

Calendar 2017

South Eastern CASA
Centre Against Sexual Assault & Family Violence





This is our ninth calendar. Each year they are amazing. They represent the hope and fears of the women who do the artwork. They are a testament to their bravery and creativity. It takes courage and strength to create artwork that talks about your trauma and your journey of recovery. The many women who take part in our art groups, with the assistance of Anne Riggs, show the way to other women. To all those who have come before I offer my thanks and admiration. **Carolyn Worth, SECASA Manager**

East Bentleigh Group: Creating art for the Mourning Wall, Monash Medical Centre

I was given the opportunity to attend the mosaic group again. The first time I attended (2015) was about learning skills and using them to mosaic a self portrait.

This time I got to focus more on my trauma, while making my three arch pieces for the Mourning Wall. Although I found this difficult, I enjoyed using the clay and mosaic. I was amazed how and what emotions came out while making my clay items and mosaicing around them in my arches.

Considering I normally have to hide my feelings, as well as keep quiet about what happened to me, this gave me the opportunity to express these emotions, so others may see and feel them too. In a way, I am being heard and seen and I can express this without feeling judged. It is up there for others to see and it is ok as I am allowed to feel this way. We need more of these groups.

My pieces may help someone who identifies with them. Or maybe my work and the Mourning Wall will just let them know they aren't alone in whatever is happening in their life. **Marion, participant**

Participants

Sparrow
Lenny P
Anna
Millie
Yasmine
Marion
Melinda
Angela
Leoni Jenkin
Lorraine Watmough
Roisin
Sarah Brain
Lisa Massey
Pam
Sue
Jenny

Counsellors

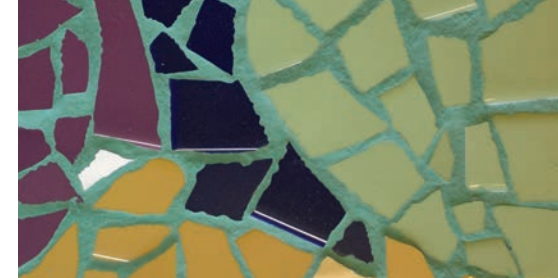
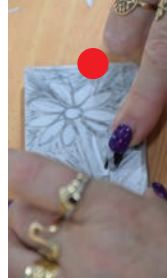
SallyAnn Kempler
Liesl Krebs

Project Artist

Anne Riggs

Calendar Design

Kenneth Galvin
with Anne Riggs



Seaford Group: Creating hand made books and prints

Being a part of SECASA art groups run by Anne Riggs is a very moving experience. The first thing that comes to mind is the united front that the groups readily nurture within each and every participant to feel part of a community. Everyone is openly welcomed and supported to re-ignite their creativity. The beautiful thing is that skills vary amongst all participants; and this is absolutely fine as there is plenty of room for people of all abilities. There is no need for prior skills to join as all participants are taught the steps needed to reach the desired outcome right from the outset through to completion.

One of the best parts of being a member of these art groups is obviously the creativity element; but for me, forming connections with similar others is also an important part. It is not only reassuring; it also assists in reducing my feelings of emotional loneliness and leads to more constructive and healthy realizations that no matter how alone I feel, there IS always someone out there that I can turn to.

The Art Groups foster a fun, caring, loving and compassionate environment for participants to transcend into for a set time on a weekly basis (normally for a period of three months on average). These art groups allow us survivors the opportunity to say yes to some ME TIME. They allow us to listen to our wants and needs rather than putting everyone else's at the top of the list.

I've attended quite a few of SECASA's art groups now, and am honoured to say that the overall impact has allowed me to take a positive step forward in my healing journey. I'm eternally grateful for coming into contact with such groups, as they have allowed me to try new things and trust in the process, rather than giving up before I've even truly started.

When I recall attendance at my first Mosaic Art Group, I laugh because I doubted my artistic ability, my creative side and all things ME really. In comparison with today, I literally cannot stop myself from engaging in creativity as I find it so calming and a particularly useful activity to assist with living in the moment.

Sarah Brain, participant



This is a new year. A new beginning.
And things will change.

—
Taylor Swift



December 2016

MON	TUE	WED	THUR	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
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26	27	28	29	30	31	

February 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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27	28					

January 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

30

31

Term 1 Starts

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New Year's Day (Holiday)

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New Years Day

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Australia Day

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South Eastern CASA
Centre Against Sexual Assault & Family Violence





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

—
Helen Keller

January 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
30	31					1
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March 2017

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27	28	29	30	31		

February 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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27	28					
						South Eastern CASA <small>Centre Against Sexual Assault & Family Violence</small>





Every day brings new choices.

—
Martha Beck



February 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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27	28					

April 2017

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March 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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





Nothing is impossible, the word itself says 'I'm Possible'.

—
Audrey Hepburn



March 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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May 2017

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April 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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10	11	12	13	14	15	16
				Good Friday		Easter Sunday
17	18	19	20	21	22	23
Easter Monday	Term 2 Starts					
24	25	26	27	28	29	30
	ANZAC Day					South Eastern CASA Centre Against Sexual Assault & Family Violence





You will find that it is necessary to let things go simply for the reason that they are heavy. So let things go, let go of them. I have no weights to my ankles.

—
C JoyBell C

April 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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June 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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May 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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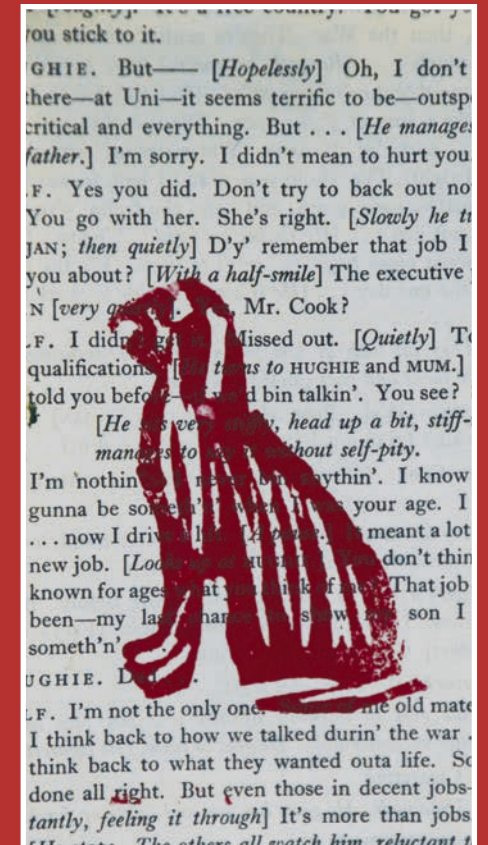
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South Eastern CASA
Centre Against Sexual Assault & Family Violence

Feelings are just visitors,
let them come and go.

—
Mooji



May 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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July 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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June 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

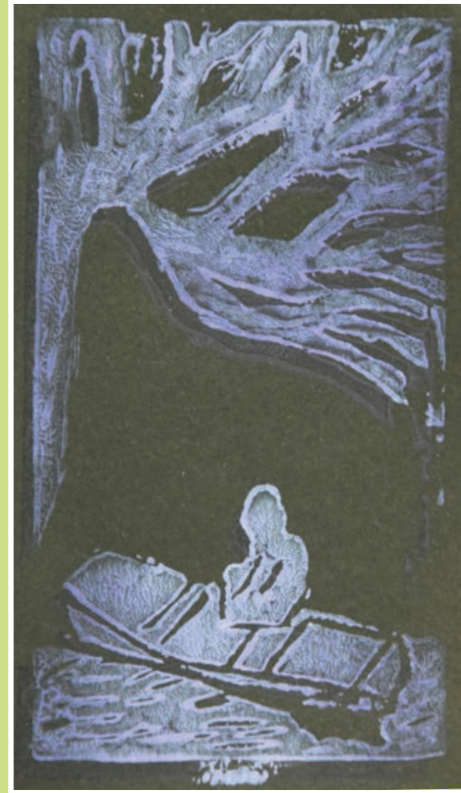
FRIDAY

SATURDAY

SUNDAY

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





It does not do to dwell on dreams and forget to live.

—
J. K. Rowling

June 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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August 2017

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July 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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Term 3 Starts

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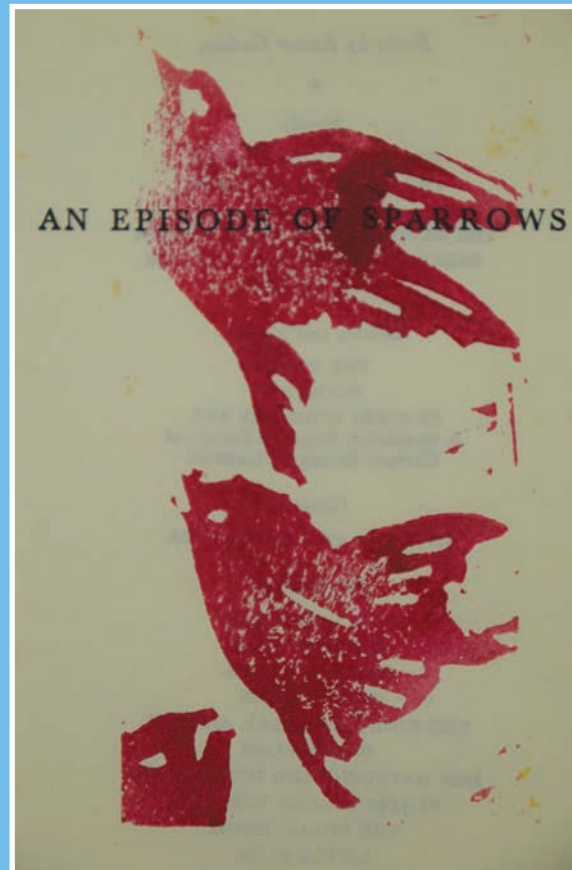
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South Eastern CASA
Centre Against Sexual Assault & Family Violence



Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

—
Marie Curie



July 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
31					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
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September 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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August 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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South Eastern CASA
Centre Against Sexual Assault & Family Violence





Never do anything by halves if you want to get away with it. Be outrageous.

—
Matilda 1988

August 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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October 2017

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September 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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18	19	20	21	22	23	24
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				Term 3 Ends		
				Grand Final Friday		

South Eastern CASA
Centre Against Sexual Assault & Family Violence





Life is 10% what happens to us and 90% how we react.

—
Demus P Kunbro



September 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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November 2017

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October 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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Term 4 Starts

World Mental Health Day

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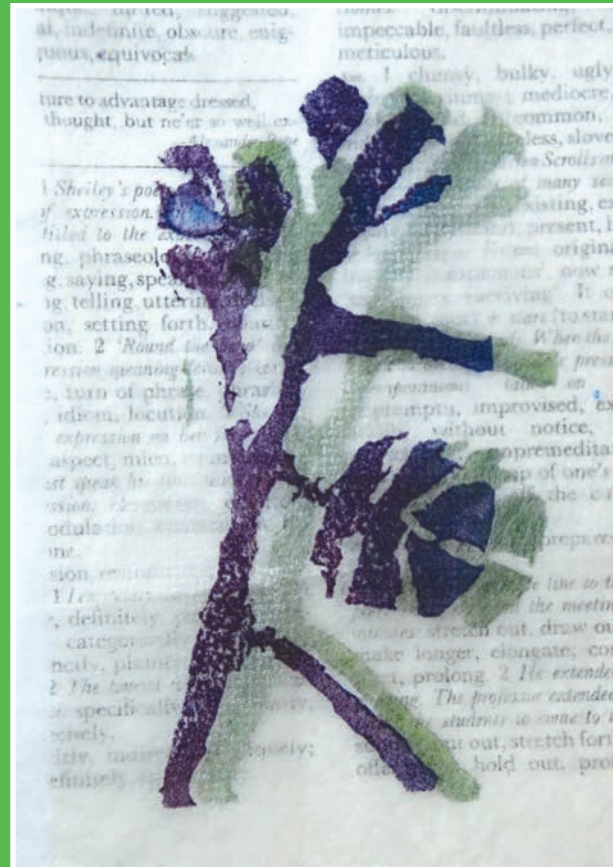
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South Eastern CASA
Centre Against Sexual Assault & Family Violence



The present changes the past. Looking back you do not find what you left behind.

—
Kiran Desai

October 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
30	31					1
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December 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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November 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

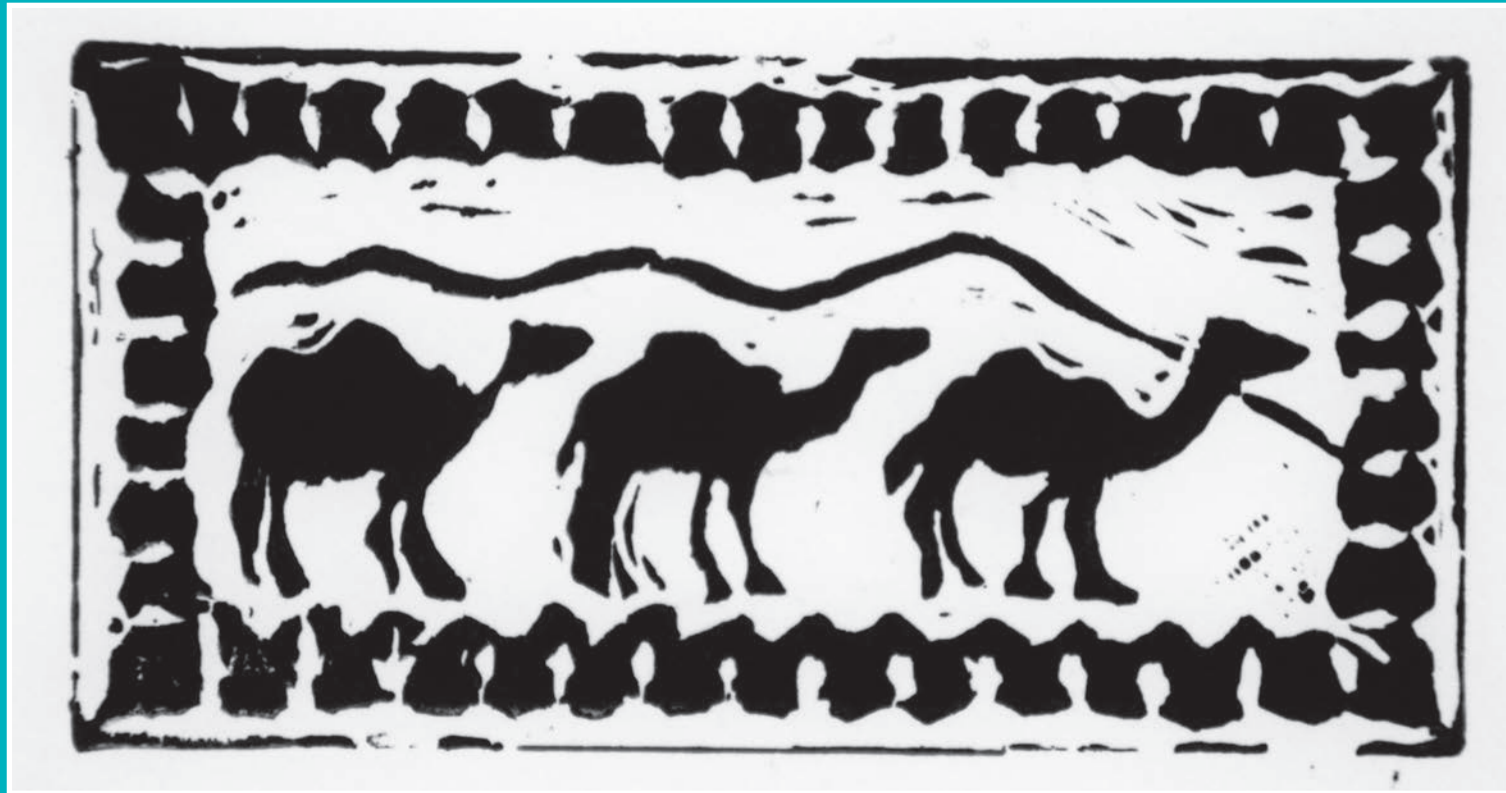
FRIDAY

SATURDAY

SUNDAY

		1	2	3	4	5
6	7 Melbourne Cup	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	30			South Eastern CASA Centre Against Sexual Assault & Family Violence





I like the night. Without the dark,
we'd never see the stars.

—
Stephanie Meyer

November 2017

MON	TUE	WED	THUR	FRI	SAT	SUN
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20	21	22	23	24	25	26
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January 2018

MON	TUE	WED	THUR	FRI	SAT	SUN
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December 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

				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	20	21	22 Term 4 Ends	23	24
25 Christmas Day	26 Boxing Day	27	28	29	30	31 South Eastern CASA Centre Against Sexual Assault & Family Violence







The South Eastern Centre Against Sexual Assault (SECASA) provides services in Victoria, Australia within the Mornington Peninsula, City of Frankston, Bayside, Port Phillip, Stonnington, Glen Eira and Kingston local government areas. In addition we also work in the Cities of Greater Dandenong, Casey and Cardinia growth corridor.

We offer a range of services including counselling for victim/survivors of sexual assault child and adult, female and male. The Centre works with non-offending family members, partners, caregivers and support workers. In addition we run a program for young people with sexually abusive behaviours between the ages of 10-17.

We also offer a range of alternate approaches to healing including art groups and support groups.

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@monashhealth.org
Web	www.secasa.com.au www.youth.secasa.com.au www.SARA.org.au www.rapecrisis.com.au
	 www.facebook.com/Respect.Protect.Connect www.facebook.com/SouthEasternCASA
	 www.secasablog.blogspot.com.au
	 www.youtube.com/user/SouthEasternCASA
	 www.twitter.com/SouthEastCASA