



Summer/Fall 2009

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Staying Connected Through **Survivors Healing Center**

A Welcoming Place For Survivors of Child Sexual Abuse & Their Supporters

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Walk to Stop the Silence *Caminata Para Parar el Silencio*

by Duffy McGinn, SHC Boardmember, SHC miembro de la Mesa de Directores

Survivor's Healing Center hosted its 3rd Annual "Walk to Stop the Silence" in Watsonville on Saturday, April 4, 2009 with the goal to increase awareness of, and ultimately end, childhood sexual abuse. The walk started at St. Patrick's church, continued down Main Street, and ended in the Main Plaza. Over 200 people came out for the walk.

We were thrilled that the walk was covered by the local media. A quote in the Santa Cruz Sentinel stated "It's a difficult topic to get people to talk about because people tend to feel shame," said Maria Rodriguez-Castillo, walk organizer, "The goal here is to continue to increase awareness."

The Mayor of Watsonville, Antonio Rivas, read a proclamation in support of the event. He spoke with praise for the 3rd annual walk that not only continues to grow as an event, but increases awareness of child sexual abuse in the community.

At the event, speakers focused on the topic from many perspectives by sharing personal stories from spoken word to poetry. In addition, political leaders, community organizers, and local law enforcement spoke out in support. Dancers rounded out the day, helping to create a lovely event that unifies the community. Please join us at next year's walk!

Survivors Healing Center llevó a cabo la 3ra "Caminata para Romper el Silencio" en Watsonville, el sábado 14 de Abril 2009, con la meta de crear conciencia para poner un final al abuso sexual infantil. La Caminata empezó desde la iglesia St. Patrick, a lo largo de la calle Central (Main St) y finalizó en la Plaza Mayor. Más de 200 personas participaron en esta caminata.

Estamos estremecidos que la caminata fue cubierta por los medios de comunicación locales, en una cita en el periódico, Santa Cruz Sentinel, la organizadora Maria Rodriguez, expresó, "es un tema difícil para hacer a la gente hablar sobre el abuso porque la gente parece tener vergüenza. Ella continúa, "La meta aquí es continuar creando conciencia."

El Alcalde de Watsonville, Antonio Rivas, leyó una proclamación en apoyo al evento y alabó esta 3era caminata anual que continúa creciendo como evento y la cual ayuda a crear más conciencia sobre el abuso sexual de la niñez en la comunidad.

En este evento, los presentadores enfocaron el tema en diferentes perspectivas en las cuales incluyeron sus historias personales desde presentaciones habladas y poesía. Además, líderes políticos, organizadores comunitarios y hacedores de leyes hablaron demostrando su apoyo. Interpretes de música y baile acapararon el día, haciendo de este maravilloso evento una unión con la comunidad.

Por favor únite a nosotros en nuestra caminata del año venidero.

SHC Is "Going Green!"

This will be our last newsletter in print. Help us save trees (and money) by sending us your email address to receive future newsletters. Send your email address to info@survivorshealingcenter.org. Just say, "Go Green" in the title of your email. You can also read the newsletter on our website www.survivorshealingcenter.org.

Thank You!

Message from SHC President

Dottie Jakobsen

To all of our loyal and dedicated supporters, thank you for your ongoing generosity. You've allowed us to offer quality therapy groups and services for survivors of childhood sexual abuse for 22 years! Thank you for your personal commitment to provide this essential community service.

We are currently running groups for women, men, and youth. We have our 1st ever Spanish speaking group, an expressive arts group and a youth program for girls at risk at an alternative high school in South County. We are excited to provide youth with constructive tools to deal with post traumatic stress symptoms as a source for healing and for preventing other potentially negative life choices. A new group for boys is coming up soon.

Although the statistics of childhood sexual abuse remain far too high, we are proud of the accomplishments you've helped us achieve in creating public awareness and prevention in our communities. With your continued help and support we can assist many more individuals in overcoming and healing from the shame, pain, and debilitating impacts of abuse.

We realize the economy is challenging. Our goal is to raise \$50,000 in donations this year. Every single dollar helps. We urge you to continue supporting us in our mission to end childhood sexual abuse in our community. By sharing this newsletter with friends and family you help. Your volunteer hours help. We cannot continue without you. Please give as generously as you can.

In peace and gratitude

OUR SERVICES

Open to the Public Monday and Wednesday through Friday 10:00AM – 3:00PM. We are closed to the Public on Tuesdays. We are in the office five days a week and return all calls.

Therapy Groups (and potential start dates)

Our therapy groups explore issues of child sexual abuse in a safe, supportive environment. Goals include breaking isolation and developing healthy coping skills.

- Girls' Expressive Arts (14 – 21 years) - ASAP
- Women's – Early September
- Expressive Arts for Women – Early September and Early January
- Spanish Speaking Women's – Early September
- Men's – October
- Lesbian, Bisexual & Transgender Women's group when enough interest is present

NUESTROS SERVICIOS

Survivors Healing Center esta abierto para el público lunes, miércoles y viernes de 10am a 3pm. Estamos cerrados al público los martes. Estamos en la oficina cinco días a la semana y devolvemos todas las llamadas. Llámamos en cualquier momento.

Grupos de Terapia (posibles fechas de empiezo)

Los grupos de terapia exploran los efectos del abuso sexual en un ambiente seguro y confiable. Nuestro fin es quebrar con la desolación y desarrollar nuevas habilidades para nuestros clientes llevar una vida sana.

- Grupo de Arte Expresivo para niñas (14-21 años)
- Grupo de Arte Expresivo para mujeres– a principios de Septiembre
- Grupo para mujeres – a finales de Octubre
- Grupo para Latinas–a principios de Septiembre

Free Lending Library – Books and video/audio tapes on child sexual abuse, prevention and healing.

Speaker Series –testimonies based on childhood sexual abuse issues including healing and recovery.

Community Events –To educate and to increase awareness about child sexual abuse, prevention and healing.

Extended Community Programs (ECP)

•Survivors of Incest Anonymous (SIA): A 12 step, self-help program for adult survivors of CSA

DISCLAIMER: *In no event shall SHC or its staff and volunteers be liable for any damages arising out of or in connection with Extended Community Programs.*

- Grupo para hombres – Octubre
- Grupo para lesbianas & transgénero cuando haya suficiente interés para formar un grupo

Librería gratis – Libros y video/audio casets basados en el tema de abuso sexual, prevención y sanación.

Series de Testimonios – Basados en el proceso de sanación y prevención del abuso sexual durante la niñez.

Eventos Comunitarios –educación y conciencia a la comunidad sobre abuso sexual infantil

Programas Extendidos a la Comunidad
•Sobrevivientes del Incesto Anónimos (SIA) es un programa para adultos sobrevivientes del abuso sexual en 12 pasos.

Negación: *En ningún evento SHC o miembros de trabajo y voluntarios son responsables por ningún daño que salga de los programas en conexión de a la comunidad.*

A Special Thank You to all of our donors. We raised over \$60,000 this past year!
Un Especial Agradecimiento a todos nuestros donadores. Recaudamos más de \$60,000 este pasado año.

Financial Supporters
Patrocinadores Financieros

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 AJ Crevello MD & Rosemary Zarate-Crevello
 Alexis Delevett
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 Pure Water- Almar Store
 Ray & Joy LeClair
 Richard & Nicci Winner
 Richard Campbell

Survivors Healing Center (SHC), a California 501(c)3 non-profit organization, has been serving Santa Cruz County since 1987. SHC provides education, information, referrals, quality services, and support to survivors of childhood sexual abuse and their allies. Our primary goals are to empower those victimized by sexual abuse through a healing process and to prevent sexual abuse of children and youth.

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 Sandy Polakoff, LMFT
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 Sherylyn M. Stahr
 Sigma Alpha of Omega Nu Santa Cruz
 Sisters of Notre Dame DeNamur
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 Sonia Spindt
 Sonya Wilt
 Spencer Hays
 Starbucks - Capitola Mall and Freedom
 Stephen Halpern
 Steven Weosmer
 Sue Cheatham
 Susan Ross
 Suzanne DiNubile
 Team Samurai
 The Community Foundation of Santa Cruz County
 The Larsons
 The Screamers in memory of ...James McLennon
 Tracy McDonald
 Tuan at Rumours Salon
 United Way
 Veronica Tonay & Steven Macramalla
 Wells Fargo Community Support Campaign
 Wells Fargo Foundation
 Wendall Harry
 Wil-O-Ben Farms, Roy Wilt
 ZNA Communication, Inc.

Event Supports /Patrocinadores del Evento

Alex Castillo
 Antonio Rivas, Mayor of Watsonville
 Bikers Against Child Abuse
 Commission for the Prevention of Violence Against Women
 Cream and Honey Productions
 Erika Castillo
 Girls Task Force
 Grupo de Danza y Baile Centeoti de Santa Cruz
 Jenny Kurzweil
 Maria Rodriguez-Castillo
 Mariella
 Moriah Fey
 Rafael Castillo
 Santa Cruz Residential Recovery
 Si Se Puede
 Team Samurai
 Watsonville Police Dept.
 Women's Crisis Support - Defensa de Mujeres
 ZNA Communications, Inc

Volunteers Voluntarios

Thanks to all volunteers
interns. We could
not do it without your
support and dedication.

Muchas gracias a todos
los voluntarios. No
podriamos hacerlo sin su
apoyo y dedicación.

A special thank you to Maria Rodriguez-Castillo for all of her hard
volunteer work organizing this years Walk to Stop the Silence.
The Walk to Stop the Silence was sponsored by Survivors Healing
Center, Bikers Against Child Abuse (B.A.C.A), Si Se Puede, Santa Cruz
Residential Recovery, Girls Task Force, Team Samurai, Las Hermanas,
Nordic Naturals, Bahia Tropical DJ, and The Commission for the
Prevention of Violence Against Women (CPVAW)



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Amity Sims
Anna
Gammelgard
Kathy Wilkie
Jim Wilkie
Barbara Wilkie
Vicki Weagle
Communigators
Volunteer Team,
Cabrillo College
Karen
Bartholomew
Derek Mitchell
Dana C. Smith
Jenny Kurzweil
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