

South Eastern CASA

Centre Against Sexual Assault & Family Violence



calendar 2014

artwork created by people affected by sexual abuse



Each year I think about what to say in relation to the art work produced by the many women who attend the art groups with Anne Riggs. Each year I am inspired by the courage and determination of those who confront their past by using their creativity. Each year I am in wonder at Anne Riggs' capacity to help individuals heal using art.

The calendar, now in its sixth year, stands as a testament to the courage of all the women, children and men we see at SECASA.

CAROLYN WORTH
Manager

I'd like to highlight the pivotal part that joining the mosaic group had on my healing journey. Having a Degree in Art, I was super happy to join this group, as I'd lost my way with my art. However, I wasn't expecting what happened.

The night before the class was a restless one and upon waking, to my surprise, I didn't really want to go. Pushing myself to go, I felt very weird, uncomfortable and apprehensive, with no understanding of what it was all about. I resisted the desire to run. I said to myself "You're not going any where. Stand and do this". Once I'd made that decision, I wanted to burst into tears. I left the room to talk to the Counsellor: "I'm tired of crying, I have been crying all my life. When it is ever going to end?"

The worker encouraged and supported me to hang in there; it WOULD get better. As the weeks passed, it got easier and within a month I started to enjoy it and look forward to going.

It took longer to understand why I'd had such emotional responses and one day I realised all my life I'd dreamed of being an Artist and it was never realised. I was always beating myself up. I came to understand the real reason: I hadn't carried my dream through because I had no self-esteem, had bottled anxiety and depression, with sleep disturbances and an inability to handle stress. This was all due to suffering sexual abuse in my childhood. The last 40 years had gone and I simply had to let go of my dream of being an Artist. I came to accept the destructive fallout of abuse in robbing me of my potential and fulfilment of my dream.

Somehow that meltdown in the first mosaic class connected me to my inner struggle and the wall that separated me from my deepest emotions and caused dissociation throughout my life.

I thank SECASA for providing not only excellent one-on-one counselling and a support group, but also the Art Group, which proved paramount in providing a major breakthrough to "getting a life".

LIZ HUGHES

Participants:

Vanessa	Emily H
Georgia	Leigh
Annie	Samantha
Maurice	Kerry
Eva	R. Johnson
Bailey	Valerie
Cameron	Tosca
Alix Dekleva	Kris
Juljiana Dekleva	Chris
Margaret R	Zena
Ev	Liz Hughes
Ekaterina	Sim1
Emily Pitchford	Gayle K

this year we ran projects for women as well as a new project for parents with their children.

Counsellors:

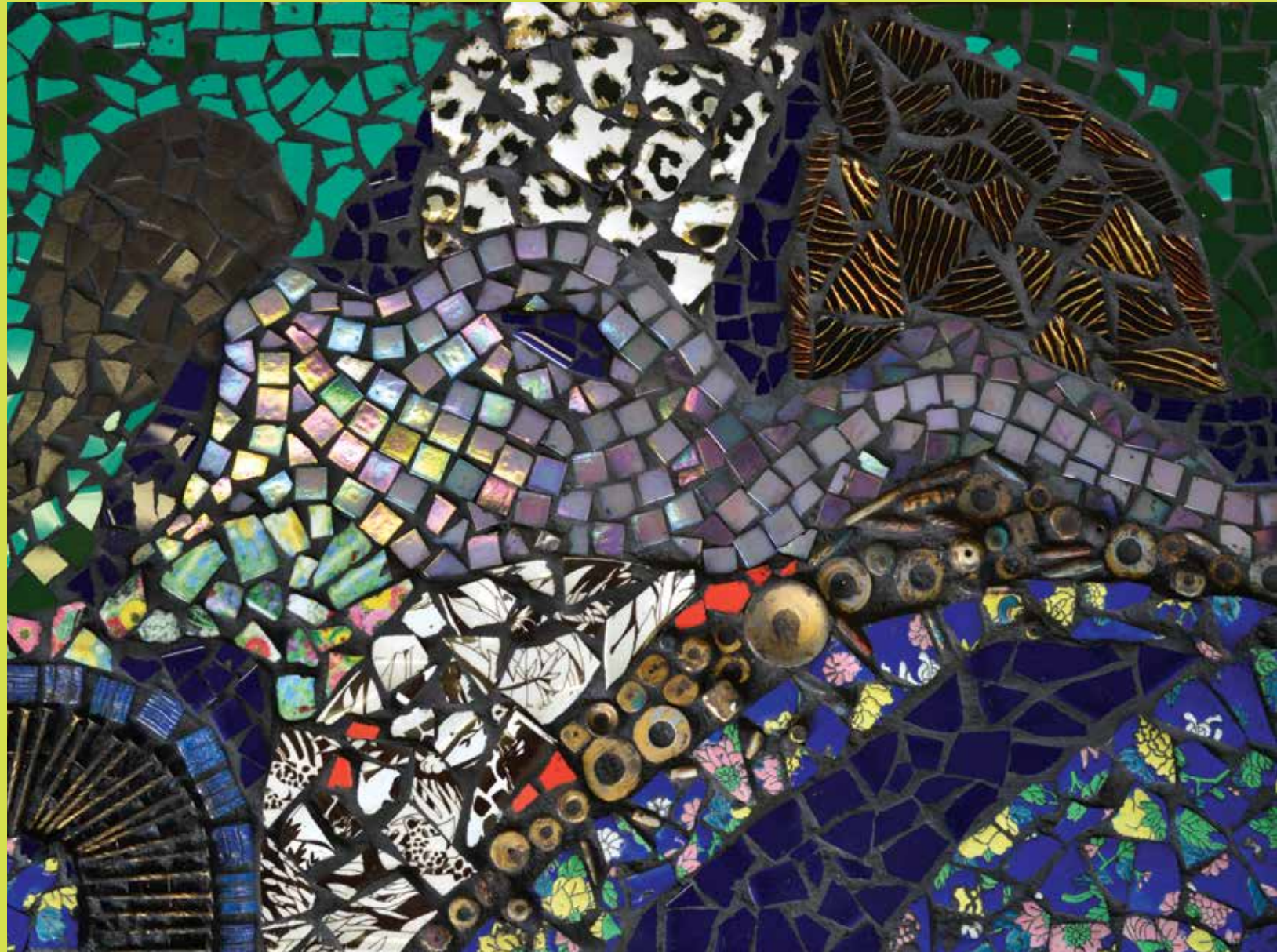
Gwendoline Hanson
Ima Uko
Jess Miranda
Sallyann Kempler

Artist/Photographer:

Anne Riggs

Design:

Kenneth Galvin with Anne Riggs



The first and great commandment is: Don't let them scare you.
Elmer Davis, Writer

DECEMBER 2013

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

2014

FEBRUARY 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Australia Day	27 Australia Day Holiday	28 Term 1 starts *	29	30	31	South Eastern CASA Centre Against Sexual Assault & Family Violence



Keep your face to the sunshine and you cannot see the shadow.

Helen Keller, Writer/Activist



JANUARY 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

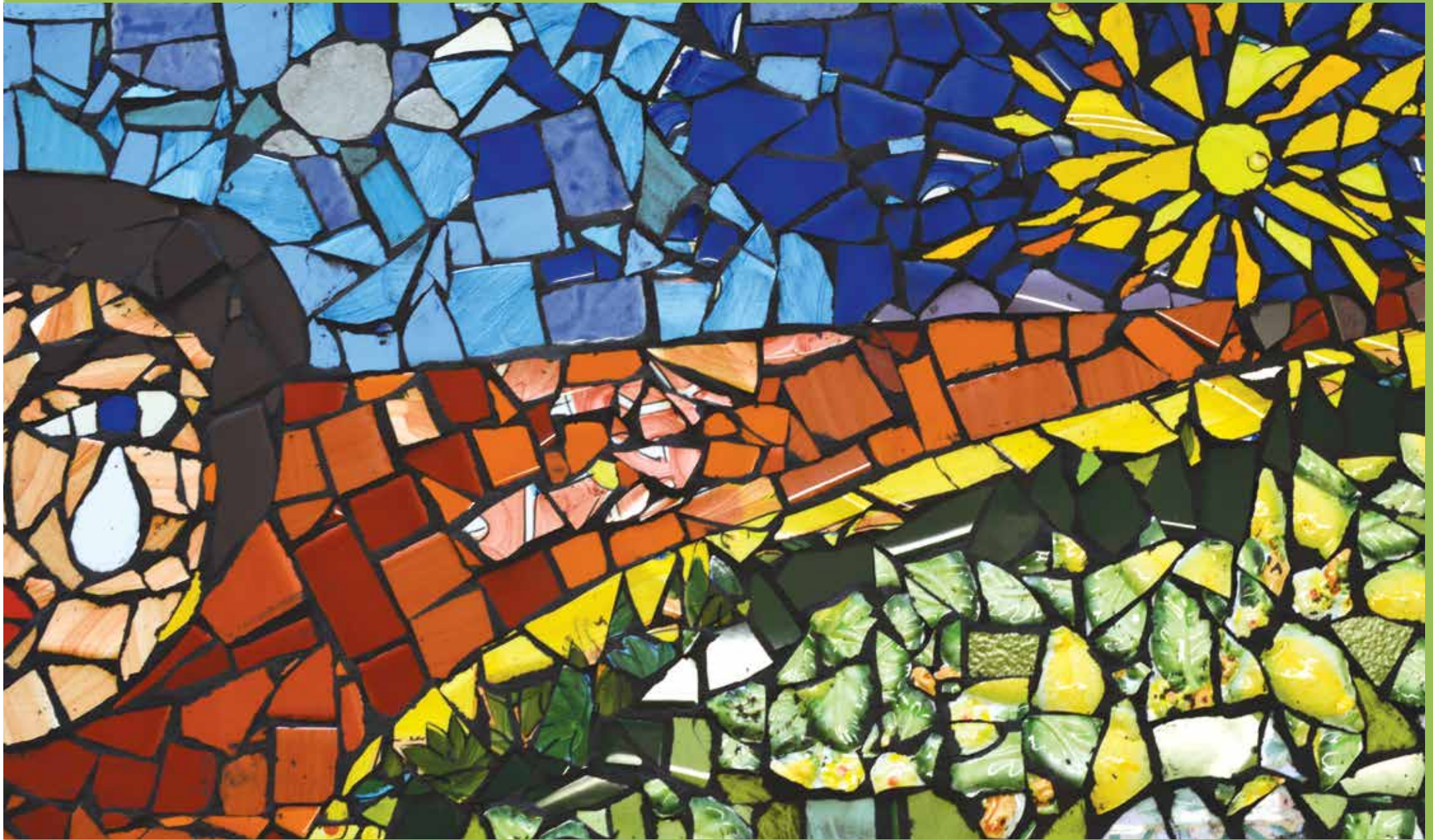
February

2014

MARCH 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	
						South Eastern CASA <small>Centre Against Sexual Assault & Family Violence</small>



Don't worry about the darkness – turn on the light and the darkness automatically goes.

David Lynch, Film Director

FEBRUARY 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

2014

APRIL 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
2	3	4	5	6	7	8 International Women's Day
9	10 Labour Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 South Eastern CASA Centre Against Sexual Assault & Family Violence



Those who don't believe in magic will never find it.
Roald Dahl, Writer



MARCH 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

April

2014

MAY 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Term 1 ends	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Good Friday	19 Easter Saturday
20	21 Easter Monday	22 Term 2 starts	23	24	25 ANZAC Day	26
27	28	29	30			South Eastern CASA Centre Against Sexual Assault & Family Violence



Find the things that shine and move towards them.

Mia Farrow, Actress



APRIL 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

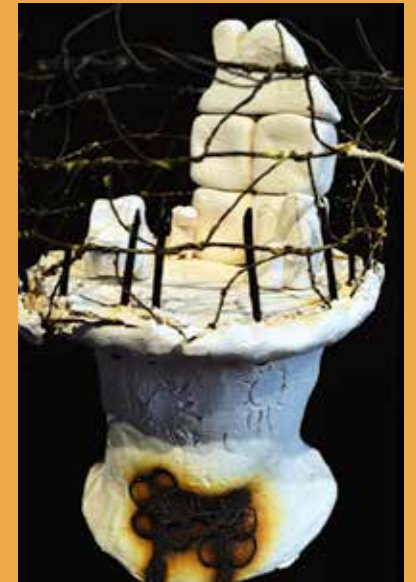
May

2014

JUNE 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						South Eastern CASA <small>Centre Against Sexual Assault & Family Violence</small>



When you get to the end of your rope – tie a knot in it and hang on.
Franklin D. Roosevelt, Statesman

MAY 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

2014

JULY 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 Queen's Birthday	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Term 2 ends	28
29	30					South Eastern CASA Centre Against Sexual Assault & Family Violence



Do the thing you fear most and the death of fear is certain.

Mark Twain, Writer

JUNE 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

2014

AUGUST 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Term 3 starts	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
						South Eastern CASA Centre Against Sexual Assault & Family Violence



Don't take any of it too seriously.
Cher, Singer/Actress

JULY 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

2014

SEPTEMBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						South Eastern CASA <small>Centre Against Sexual Assault & Family Violence</small>

If you can't change your fate, change your attitude.

Amy Tan, Writer



AUGUST 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

September

2014

OCTOBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Term 3 ends	20
21	22	23	24	25	26	27
28	29	30				
						South Eastern CASA Centre Against Sexual Assault & Family Violence



Don't sidestep suffering. You have to go through it to get where you are going.
Katherine Anne Porter, Writer

SEPTEMBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

2014

NOVEMBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 Term 4 starts	7	8	9	10 World Mental Health Day	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	South Eastern CASA Centre Against Sexual Assault & Family Violence



The greatest mistake you ever make in life is to be continually fearing you will make one.

Elbert G. Hubbard, Writer

OCTOBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

2014

DECEMBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
2	3	4 Melbourne Cup Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 White Ribbon Day	26	27	28	29 South Eastern CASA Centre Against Sexual Assault & Family Violence



There's always a reason to smile. Find it.

Bob Parsons, Digital Entrepreneur



NOVEMBER 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December

2014

JANUARY 2015

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 International Day of People with a Disability	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Term 4 starts ends	20
21	22	23	24	25 Christmas Day	26 Boxing Day	27
29	29	30	31			South Eastern CASA Centre Against Sexual Assault & Family Violence

South Eastern Centre Against Sexual Assault

PO Box 72, East Bentleigh 3165

Administration Line	+61 3 9928 8741
Crisis 24 Hour Line	+61 3 9594 2289
Sexual Assault Crisis Line	1800 806 292 Toll Free
Facsimile	+61 3 9928 8749
Email	secasa@southernhealth.org.au
Website	www.secasa.com.au www.secasayouth.com.au

MonashHealth

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