

November 2015

# The Advocate

The Wichita Area Sexual Assault Center newsletter

## Support Groups at WASAC

Mary Stolz-Newton  
Assistant Director

Sexual violence is a crime that thrives in silence, leaving many survivors feeling incredibly isolated. Our advocates tell people every day, “You are not alone” in an attempt to alleviate some of that isolation. But nothing affirms that fact quite like our support groups. Part of our agency mission is to create an atmosphere of healing for people impacted by sexual violence. WASAC support groups are a significant part of that healing atmosphere.

WASAC support groups are a place where survivors can connect with each other and find a group of supportive people, who know what it is like to journey in the healing process after sexual victimization. Research has shown, “social support plays a critical role in healing from sexual violence...(support) can help to buffer some of the stress that sexual trauma can cause” (Leech & Littlefield, 2011).

There are a lot of positive outcomes for survivors that can be attributed due to increased social support. Many survivors express the importance of support groups in helping them to develop positive coping skills. This can also lessen the likelihood that survivors will

experience depression, low self-esteem, and symptoms of post-traumatic stress disorder (PTSD) (Leech & Littlefield, 2011).

The list of benefits from attending a support group might be a mile long, but we recognize that it is still incredibly scary to walk through that door the first time. If you or someone you know is considering joining a WASAC group, here are a few things you can expect:

***We will believe you.***

You do not need to prove anything to us. You don't need a police report or the recommendation of a therapist to receive services or join a group. We trust that you know



what is right for your own healing and we are here to help on that journey in whatever way you want us to.

## ***Confidentiality***

All communication that is shared in support group is confidential. We do not keep notes or files on participants. Participants are also expected to respect and keep the confidentiality of other group members.

## ***Choices***

You have absolute control over what you share and what you don't share. You have choices every step of the way. You will never be put on the spot or forced to share something.

## ***A supportive group facilitator***

Most of our WASAC groups are facilitated by a therapist, but sometimes another advocate may facilitate should our therapists be out of the office. Regardless, all advocates have training on trauma, sexual violence, and additional support group training.

## ***A safe atmosphere***

We strive to make WASAC an emotionally and physically safe space to be. Come as you are and be who you are. We just ask that you are respectful of other people in the group.

## ***Open & Welcome***

You do not need to make an appointment or call ahead to participate in most of WASAC support groups. You are welcome to just come on in.

WASAC offers a variety of support groups for survivors. An updated listing will always be available on our website at [www.wichitasac.com](http://www.wichitasac.com).

**Adult women's group:** Every Tuesday evening from 5:30-6:30 PM.

**Adult women's yoga for survivors:** Every Tuesday evening from 6:45-7:45 PM.

**Teen girl's group:** Every Monday evening from 5:30-6:30 PM.

**Teen girl's yoga for survivors:** Every Monday evening from 6:30-7:30 PM.

**Parents/Caregivers/Loved one's support group:** Every Monday evening from 6:30-7:30 PM.

**Art & Writing 8-week workshops for survivors:** See attached flyer for details. Workshop participation requires registration unlike our other groups.

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**Resources:**

Leech, T. J., & Littlefield, M. (2011). Social support and resilience in the aftermath of sexual assault: Suggestions across life course, gender, and racial groups. In T. Bryant-Davis (Ed.), *Surviving sexual violence: A guide to recovery and empowerment* (pp. 296-317). Lanham, MD: Rowman & Littlefield.



# WASAC

## Calendar of Events

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November 18: 6:00 -7:30 p.m.

**Protective Parenting Program**

November 24: 12:00 - 1:00 p.m.

**WASAC Lunch and Learn**

**Holiday challenges & traumaversaries**

**\*Wichita Public Library-Central Branch**

**223 S. Main, Patio Room**

November 26-27: Office Closed

**Thanksgiving holiday**

December 16: 6:00 -7:30 p.m.

**Protective Parenting Program**

December 24-25: Office Closed

**Christmas holiday**

December 29: 12:00 - 1:00 p.m.

**WASAC Lunch and Learn**

**Warning signs of stalking**

**\*Wichita Public Library-Central Branch**

**223 S. Main, Patio Room**

**For more information call: 316-263-0185**

**All WASAC programs are Free & Confidential**



# WASAC Happenings

## Wichita's 2015

### Best Places to Work

We are pleased to announce the Wichita Area Sexual Assault Center is one of the 10 best small-businesses to work. Kudos to all staff members and the Wichita community for your support! Below is a group picture of some of our staff members.

Want more  
WASAC News?



[www.facebook.com/wichitasac](http://www.facebook.com/wichitasac)

Visit our website

[www.wichitasac.com](http://www.wichitasac.com)



# *VOLUNTEERS* **NEEDED!**

*Gain Experience and Skills While*

*Helping Survivors of Sexual Violence*

## **Become a Volunteer Advocate**

We need volunteers to serve on the 24-hour crisis hotline and be available to accompany survivors to hospital exams and police interviews.

Our volunteer advocate training is **FREE** intensive education on the psychological, medical and legal implications of sexual assault, as well as other forms of oppression and how they are interconnected. Crisis intervention and counseling skills are developed through discussion, role playing and feedback. During this 40 hour training, WASAC and community partners team up to provide a detailed synopsis of the demand for response in Sedgwick County.

After completing the application and screening process, our volunteers are required to attend the 40 hour training session and complete 2 buddy shifts.

**Volunteers are asked to commit for a minimum of 1 year and sign up for 2 shifts each month on the crisis line.**

**\*\*Volunteers must be 21 years of age.**



For more information contact Amy at  
263-0185 or [Amy@Wichitasac.com](mailto:Amy@Wichitasac.com)  
[www.wichitasac.com](http://www.wichitasac.com)



# Wichita Area Sexual Assault Center

## Adult women (18+)

- Support group  
Tuesday, 5:30 - 6:30 pm
- Trauma-sensitive yoga  
Tuesday, 6:30 - 7:30 pm

## Teen girls (13-17)

- Support group  
Monday, 5:30 - 6:30 pm
- Trauma-sensitive yoga  
Monday, 6:30 - 7:30 pm

## Parents and caregivers

- Support group  
Monday, 6:45 - 7:30 pm

WASAC also offers short-term individual therapy for women, men, and children. To schedule an appointment, please call our office between 8:30 am and 5:00 pm.

WASAC support groups are confidential, free, and open to survivors at any point in their healing. All groups meet weekly and are open-ended, with no appointment necessary to participate. At this time, child care is not available.

WASAC office

355 N Waco,  
Suite 100

SW corner of 3rd/Waco

316-263-0185



Wichita Area Sexual Assault Center presents



# Creating Self-Compassion

Art & Writing Workshops for Survivors of Sexual Violence

**Free and confidential**

**8 week groups**

**All supplies provided**

## Art workshop

*(adult mixed gender group)*

Monday evenings 6 - 7:30 PM

October 5 - November 23

*(adult female only group)*

Monday evenings 6 - 7:30 PM

February 8 - March 28, 2016

## Writing workshop

*(adult female only group)*

Wednesday evenings 6:00 - 7:30 PM

September 30 - November 18

*(adult mixed gender group)*

Wednesday evenings 6:00 - 7:30 PM

February 3 - March 30, 2016

**Pre-registration is required for all groups. Group size is limited.**

**If you are interested in one or both groups, please call Mary or Kathy at (316) 263-0185 or email [advocate@wichitasac.com](mailto:advocate@wichitasac.com).** Once you are confirmed for the group, we will send you details about the location of the group and meeting space. If you are interested in other services offered by the Wichita Area Sexual Assault Center, visit us at [www.wichitasac.com](http://www.wichitasac.com).