



A welcoming place for survivors of childhood sexual abuse and their allies.

Spring 2011



Staying Connected

through Survivors Healing Center

*A Welcoming Place for Survivors of Childhood Sexual Abuse
and Their Allies*

-Dottie Jakobsen, Board President and David Bianchi, Executive Director

Dear Friends,

We have great news to share about our partnership with Family Service Agency. We moved our office and are happily housed in downtown Santa Cruz where we will be holding an open house on April 1 at 5:30 PM at 104 Walnut Avenue, Suite 201. Please join us! We now have access to an additional room for group therapy and a nice conference room for meetings. Our office space has been beautifully upgraded. Currently we are running three women's groups, one Spanish speaking group for women in Watsonville, a men's group, and an expressive arts group. Our youth program has been expanded to include a group for boys at an alternative high school in the county. Amy Pine, our co-founder has just led a series of trainings for therapists and interns on working with survivors of child sexual abuse with the Family Service staff. In addition, we are continuing our awareness building and prevention of child sexual abuse campaign in the county. We will be looking to expand our services in the future to the Monterey County area, where Family Service Agency has a strong presence.

Thank you to all our contributors for your support of our current donor campaign. We could not continue this work without you. To date, we have raised over \$25,000 out of our \$50,000 goal for the year. As a donor, we welcome you as a "Friend of the Center". Should you be interested in participating in our friends group, in working on fundraising and event planning, please contact Kathy Riley at (831)423-7601. We hold a monthly planning meeting on the first Wednesday of the month in the evening.

Our annual Walk to Stop the Silence will be held on April 2nd in Watsonville, meeting at the Watsonville Plaza at 11 AM. Last year's event was a great success with over 350 people in attendance. Please invite your friends and come join us in raising awareness and putting an end to child sexual abuse in our communities.

Walk to Change the World

-Maggie Carlson, intern

There's a common expression that says "never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has". Attributed to everyone from anthropologist Margaret Mead to civil rights

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Ama Delevett,
Assistant Program Director
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leader Martin Luther King Jr., this saying has been repeated often but continues to hold its meaning. Although we began as a small group, we, survivors and allies

alike, have grown and we are making a difference, we are changing the world. Twenty years ago, child sexual abuse was such a taboo subject that even speaking the words aloud elicited whispered rumors, averted eyes and closed doors. Now, on April 2nd, 2011, we stand together to show the world that we will no longer be silent. What began back in the 1980's as a small group of dedicated



individuals has become a nationwide movement to end the sexual abuse of children, and extend a caring hand and safe place for survivors of child sexual abuse to heal.

For the past 4 years Survivors Healing Center has hosted the annual Walk to Stop the Silence in Watsonville, an event designed to raise awareness of child sexual abuse in our community, and reach out to those who have been victimized. On April 2nd of 2011, we will hold our 5th annual Walk to Stop the Silence. During the walk survivors and allies will stand together and march from St. Patrick's Church to the main plaza to honor the creativity, courage and resilience of those who have survived it.

It's time for us as individuals, as families, as a community, to stand up and say, "no longer will we tolerate the disrespect, cruelty and torture of our youngest and most helpless community members, our children". It's time for us to put an end to this crime, to stop stigmatizing those who were victimized and begin empowering them instead. Please join Survivors Healing Center on April 2nd, 2011 in our Walk to Stop the Silence.

A Whole, Happy Life

-Maria Elena de la Garza



I had the pleasure and good fortune of participating in the Latina's Group with the Survivors Healing Center from 1999 to 2009. My experiences as part of the group have helped me develop the "freedom" to be me! I was abused as a child from approximately 3 years of age to around 9 years old by a family member. I kept it a secret all my life until I realized that I didn't have to anymore. This realization I credit completely because of my "sisters" and counselors in the group. At group, I learned to embrace the idea that being abused was "not my fault." I let go of the shame and inner demons that kept me quiet and bound me from self-expression. Through my participation in discussions and by listening to the stories of my "sisters," I realized that I was not alone and was able to find my voice. The group served as a platform to discuss critical issues, deep-rooted

feelings and fears, and insecurities. It also provided for me a place to celebrate accomplishments and to be "seen." Before group, I didn't even know that I lived my

Please join us for the Walk to Stop the Silence on April 2nd, 2011 in Watsonville Plaza.
11:00 AM

"I liked the group and it helped me a lot. I don't feel alone. I realized that I'm not the only one with these problems. Now, I know that there are other people that understand me and who have gone through the same thing. I feel hopeful about my healing." - group participant

Come visit our new home at Family Service Agency during our open house on April 1st.
5:30 PM

Our Wish List

- Art supplies for our Art Therapy Groups
- Digital camera
- Printer toner and paper
- Different colored papers
- Bounce House for the Walk to Stop the Silence

Boundaries Workshop
Please contact Survivors Healing Center for more information
Saturday, May 21st, 2011
2:00-4:00 pm

"This group gave me a safe place to have a voice. I consistently felt accepted and heard. Thanks for being there!" - former SHC client

Couples Workshop
Saturday, May 28, 2011
10:00 am - 4:00 pm

Volunteers

Thanks to all the volunteers and interns. We could not do our work without your support and dedication.

Diane Fridlund
Kathy Wilkie
Jim Wilkie
Barbara Wilkie
Karen Bartholomew
Dana C. Smith
Alex Castillo
Erika Castillo
Rafael Castillo

life as if I were invisible. Group gave me the language to understand my experiences and helped me set goals for my personal healing journey. I love the women in my group and I am grateful for the gifts they gave to me. I learned from them that thriving is possible, that self love can happen, and that I deserved a happy whole life.

Supporting Teen Survivors

-Ama Delevett, LMFT

Everyone who knows me knows how much I love my job. It is such a privilege to be in group with women and teens who are healing from sexual abuse. People often ask me how do you do it, listen to stories of people's traumatic experiences all day? But to me our work here at Survivors Healing Center is not about the trauma, but even more so about the courage it takes to survive. It is about support and community building, resourcing and connecting to a sense of hope, aliveness, joy and perhaps even passion.

It has been a great loss that the Title II funding through the Juvenile Probation Department that helped us provide free services to teen girls over the past three years has ended. We dearly hope that we will be able to restore the funding and continue to offer free services to youth in our community. We are, however, continuing to serve youth through our project working with at risk teens at an alternative high school in Wastonville.

Research shows that the response to a traumatic event matters just as much as the event itself. The sooner someone receives support after a traumatic event, the more negative effects of the trauma can be mitigated. It has therefore especially been a pleasure to be able to offer support to teen girls in our community, sometimes just days after the assault. It is wonderful to be able to relate the message that they are not alone, they are not to blame and that what they are experiencing are normal reactions to an event that was a threat to their life or physical integrity. Together, we work on reclaiming a sense of safety in the world, their lives and bodies, engaging in self-care and practicing creativity and compassion. One teen writes: *"The Survivor's Healing Center is a place that allows me to let go of the shame I have been carrying for over a decade. It provides me a safe space to let go of the fears I have had in order to fully express myself. I no longer feel like I have to hide my experience because the Center encourages openness. And the openness I have learned from my experiences at the Center has transcended into my daily life. I am grateful that such a space exists because it has aided me in beginning my process of healing."* I feel honored to be part of the process and deep gratitude for the trust our clients bestow in us.



Geno San Juan
Misa Garavaglia
Maria Rodriguez-Castillo
Tracy Ferdinand
Emalou King
Juliana Reyes
Ashlee Murray
Desiree Bernard
Margaux Garcia
Victor Garcia
Liz McDade Meritez
Maggie Carlson
Kim Allyn

A special thank you to all of our donors, including our anonymous donors who do not wish to be listed. Our goal is to raise \$50,000 this year. This list represents our donors from September 2010 through March 2011.

Individual Donors

Amy Pine
Adrienne and Peter Hagen
Anita Coppock
Alan and Ruthann Carson
Alice Talbot and Daniel Wirls
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Jerry Solomon



Boyhood Shadows

-Maggie Carlson, intern



On February 19th Survivors Healing Center hosted the one time showing of the groundbreaking documentary *Boyhood Shadows* at the Nickelodeon Theater. The event was a successful fundraiser for the Center. There were 160 people in attendance at the film's showing, including filmmakers

Terri DeBono, Steve Rosen, composer Laura Dare and several men interviewed in the film. The idea for *Boyhood Shadows* was born out of a Monterey Rape Crisis support group for men. It was created to fill a need for a documentary bringing to light the sexual abuse of boys. In doing so the documentary put a face to the epidemic of child sexual abuse which affects one out of every six boys, and to let other male survivors out there know they are not alone. The film follows the story of one survivor, Glenn, as he struggles with his own history of abuse and finally heals. Besides the film we also had a raffle for which local businesses donated prizes. The combined raffle and ticket sales will help us to continue offering our services to the community of Santa Cruz County. The one-time showing of this movie would not have been possible without the support of the Nickelodeon theater, who donated their large theatre for the morning, filmmakers Terri DeBono and Steven Rosen and community activist Kim Allyn, whom assisted with publicity. Thank you to all those who attended the movie and a special thanks to our sponsors who donated raffle prizes for the event:

- Annie Glass
- Santa Cruz Biofeedback
- Dharma's Restaurant
- The Chaminade
- Walnut Avenue Café
- The Garden Company
- The Parlor
- Children's Discovery Museum
- Katayoon Hakim, L.A.C.
- Jan Rekoutis
- Eliahu Goodman
- Maria Alfaro
- Mickey Magic
- Param Therapeutic Center
- Reverend Michele DeMoulin
- California's Great America
- Santa Cruz Beach Boardwalk
- Thomas Yarema, MD
- Ritchie Valens Family

Our Services

Open to the public Monday to Wednesday 10:00AM - 3:00PM. We are closed to the public on Thursday and Fridays by appointment. We are in the office five days a week and return all calls as promptly as possible.

Therapy Groups

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

- Expressive Arts for Girls (14 - 21 years)
- Five Intensive Therapy Groups for Women
- Expressive Arts for Women
- Spanish Speaking only Group for Women (Watsonville)
- Men's Group
- Lesbian, Bisexual & Transgender Women's group when enough

Jill McLennan
Julie Hannah Bower
Katayoon Hakim, L.A.C.
Karen Wolfe
Karen McLennan
Karen Close
Kater Pollock
Kathy Riley
Kathy Runyon
KC Tanner
Kim Allyn
Lila Gimprich
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Lynne Altwerger
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Wendell Harry
Walt and Sue Thomas

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Annie Glass
The BATTERY
Bosso Williams
Baskin and Grant, LLP
The Chaminade

interest is present

- We are also currently running an intensive therapy group for girls and an intensive therapy group for boys through an alternative school in Watsonville

Outreach and Education - We give trainings and presentations with the goal of preventing and stopping child sexual abuse in our community.

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.

THE GRAMMAGE
Children's Discovery Museum
Cabrillo Host Lions Club
City of Watsonville
City of Capitola
City of Santa Cruz
Community Foundation of Santa Cruz County
Dharma's Restaraunt
Driscoll Charitable Fund
Freedom Club Lions
The Garden Company
Great America
Monterey Bay Properties
Nordic Naturals
New Horizon Fund
The Parlor
Palace Arts
Param Therapeutic Center
Plantronics
Santa Cruz Exchange Club
Santa Cruz Biofeedback
Scotts Valley Exchange Club
Staff of Life
St. John's Baptist Church Helpful Shop
Trader Joes
United Way
Walnut Avenue Cafe
Wells Fargo Community Support Campaign
Wells Fargo Foundation
Walter Thomas and Associates, Inc.

In our continuing efforts to 'Stop the Silence' we urge you to accept our Survivors Healing Center Facebook friend request. By accepting this request you will be updated on SHC news and events. You will also help to spread awareness of our agency and services.

[Find us on Facebook](#) 

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