time:** Wednesday, April 22nd, 6 – 8pm

### **Healing and Anger: What's Rage Got to Do With It?**

Survivors may have complex relationships with anger. This workshop will explore the functions of anger, different ways we experience and express it, and how anger can be a useful emotion in the healing process.

**Date/Time:** Wednesday, May 27th, 6 – 8pm

### **Neurobiology of Trauma Workshop**

This workshop will explore the complex and powerful responses the brain has during traumatic events, the relationship between trauma and memory, and how we come to process and heal trauma in the mind and in the body. By the end of this workshop we hope you will gain a deepened understanding of neurobiology as it relates to trauma, survival, and growth.

**Date/Time:** Wednesday, June 24th, 6 – 8pm

### **Self-Compassion Workshop**

Giving yourself the same compassion and kindness you offer to others can be easier said than done. This workshop will offer tools and exercises to practice self-compassion in our lives and counter the voice of our inner critics.

**Date/Time:** Wednesday, August 5th, 6 – 8pm

### **Healthy Relationships – Two Part Workshop**

This workshop will discuss the impact of trauma on relationships, signs that a relationship is healthy/unhealthy, healthy communication, consent and boundaries.

**Date/Time:** Wednesday, September 30th and October 7th, 6 – 8pm

### **Surviving the Holidays**

This workshop acknowledges that the holiday season can come with extra stress and triggers for survivors and provides support in creating a plan to cope through this time.

**Date/Time:** Wednesday, December 2nd, 6 – 8pm

## 2020 Schedule / CONTINUED

### Closed Groups

#### Music Therapy Group

This 8-week closed group is intended to support survivors of sexual violence as they explore the use of music and mindfulness techniques to facilitate healing and stabilization. Music impacts our breathing, heart rate, endorphins, memory and more. While music can be both triggering and grounding, by understanding how it impacts each of us individually we are able to use it in a more meaningful way. Each week will introduce different ways of engaging with music that support various aspects of healing; music listening, lyric analysis, songwriting, relaxation techniques and more.

No prior experience is necessary. This group is designed to enable members to learn about how music impacts themselves on a deeper level, and assist participants in:

- Understanding how intentional music listening can impact the mind and body.
- Providing new options for expressing feelings and memories.
- Developing coping and stabilization techniques that can be used outside of the group.

**Date/Time:** Mondays, January 20 - March 16th, 2 – 4pm

**Location:** Button Factory Arts

#### Empowered Boundaries and Assertiveness Group

Using different modalities, such as movement, art and discussion, participants will explore how to empower themselves to have healthy boundaries and be assertive in their relationships with others.

**Date/Time:** Tuesdays, 1 – 3pm, January 21st - February 18th, (6 weeks)

#### Exploring the Dark Places

An 8-week closed healing group for survivors of childhood sexual abuse.

**Date/Time:** Tuesdays, 1 – 3pm, February 25th– April 14th (8 weeks)

## 2020 Group Schedule / CONTINUED

### Family Court Peer Support Group

This 6 –8 week group is open to folks who identify as women that have experienced abuse, control or violence in their relationship and/or family who are at the beginning, middle, or end of their journey through the Family Court System. Each week will provide information, resources and activities focused on a specific topic, as well as a chance for group members to share their experiences in a safe, supportive environment. \*Open group: clients can register at any time.

**Date/Time:** Weekly throughout February and March. Exact dates and times TBA. See [sascwr.org](http://sascwr.org) for updates!

### Drop-In

#### Welcome Wednesdays

An open healing space to connect with other survivors over activities and snacks.

**Date/Time:** Every Wednesday, 1 – 3pm (no group on statutory holidays)

*\* On January 22, Reflexology will take place at Welcome Wednesdays – for this session please register beforehand.*

#### LGBTQ Survivors Support group

A monthly support group for LGBTQ+ survivors of sexual violence.

**Date/Time:** Second Tuesday of every month, 7 – 8:30pm, beginning January 14th

**Location:** Spectrum, 283 Duke St W #210, Kitchener, ON

#### Supporters of Survivors Meet Up

Join us in a safer space to connect with other supporters and explore strategies to support the survivor(s) in your life. Facilitators from our Male Allies and Counselling program will be present to share information and answer questions.

**Date/Time:** This meet up will take place 3 times a year. Exact dates and times TBA. See [sascwr.org](http://sascwr.org) for updates!

#### New Canadian Women Support Group

A monthly social support group for newcomer women who have experienced abuse.

**Date/Time:** Details TBA – see [sascwr.org](http://sascwr.org) for updates!

# 2020 Group Schedule / CONTINUED

## CAMBRIDGE

All Cambridge programs are held at **Langs, 1145 Concession Road, Cambridge, ON** unless otherwise noted.

**Registration Information:** Please call **519-571-0121** ext. **114** or email **groups@sascwr.org** to register for groups and workshops. Registration is not required for drop-in programs, unless otherwise noted. All programs are free and confidential.

*\* From time to time, location/dates/times of programs may change. SASC will contact registrants in the event of program changes.*

### Workshops

#### **Boundaries and Assertiveness Workshop** – Two Part Workshop

Using interactive exercises and discussion, participants will explore how to empower themselves to have healthy boundaries and be assertive in their relationships with others.

**Date/Time:** Thursday March, 19th and Thursday March, 26th, 1 – 2:30pm

### Closed Groups

#### **Clay Therapy Group**

The clay body changes in relationship to making contact with the human body. It is an effortless dance where each touch is recorded and then transformed with every interaction between clay and its maker. The malleability and immediacy of the material naturally integrates the mind-body connection, where the experience of mindfulness is one of embodiment. Clay is a wonderful antidote to trauma. It invites integration in the dance between the maker and the medium.

This group is suitable for people who have done first stage trauma work and have skills to resource themselves when places of discomfort arise. Clay is a powerful medium to process trauma and it is critical that participants are open to working with a mindfulness approach that engages body, breath and presence. In this 6 week two-hour workshop, we will explore the four foundations of mindfulness – body, feelings, mind, and nature of our experience.

CONTINUED

## 2020 Schedule / CONTINUED

### Clay Therapy Group / CONTINUED

Through exploration with clay we will recognize how we can be stuck because we have not looked deeply enough into the nature of our experience. With self-compassion we will notice habits of beliefs, judgments, and/or stories and create strategies to loosen their hold on us by working with the malleability of clay.

The emphasis will be on the process of working with clay while not being attached to the product we create.

**Date/Time:** January 9th – February 13th (Thursdays), 11am – 1pm, 6 weeks

### Exploring the Dark Places

A 10-week closed healing group for survivors of childhood sexual abuse.

**Date/Time:** October 1st – December 3rd (Thursdays), 10am - 12pm, 10 weeks

### Drop In

#### Survivor Support Space

An open healing space to connect with other survivors of sexual violence over activities and snacks.

**Date/Time:** Every 3rd Thursday of the month, 1 – 3pm, beginning March 19th



you  
are  
not  
alone!



# Testimonials

## WORKSHOPS

*"I found the workshop very organized and well thought out."*

*"I liked the flow of the agenda"*

*"I appreciated the open dynamic. It kept it engaging."*

*"I liked the detailed content provided and the inclusiveness."*

*"It's really nice to know that others struggle with the same things I do."*

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## GROUPS

*"From day one the group was so welcoming and understood my struggles"*

*"After this group, I feel more committed to my healing and to seeking more resources. I am finding the joy in simple things and focusing on the positive. I know I'm not alone."*

*"I learned that I need and deserve self-care, self-compassion, healing and forgiveness. Also, that my feelings and experiences are actually common for survivors."*

*"I took away that it's okay not to be okay. I'm doing the best I can do and that is all I can ask from myself."*

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## WELCOME WEDNESDAY

*"I appreciate the variety of activities."*

*"The format is very friendly for all."*

*"Quiet, calm, and relaxing."*

*"I enjoyed having the free time to colour and distract myself from the stressors of life."*

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## welcome wednesdays

An open healing space for survivors of sexual violence to connect. Snacks and refreshments available. Includes arts-based activities and discussions around topics like those that are listed here.

Each session includes check in, activity and discussion, grounding exercise, and check out. We're always open to topic suggestions!

Coping strategies

Self-Compassion

Mindfulness

Impact of trauma on mind,  
body and relationships

Boundaries

Creating a support system

**Every Wednesday, 1 – 3pm** (except statutory holidays)

**151 Frederick Street, 3rd Floor, Kitchener, ON**



# 24 Hour Support Line

## 519.741.8633

Support is available in more than 50 languages!

The core of our services is our 24 Hour Support Line. This is staffed by volunteers who have completed a comprehensive training program. We provide support from an empowerment based approach.

Language interpretation is also available! We're able to provide phone support in more than 200 languages, through an interpreter service.

All calls are strictly confidential.

## WE PROVIDE:

Immediate crisis support and intervention

Options, information and referrals as well as advocacy and accompaniments

Support to all genders who have experienced sexual violence as a child or as an adult

Support and information for friends and loved ones who are supporting someone who has experienced sexual violence in their lifetime



[sascwr.org](http://sascwr.org)



you  
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NEVERTHELESS, WE PERSIST.

sasc

SEXUAL ASSAULT  
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30 years of resilience, healing, and hope.



300-151 Frederick Street, Kitchener ON N2H 2M2

(519) 571-0121 | 24 Hour Support Line: (519) 741-8633 | [sascwr.org](http://sascwr.org)

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Follow our Male Allies Program on Twitter, Facebook and Instagram: [@MaleAllies](https://twitter.com/MaleAllies)

Find our Anti Human Trafficking Program on Twitter: [@HTsupportWR](https://twitter.com/HTsupportWR)

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