



**SAFFRON**  
CENTRE

# **SAFFRON CENTRE**

## **Vision Statement**

Our vision for the future is: Healthy children, healthy families, healthy communities; free from sexual assault, sexual abuse and sexual violence.

## **Mission Statement**

Working to support the healing and empowerment of those who have been affected by Sexual assault, sexual abuse and sexual violence; to promote change in attitudes, beliefs and social norms.

# We Believe

Everyone has the right to a peaceful existence free of fear, sexual abuse, assault or exploitation.

That crisis intervention, affordable and timely counselling as well as on-going support must be readily available for victims and survivors of sexual assault, sexual abuse and sexual violence.

That there is a need for greater education, public understanding and action regarding the effects of sexual assault, abuse, sexual violence and exploitation.

That services are provided to victims and survivors from all ages, abilities, gender, sexual orientation, cultural or ethnic background.

# What is happening?

- According to statistics, only about 4-6% of Sexual Assaults are reported to police. Only about 1% of Sexual Assaults by a spouse or dating partner are reported. This is the one of the reason that we see a steady increase in Sexual Assaults year after year.
- In Strathcona County in 2018, there were 119 sexual offences reported to the RCMP. Given these statistics it is fair to presume that there have been approximately 10000 more sexual offences that have gone unreported in our community in the first 6 months of this year.
- This is why we need to engage our community in believing and supporting those who have been impacted by sexual violence.

# What we are doing...

- We believe through education and collaboration we can change this and increase reporting and therefore decrease sexual assaults.
- SAFFRON is working with Strathcona County RCMP, Victims Services Unit, SART, Strathcona County Hospital as well as many other community partners, such as PCN and FCS to create a coordinated response to those who have been impacted by sexual violence.

# What we know...

- Individuals who have experienced sexual violence are often struggling with other issues, such as poverty, addictions, homelessness, and much more.
- Almost 100% of our clients require additional supports and care from others in our community. We are so grateful to live in a community that can provide wrap around care to those in need.
- We recognize the need for a collaborative hub of agencies that can meet the needs of those who are struggling.

# **Sexual Assault can affect every aspect of a survivor's life...**

- Emotionally
- Physically
- Mentally
- Spiritually

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# Long term Effects may be...

- Feeling ashamed to be a victim
- Feeling Powerless
- Fear/Phobias
- Feeling Lonely and Isolated
- Relationship Difficulties
- Aggression/Mood Swings
- Sexual Dysfunction/Promiscuity
- Contemplate Suicide
- Commit Suicide
- Sleep Disturbances
- Sudden Illnesses
- Addictions (Drugs, Alcohol, etc.)

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# At SAFFRON Centre..

We believe that sexual assault, abuse and sexual violence can make a negative impact in someone's life, but through the healing process, they can learn how to cope, trust and have a healthy productive life.

There is hope and healing.

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# SAFFRON Counselling...

- Our Counselling program is one of our core services. We offer treatment and therapy to victims of sexual assault, sexual abuse and sexual violence, as well as to their families and supports. In 2018, we provided almost 3000 counselling hours to those who have been impacted by sexual violence.
- Our counselling department has always had a high demand for their services and we have responded by creating programs and groups to meet the needs of our clients.
- With the additional funding we have received from Strathcona County we have been able to respond to our clients in a more timely manner by hiring an additional fulltime therapist.

# SAFFRON Counselling...

Seeds of Healing Counselling Program-provides individual, group, marital and family therapy, such as:

Cognitive Behavioural Therapy

Solution Focused Therapy

Eye Movement Desensitization and Reprocessing

Therapy Utilizing Play

Trauma Recovery

Grieving and Loss

Play Therapy

Art Therapy

Sand Tray Therapy

# We also...

- Provide support and accompaniment for people that are involved in the criminal justice process, and are scheduled to testify due to charges being laid against alleged perpetrators of sexual offences.
- Provide support to clients filling out Victims of Crime Victim Impact Statements and Financial forms as requested.
- We continue to strive to improve the quality of counselling services that we can offer to our clients to strengthen our care and improve their experience.

# SAFFRON Volunteers

- SAFFRON volunteers provide an amazing resource for our organization. They help in so many unique and wonderful ways.
- Volunteers provided over 1800 hours of service in 2018 to our clients and staff as well as to the community as a whole. Our Fundraiser, the Consent Event provides more than 50 volunteer opportunities to our community members.
- We understand the importance of involving the community in the support and healing of our clients. We can all work together to help in the journey.



START  
FINISH

Running Room LTD

COLLINS STEEL

Consent Event  
WALK +  
FUN RUN

937

Consent Event  
WALK +  
FUN RUN

959

Consent Event  
WALK +  
FUN RUN

960

Consent Event  
WALK +  
FUN RUN

941

Consent Event  
WALK +  
FUN RUN

UFC GYM  
EAGLEWOOD PARK, AB

Running Room LTD  
924

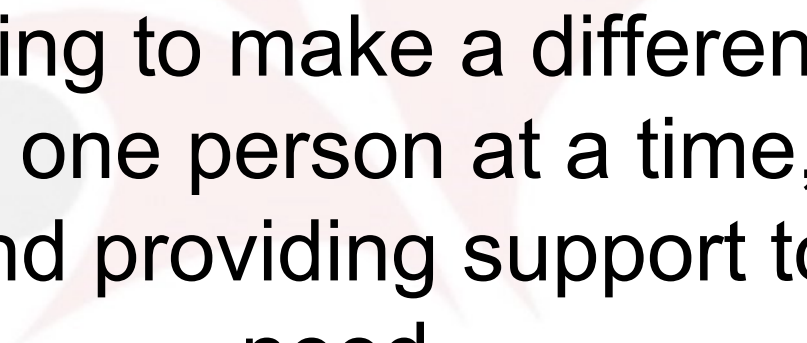
# SAFFRON Public Education...

- SAFFRON's Public Education program is the other core service that we offer. Our program has continued to grow over the last 8 years at a very fast pace. In 2018 we were able to offer over 475 presentations to over 27500 adults, youth and children. We offer presentations to every age group and we give priority to schools in Strathcona County, but also present in other Alberta communities including rural and urban areas.
- Our presentations are based on a response to the needs of our community and what we are seeing when we speak to our clients and to the youth. Our goal is to educate adults and youth and to promote change in attitudes, beliefs and social norms in our society and to end sexual violence.

# Public Education Program

- We believe that talking and educating about the issues regarding sexualized violence will create an environment in which victims will be more likely to come forward and seek the support they need to heal.
- Arming youth with information gives them the power to make wise choices and navigate the sometimes dangerous world we are living in.
- We believe that negative behaviors are learned and we need to do our part to teach and encourage positive attitudes in our community.





We are hoping to make a difference in our community, one person at a time, through education and providing support to those in need.

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# So what can you do?

Be an advocate that speaks out about sexual harassment, sexual assault, sexual abuse, and sexual exploitation. Do not condone the behavior.

Be someone that an individual can talk to. Listen and believing is so important.

Help us to create a community that is free of sexual violence. The support of the Mayor and Council of Strathcona County have taken huge strides in supporting those in our community who have experienced sexual violence.



**Thank you for taking the time  
to learn more about  
SAFFRON.**

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# Our Staff

***Katie Kitschke***

***Executive Director***

***Sophia Parks***

***Counseling Program Director***

***Ashley Hardy***

***Public Education and Community Engagement Director***

***Roohi Dodd***

***Public Educator***

***Grace Schmuland***

***Public Educator***

***Kiara Vroman***

***Office Admin***

***Adam Rosewhich***

***Office Admin***

***Therapists:***

***Deborah Watson***

***Child/ Sand Tray/ Art Therapist***

***Debbie Fillion***

***M.A., Registered Psychologist***

***Jenn Baron***

***M.A. Provisional Psychologist***

***Sarah Hopkins***

***M.A. Provisional Psychologist***

***Belle Hanneman***

***M.A. Provisional Psychologist***

***Vicki Hebert***

***M.A. Student Therapist/Intake Worker***

# Our Board

***Mike Shellenberg***

***Board Chair***

***Roxane Tiessen***

***Treasurer***

***Ken Glover***

***Secretary***

***Bill Tonita***

***Director***

***Ted Halabi***

***Director***

***Leanne Austring***

***Director***

***Carrie Ellinger***

***Director***

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