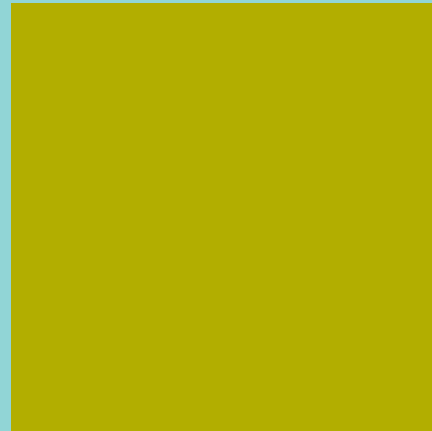




Sexual Assault Awareness Month



The mission of Project Sanctuary is to prevent domestic violence and sexual assault in Mendocino County through advocacy, crisis response, community collaborations, education, and shelter.



**PROJECT
SANCTUARY**

Domestic Violence and Sexual Assault Prevention and Support

+ PROJECT SANCTUARY DIRECT SERVICES

All services are confidential. All services are provided at no-cost to client. All genders and orientations are welcome regardless of documentation status, insurance, or income.



Individual Peer Counseling

- Counseling with a trauma-informed approach, focused on rebuilding a survivor's sense of safety, control, and wellness.
- Provided during regular business hours to clients by appointment.



Legal Assistance

- Assistance obtaining domestic violence/sexual assault restraining orders.
- Collaboration and advocacy with District Attorney, Law Enforcement, Victim Witness upon client request.



Group Peer Counseling

- Groups offered throughout the year with a focus on developing and fostering clients' support networks and skills.
- Including but not limited to: Building Better Boundaries; Creative Expressions; Money Wisdom; Shame Resiliency; Empowerment through the Body, and more.



Emergency Shelter

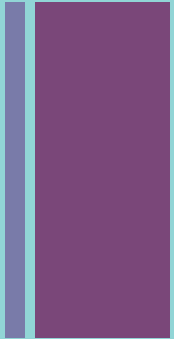
- The shelter--for individuals of all genders and orientations in need of immediate safety from domestic violence---is located in the Inland Region.
- Short-term Emergency shelter is available in the coastal region, with relocation options to Inland shelter.



Crisis Response

- Crisis-counseling by "walk-in" and phone are available **Monday-Friday 8:30-4:30** at our office locations; 24-hrs through the Crisis Line at 964-HELP(4357).
- Services available in Spanish and English.

+ PREVENTION AND OUTREACH



Our prevention work is based upon the premise that to prevent future violence we must educate and empower youth to make healthy choices for their future; develop empathy and skills for creating social norm shifts for a more well and resilient community.

resilient community
social norm shifts for a more well and
develop empathy and skills for creating
make healthy choices for their future



IT'S TIME ... TO TALK ABOUT IT!
Talk early, talk often. Prevent sexual violence.

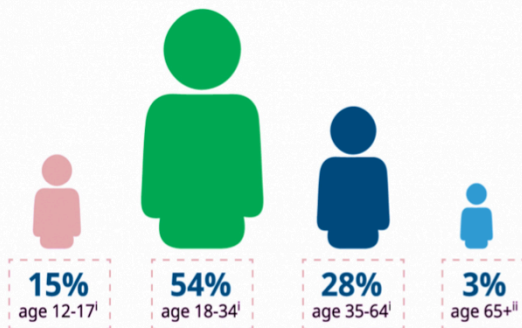
talk early, talk often. Prevent sexual violence.





SEXUAL ASSAULT AT A GLANCE

THE MAJORITY OF SEXUAL ASSAULT VICTIMS ARE UNDER 30



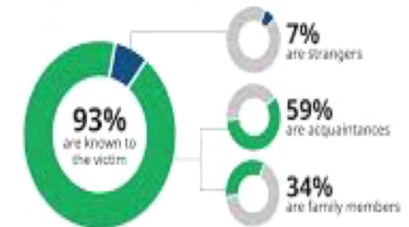
RAINN

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/victims-sexual-violence for full citation.²

IN 2018,
PROJECT
SANCTUARY
SERVED **272**
SEXUAL
ASSAULT
CLIENTS

CHILD VICTIMS OFTEN KNOW THE PERPETRATOR

Among cases of child sexual abuse reported to law enforcement:



RAINN

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/children-and-teens for full citation.⁴

Every 98 seconds, an American is sexually assaulted.

RAINN

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/victims-sexual-violence for full citation.¹

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40+ Coastal businesses and agencies will be hosting our SAAM displays in support of healthy, everyday consent!

me to help unzip your dress? How do you feel about texting at work? Are you still into this? Can I get your Twitter handle? Do you feel okay? C
er? Want to make out or keep cuddling? Is it okay if I share this online? Want to meet for coffee sometime? Are you up for this? Do you need a
comfortable for you? Do you want to do something else? Is it okay if I post this to Instagram? Are you okay with me doing that? How do you
ch? Is this okay? You can say no. Does that feel okay? Can I borrow your hoodie? Can I kiss you? Is it okay if I buy dinner? Do you want a back
our game? ¿Te gustaria pasar la noche en mi casa? Are you alright with me doing this to you? Want to do that again? How far are you comfor
a dance? Can I touch you? Can I add you on Facebook? Do you want to do this? Do you want to do this to yourself? What do you want me to
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ASK

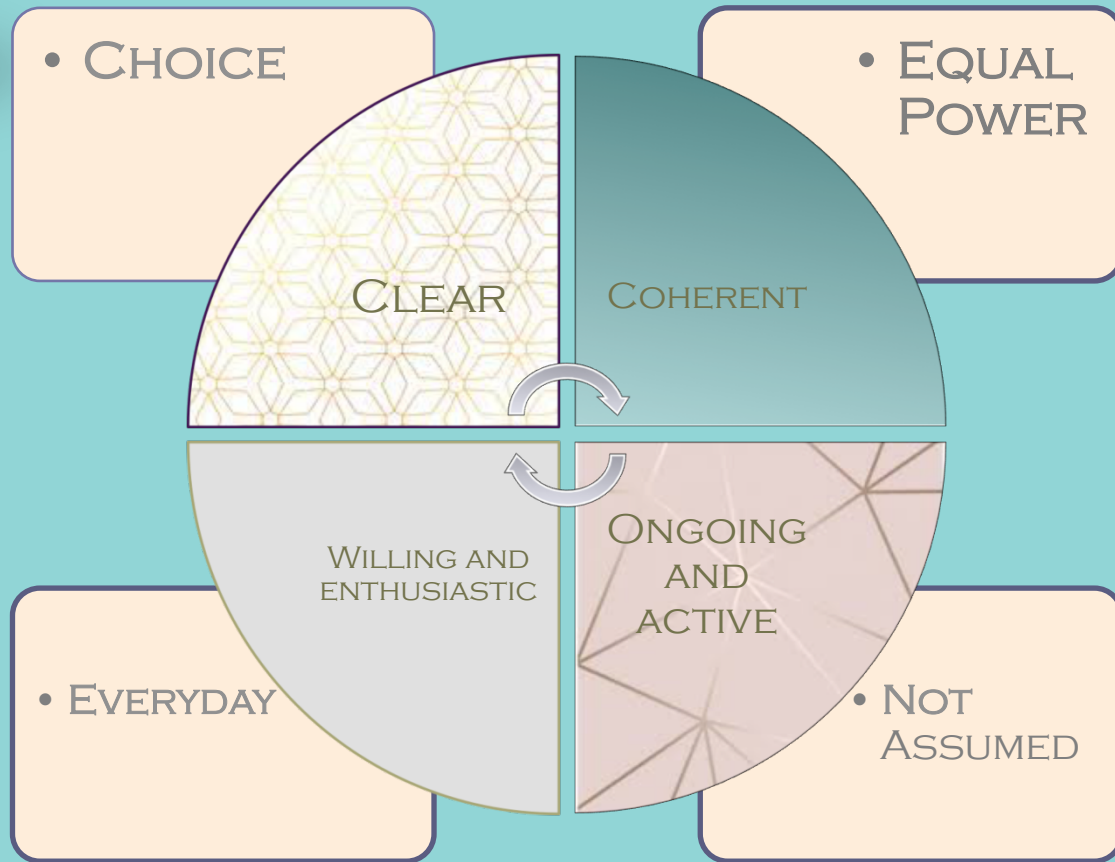
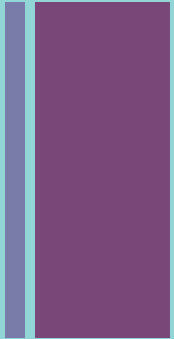
FOR CONSENT

NSVRC Sexual Assault Resource Center NSVRC.ORG/SAAM #SAAM #IAASK

Stop by your favorite local agency or business to check it out!



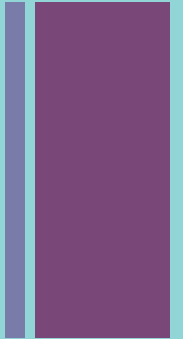
WHAT IS CONSENT?





KNOW THE FACTS. KNOW THE SIGNS. SUPPORT
SURVIVORS.
REFER TO RESOURCES.
VOLUNTEER.
ENCOURAGE CONVERSATION.



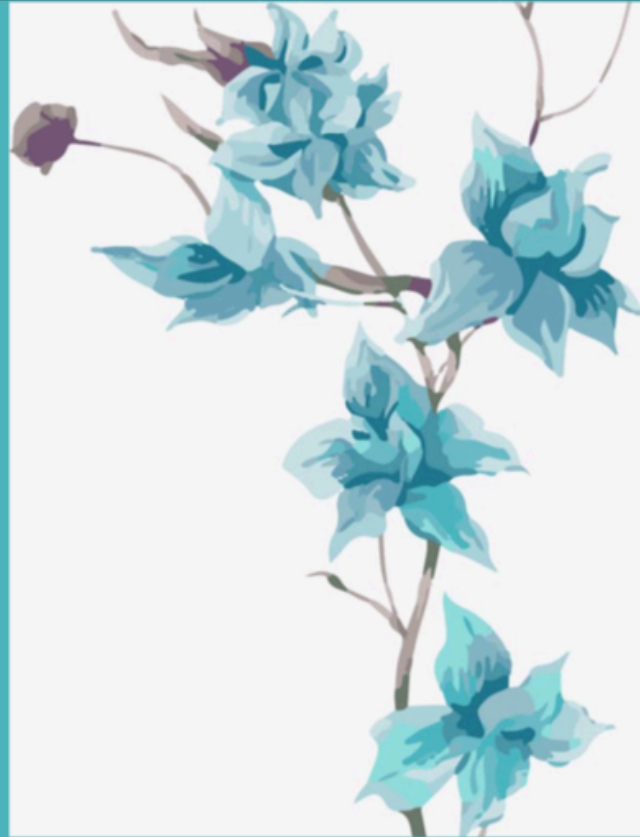


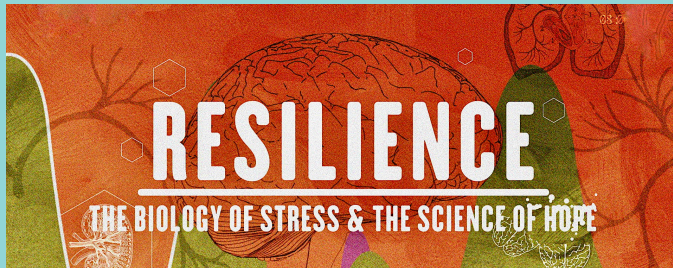
Project Sanctuary Open House

In honor of Sexual Assault
Awareness Month, please join us
for an evening of activities,
information, and light refreshments
at our open house.

Friday, April 12, 2019
5:30-7PM

461 N. Franklin St.
Fort Bragg





Free Film Screening and Discussion
Friday, April 26th 6-8 pm
Fort Bragg Town Hall
363 N. Main Street
Fort Bragg, California

The community is invited to a **FREE** screening of this award winning film which presents the newest advances in science showing the link of how childhood trauma alters our functioning and our response to life events.

For more information contact Jade Aldrich at (707) 621-0053; email coast@mendochildren.org; or access event info on Eventbrite.

Community Resilience Leadership Initiative
 Creating a Community of Kindness, Courage and Connection



MENDOCINO COAST
COMMUNITY RESILIENCE LEADERSHIP
SUMMIT

Saturday April 27th, 2019
Fort Bragg Town Hall
363 N. Main Street, Fort Bragg, California
9:00 - 4:30

Come join us in building skills and creating a network of resilience and support. International trainer Elaine Miller-Karas will share the Community Resiliency Model®(CRM) and how to apply it to our daily lives and work. This summit is an opportunity to explore strategies and ways to respond that cultivate community resilience.

This summit is for: Local Community Leaders, First Responders, Health Providers, Behavioral Health Professionals, Childcare Providers, Educators, Law Enforcement Officers, Faith Leaders and Institutional Policy Makers.

Things you need to know... About the trainer...

- **Sign In, Light Breakfast, Networking:** 9-9:30
- **Lunch will be provided on site**
- **Register Online at:**
- **<https://www.eventbrite.com/e/mendocino-coast-community-resilience-leadership-summit-tickets-58771547280>**
- **For More Information:** CoastResilience@gmail.com



Elaine Miller-Karas, co-founder of the Trauma Resource Institute, has co-created the Trauma Resiliency Model® (TRM) and the Community Resiliency Model® (CRM) and its adaptations for active duty military and veterans. Ms. Miller-Karas has traveled internationally and trained mental health, health professionals and community leaders in social service agencies, hospitals and community organizations in these models.

Community Resilience Leadership Campaign
 Creating a Community of Kindness, Courage and Connection

