



> VALUING WOMEN'S VOICES: OUR PAST & PRESENT  
.....cont.2



> NEW SUPPORT GROUPS AT KWSASC.....5



> UPCOMING EVENTS AT KWSASC.....4

# frontlines

## KWSASC

### Valuing Women's Voices: Our Past & Present

Article by Sara Casselman - Community Relations Coordinator

*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."*

*Margaret Mead, US anthropologist (1901 - 1978)*

KWSASC began in the spring of 1989 with the vision of establishing a rape crisis centre in Waterloo Region. The Region had been without a rape crisis centre for 11 years since the Waterloo Rape Distress Centre was forced to close its doors when funding was cut in 1978. Community women began to share ideas for establishing a 24-hour crisis line for women survivors of sexual assault. Many of the women involved were survivors of sexual violence themselves and recognized there were inadequate supports for survivors in the area. They were determined to build a strong, grassroots centre for women that could truly respond to the needs of the community.

We were conceived from this collective vision - a desire to effect change and an awareness that woman abuse was systemic, not simply isolated and unfortunate acts of violence. We were founded on the understanding that sexual violence is perpetuated by a fundamental power imbalance in our society based on privilege and access to resources. Women and children have been granted the least power and, as such, are the targets of almost all sexual abuses.

At KWSASC, we apply this systemic awareness of women's oppression to all the work we do. On the frontlines, we work daily to provide survivors with the tools they need to help themselves. We take a holistic approach to healing, and understand that women have a hierarchy of needs; little healing work can be done when women are struggling to feed and clothe their families. We provide emergency practical assistance and advocate with other agencies to meet women's basic needs.

(cont. page 2)



24 Hour Crisis  
& Support Line  
(519) 741-8633

## Valuing Women's Voices: Our Past & Present

(cont. from p1)

KWSASC is also conscious of how power imbalances can exist within organizations. As such, we have made a commitment to model alternative systems within our own membership. We operate as modified collective group that includes all volunteers, board members and staff women. At the fundamental core of our collective: equality, respect, mutual acceptance, and an open forum for the exchange of ideas.

Collective process is a structure different from that of most organizations in that it is not hierarchical. In traditional organizational structures, minority voices tend to be marginalized through systems such as election or voting. If only a few people in the group feel a certain way, and the group takes a vote, that marginalized opinion can easily be ignored, for there is nothing requiring the group to consider their standpoint. It is the goal of collective process to avoid this marginalization by using a structure which encourages open discussion, diversity in the group and consensus decision-making.

While people tend to ask questions about how a collective can operate efficiently, no one seems to question the value of teamwork in accomplishing tasks! Even large corporations, with levels of management built upon levels of management, send their employees on "team-building" days to improve on group dynamics, increase efficiency, and instill a sense of accountability to one another within the group. Collectives are simply the purest form of teamwork and organization!

That collective vision of a group of community women, culminating in KWSASC's formation, has blossomed in the last 18 years. Every year our members support hundreds of women in Waterloo Region who have been impacted by sexual violence, and our public education department reaches more than ten times those numbers.

visit our website:  
[www.kwsasc.org](http://www.kwsasc.org)

### COLLABORATE WITH KWSASC

*KWSASC continues to seek out other organizations in our Region working to end all forms of oppression, woman abuse, and sexual violence to join with us as allies in these efforts.*

*We look forward to seeing the continued positive impact that agency collaboration can have on the welfare of women, children and all marginalized groups in our society.*



# December 6th is Canada's National Day of Remembrance and Action on Violence Against Women



## December 6th In Waterloo Region

On December 6, 1989, a gunman roamed the corridors of Montreal's École Polytechnique killing 14 women. He separated the men from the women and before opening fire on the classroom of female engineering students he screamed, "I hate feminists." Almost immediately, the Montreal Massacre became a galvanizing moment in which mourning turned into outrage about violence against women.

In the gunman's suicide note he wrote: "Please note that I am committing suicide today ... for political reasons. For I have decided to send Ad Patres [Latin: "to the fathers"] the feminists who have ruined my life. ... The feminists always have a talent for enraging me. They want to retain the advantages of being women ... while trying to grab those of men. ... They are so opportunistic that they neglect to profit from the knowledge accumulated by men throughout the ages..."

Those disturbed words echo the sentiments in many acts of domestic murder and sexual abuse of some women who assert greater independence and move beyond traditional female roles.

Each year on December 6, now designated "The National Day of Remembrance and Action on Violence against Women", we remember the 14 women killed in 1989 and all the women in Canada who have lost their lives to violence.

On behalf of the Waterloo Region December 6 Coalition, KWSASC would like to invite every man, woman, and child in our community to this year's December 6 event at 7PM in the Victoria Park Pavilion in Kitchener. For more information, please call us at (519) 571-0121 or the YWCA Cambridge at (519) 650-0800.



## In Your Community, You Could....

- \* Promote awareness on violence against women.
- \* Urge teachers and administrators to support gender-aware violence prevention activities and make them core-curriculum.
- \* Encourage your daughters and granddaughters to pursue all interests; empower young women.
- \* Help your community recognize that ending violence against women is a priority.
- \* Ask your family doctor to display posters and pamphlets on violence against women.
- \* Talk about violence against women and equality in your place of worship.
- \* Be a volunteer or donate money to a crisis centre or shelter for abused women.
- \* Encourage your school board officials to integrate courses and programs that denounce sexism and sexual violence into their regular curriculum and other school activities. Also encourage them to include programs that promote the building of positive self-esteem and healthy relationships.

Waterloo Regional Police respond to an average of 14 domestic violence calls each day.



*In cases reported to police, 80% of sexual assault victims knew the accused - they were friends, acquaintances or family members.  
(Source: Statistics Canada, "Sexual Offences" 2002)*

*The Kitchener-Waterloo Sexual Assault Support Centre presents:*

# *FemFest... A Celebration of Women*

*Come out and enjoy the pampering stations,  
silent auction, tarot readings, health & wellness info...  
promoting women in business.... and much more!*

**Thursday October 19th 7pm-10pm  
Walper Terrace Hotel**

*For tickets and/or information*

*Call 571-0121*

*We accept cash, cheque, or visa*

*Advance tickets \$20*

*Tickets at the door \$25*

**Service providers include: Canadian College of Massage and Hydrotherapy, Centre for the Intuitive Arts, Tarot Readings by Karen Auger, Personal Power Palmistry, The Body Shop, Judith Nicholson - Psychic reading, Beauty for You Salon/Spa, Susan McQuay - Seated massage, Mary Kay Cosmetics, Mehendi Village, Suds 'N Soaks, Toe-2-Heal Reflexology, Sahaja Yoga Meditation... and much more!**

## **4th Annual Femfest: A Celebration of Women**

This fun-filled annual event has become KWSASC's largest fundraiser... and this year it's bigger and better than ever!

We have expanded Femfest and taken over the entire second floor of the Walper Terrace Hotel! Come out and enjoy the pampering stations, a huge silent auction, tarot readings, health and wellness info... and much more!

The first 100 women receive a goodie bag! Come on out to celebrate women in our community, promote women in business, and raise much needed dollars to expand programs and services for survivors of sexual violence in our region! Everyone is welcome!

## New Support Groups at KWSASC

### Support for Lesbian & Bisexual Women

Sexual violence is prevalent in our society and happens to many women including lesbian and bisexual women. Survivors of assault often have a great deal of difficulty seeking help. The homophobic attitudes that surround lesbianism and bisexuality create environments that further limit the safe options survivors have for seeking support.

Recognizing this, KWSASC is offering a free and confidential 8-week support group beginning in February 2007. This group is open to lesbian and bisexual women, over 16 years of age, who have experienced sexual violence during their lifetimes. Interested participants should contact our office by December 15th, 2006 and speak with Elaine or Meghan.

KWSASC celebrates and supports the diversity in our community and warmly welcomes lesbian and bisexual women as service users, volunteers, board members or employees.

For more information on services available to the LGBTQ community in Waterloo Region, visit this new section in our website:

[www.kwsasc.org/resources/lgbtqqlinks.html](http://www.kwsasc.org/resources/lgbtqqlinks.html)

If you are aware of further social services or counselling support specifically geared to LGBTQ community, please contact our office so we can add that information to our resources.

KWSASC seeks to promote a culture of peer support for survivors of sexual assault by offering groups on a regular basis to women whose lives have been impacted by sexual violence in both Kitchener-Waterloo and Cambridge. For more information on upcoming groups, call our office or visit our website:

[www.kwsasc.org](http://www.kwsasc.org)

### SOS - Supporters of Survivors - A workshop for men & women who are supporting women who have been affected by sexual violence

This new group psycho-educational workshop is being held monthly from September 2006 to March 2007. It is designed for men and women who are supporting a friend or loved one who has been sexually assaulted.

The workshop will cover the following topics: information about sexual assault; the impact of sexual assault; common misconceptions; how to support a survivor and, as a supporter, how to take care of oneself throughout the process. This is an open group and members are welcome once or more!

Upcoming workshops are scheduled from 6PM to 8PM as follows:

October 23, 2006  
November 27, 2006  
January 29, 2007  
February 26, 2007  
March 26, 2007

For more information on these workshops or to confirm your attendance, please contact our office and speak with Joan or Meghan.

### Cambridge Support Group for Female Survivors of Sexual Assault

KWSASC, in partnership with the Family Counselling Centre of Cambridge & North Dumfries, will be offering a new support group for female survivors in the Cambridge area beginning October 16, 2006. This eight-week group will run Monday nights from 6PM to 8PM. Basic childcare and transportation support will be available as required. For more information on this evening group, please call Andrea at (519) 571-0121 x29 or Lindsey at (519) 621-5090.

## Take Back the Night 2006



The Take Back the Night Committee of Waterloo Region would like to thank all the individuals and businesses involved in making this event a success!

Anyone interested in participating on the planning committee for next year, please call us at (519) 571-0121.

## Join our KWSASC Board of Directors

KWSASC is currently looking for two women to join our Board of Directors!

If you are interested in being part of our collective, please email or fax your resume and cover letter to Mastora at [volunteer@kwsasc.org](mailto:volunteer@kwsasc.org) or fax (519) 571-0522 no later than November 15, 2006.



Funding for this Program is provided by the Ontario Ministry of the Attorney General. The views and opinions expressed in this publication do not necessarily reflect the views and opinions of the Ontario Government or the Ontario Ministry of the Attorney General.

## Thank you to Punch Integrated Communications

On September 14, 2006, the staff at Punch began a 24-hour blitz during which they provided their marketing and creative services pro-bono to a select few non-profit organizations in Waterloo Region... and KWSASC was lucky enough to be one of them!

The result? A series of fantastic myth busting posters and a "punchy" new display board for our Centre! We were awed by their talent, amazed at their passion and thankful for their willingness to give of themselves!!! Special thanks go out to Danielle Van Duzer at Punch who coordinated this project!

KWSASC would also like to thank Thompson Printing in Paris, Ontario for their generosity in printing these works of art! They are striking prints!

We are incredibly grateful to both of these companies. For more information on their services, please visit their websites at <http://www.thompsonprint.com/> and [www.punch.com](http://www.punch.com).





Check out the downloadable resources that are available on our website: [www.kwsasc.org](http://www.kwsasc.org)

*"I am writing to express my thanks and gratitude to your agency for having someone offering counselling and advocacy in Cambridge...Finding yourself overwhelmed by life with no idea how or where to find help is scary. But, being told by Andrea I can count on her was a godsend. "Don't worry. We will work something out. You are not alone." ...I am so grateful your agency had the foresight to offer this service in Cambridge."*

-a KWSASC Service User

## Scrapbooking

KWSASC is offering a safe and cozy place for all women to gather with other women, beat the impending winter blues, and have fun! It is free and snacks will be provided. Women are welcome to bring their own scrapbooking supplies!

When: Tuesday Mornings, beginning October 24, 2006 for 6 weeks  
Where: Our Centre!

For more information, please contact us at : (519) 571-0121.

*"I am a victim and a survivor of sexual assault... When I first came [to KWSASC] I thought I was being "silly" for being there because [my assault] happened a couple of years ago, but I learnt there were many people in my situation.*

*Not only have I learnt to deal with my sexual assault and coping strategies to fall upon but I am a better person than when I first arrived and I'm still learning more..."*

-a KWSASC Service User

## Volunteer with us!

Our volunteers are women from all walks of life, all ages, all stages and all backgrounds. What they have in common is the desire to make a difference in the lives of women, and by doing so, make a difference in their own lives! If they have the passion, we have the training!

Volunteers are the core and strength of KWSASC! Volunteer opportunities include membership on the Board of Directors, Crisis and Support Line worker, Public Education speaker, Office and Administrative Support, Court Support, and more!

If you want to know more about general volunteer opportunities, please contact our fabulous new Volunteer Coordinator, Mastora Rashan at (519) 571-0121 x24 or [volunteer@kwsasc.org](mailto:volunteer@kwsasc.org).



KWSASC estimates that more than 10 females are sexually assaulted in Waterloo Region every day. This is based on a combination of three statistics. There were 449 sexual assaults reported to police in our Region in 2005. (Waterloo Regional Police Service, Annual Report) Only 6-10% of sexual assaults are ever reported. (Ontario Women's Directorate)

# FACES OF KWSASC

Sara Casselman - Community Relations  
Coordinator - sara@kwsasc.org x23  
Andrea Arthur-Brown - Counsellor/Advocate  
andrea@kwsasc.org x29  
Juliana Villabona - Counsellor/Advocate  
juliana@kwsasc.org x28  
Elaine Graham - Counsellor/Advocate  
elaine@kwsasc.org x33  
Mastora Roshan - Volunteer Coordinator  
volunteer@kwsasc.org x24  
Joan Tuchlinsky - Public Education Coordinator  
joan@kwsasc.org x32  
Jennifer Andrews-Bedell - Office Coordinator  
jennifer@kwsasc.org x21  
Brooke Young - Technology Coordinator  
brooke@kwsasc.org x21  
Meghan Platt - Student Placement  
meghan@kwsasc.org x21

## Contact us at KWSASC:

tel: (519) 571-0121

fax: (519) 571-0522

email: info@kwsasc.org

**or call our  
24 Hour  
Crisis &  
Support Line:  
(519) 741-8633**

**You are  
not alone.**



Kitchener-Waterloo  
Sexual Assault Support Centre  
201-151 Frederick St.  
Kitchener, ON N2M 2M2

**frontlines** KWSASC