

2015

# South Eastern CASA

Centre Against Sexual Assault & Family Violence





Each year a wonderful group of women, and children with their carers, produce the art work that is showcased in this calendar. These brave people are willing to allow strangers to observe their healing journey by having their art work in the public arena. They all deserve our admiration for their determination and resilience.

CAROLYN WORTH  
Manager

**FRONT COVER:** The mosaic wall is the creation of many women, SECASA counselors and the SECASA project artist. The women were invited to create a mosaic self-portrait. The responses reveal passions, pain, self-images as well as yearnings and desire. The mosaics were created over two years in the SECASA art groups and are now installed at the Monash Medical Centre, Moorabbin.

Valerie, Michelle, Gayle, Kris, R Johnson, Jenny, Anne, Jess, Chris, Sarah, Sim1, Shel, Sarah, Liz Hughes, Tosca, Vivian

## Participants

Mez	Leda Wardley
Anne S	Simone Frier
Anna Klein	Kwanta
Jenny K	Lorraine
Kerry	Elizabeth
Karen	Jack
Fiona Stokes	Harriet Chataway
Lauren	Sam
Kris	Steve Bradbury
R Johnson	Briana Robinson
Leah	Charlie
Julie	Kate G
Lisa Massey	

## Counsellors:

Jennifer Jacobs  
Jess Miranda  
Natasha Silberberg

## Artist/Photographer:

Anne Riggs

**Design:** Kenneth Galvin with Anne Riggs

I am a survivor of childhood sexual abuse and even today, long after the abuse has ended, I am still tormented by the past. You don't see the tears that are trapped, masked behind my smile; you don't see me go to war in my head everyday as I battle the demons from my past.

The art group is a place where I get to come out of hiding. I get to see, feel and explore the me that is kept hidden behind so many masks. You never know where the art process of creating a piece of work will take you - there is a gamut of emotions to explore. I have felt crippled with fear as the emotions bubble to the surface while I am working on a mosaic and I just wanted to give up. I also found strength, courage and inspiration as I look around the room and I am reminded, praised and acknowledged by the women in the room - it's ok to be me.

These women are also on a journey of exploration and discovery - facing their own demons/pasts through their creations of art. There is no judgment made. In this space there is a true understanding of each other's pain and struggles as our masterpieces take shape - but also a true sense of celebration of each person's success. No matter how big or small, it all matters. There are days that just making it to the group is a celebration. There are moments where looking at your art creation as a reflection of you is overwhelming and empowering as the past, present and future are connected often for the first time.

When Anne raised the concept of the wall in our art group it instantly captured my attention. I was taken to a place in my mind that I had long forgotten: a place filled with darkness and had so many unanswered questions, so much unfinished business. The words "hello" and "goodbye" just screamed inside my head.

Suddenly I was exploring and connecting to my emotions of grief and loss from the past. Creating the art was giving me a deeper understanding to my trauma that I kept hidden in my mind. But even greater than that, the wall gave me a place to put it - honor it - feel it - see it - visit it and leave it behind, releasing me from the burden of carrying it with me everywhere I go.

Each person in the group has a journey unique to them. The art process of creating connected us to each other and the wall connected us to the world we live in. Sexual Abuse is often hidden, silenced by shame. The wall is more than just the art work - you see with your eyes that it is a voice, our voice, of grief, loss, shame, guilt, love, courage, strength and inspiration.

Val



What lies behind us and whatever lies before us are tiny matters compared to what lies within us.  
Ralph Waldo Emerson

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			

FEBRUARY 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

# January

## 2015

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	28 Term 1 starts	29	30	31 South Eastern CASA Centre Against Sexual Assault & Family Violence



Life doesn't get easier or more forgiving, we get stronger and more resilient.

Steve Maraboli

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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

MARCH 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				

# February

2015

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



There's no such thing as ruining your life. Life's a pretty resilient thing, it turns out.  
Sophie Kinsella

FEBRUARY 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

# March

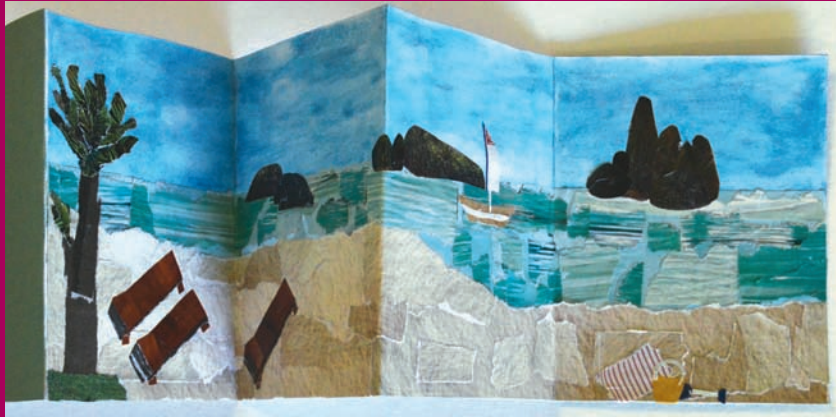
2015

APRIL 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		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 <small>International Women's Day</small>	9 <small>Labour Day</small>	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 <small>Term 1 ends</small>	28
29	30	31				

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Loss makes artists of us all as we weave new patterns in the fabric of our lives.

Greta W. Crosby

MARCH 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				

# April

2015

MAY 2015

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 Good Friday	4 Easter Saturday
5	6 Easter Monday	7	8	9	10	11
12	13 Term 2 starts	14	15	16	17	18
19	20	21	22	23	24	25 ANZAC Day
26	27	28	29	30		

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You can't stop the waves but you can learn to surf.  
Anonymous



APRIL 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		

# May 2015

JUNE 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				

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



Only those who will risk going too far can possibly find out how far one can go.

T. S. Eliot

MAY 2015

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

# June 2015

JULY 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	4	5	6
7	8 Queen's Birthday	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Term 2 ends	27
28	29	30				



Love yourself first and everything else falls into line.

Lucille Ball

JUNE 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				

# July 2015

AUGUST 2015

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 Term 3 starts	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



I can be changed by what happens to me but I refuse to be reduced by it.

Maya Angelou

JULY 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	

SEPTEMBER 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			

# August

2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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



Rock bottom became the solid foundation on which I rebuilt my life.

J. K. Rowling

AUGUST 2015

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

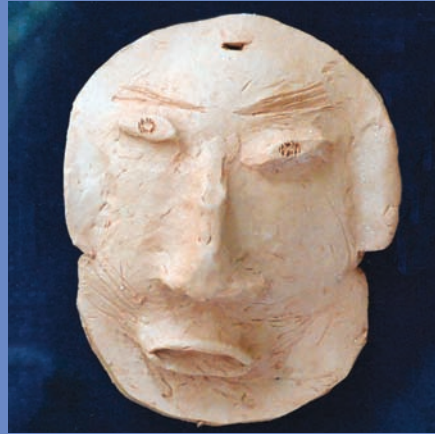
# September

2015

OCTOBER 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	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Term 3 ends	19
20	21	22	23	24	25	26
27	28	29	30			



I am not what happened to me, I am what I choose to become.  
Carl Jung

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SEPTEMBER 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			

# October

2015

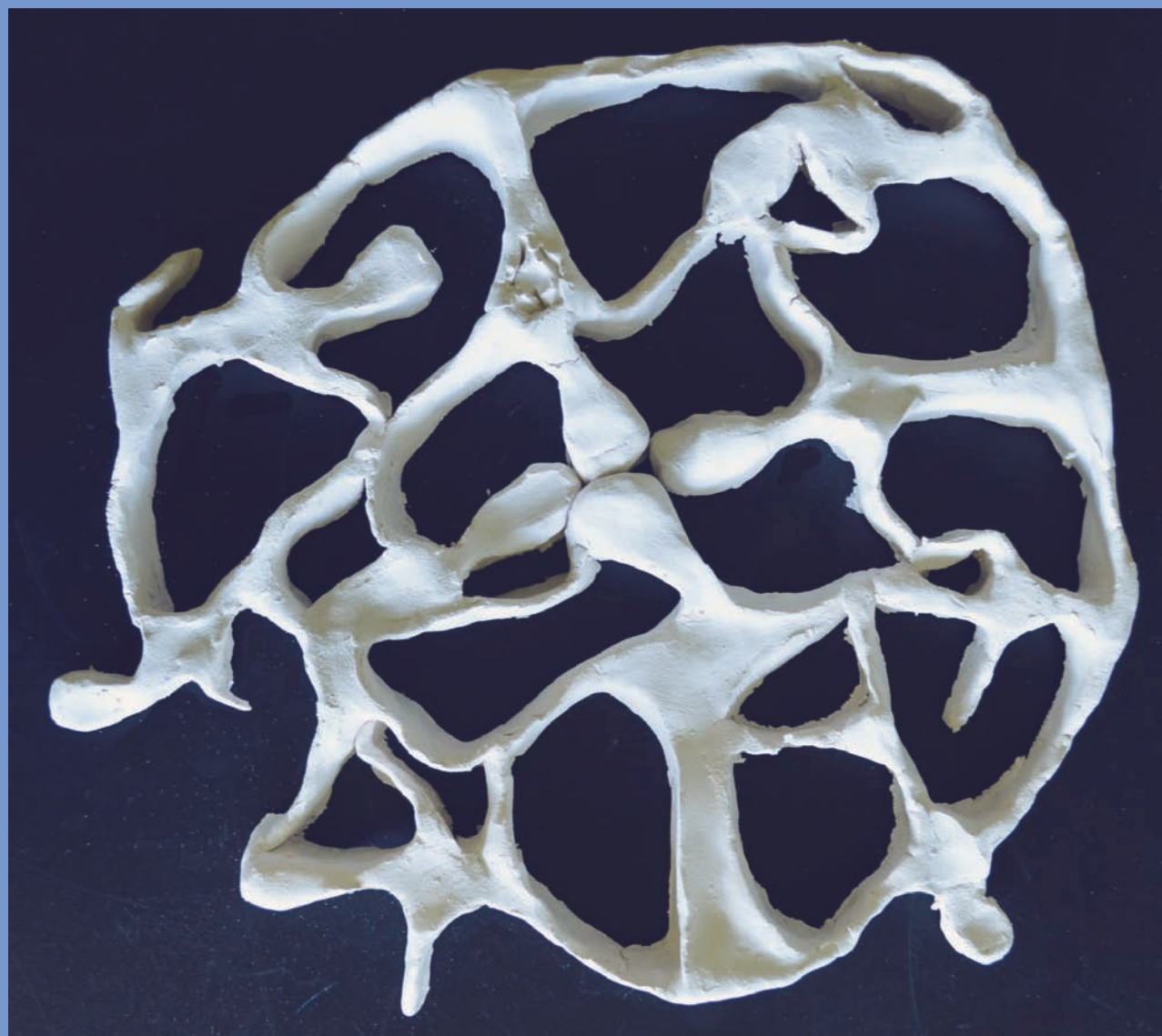
NOVEMBER 2015

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					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Term 4 starts	6	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

I got half-a-dozen paintings from that shattered plate.

Georgia O'Keefe



OCTOBER 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

DECEMBER 2015

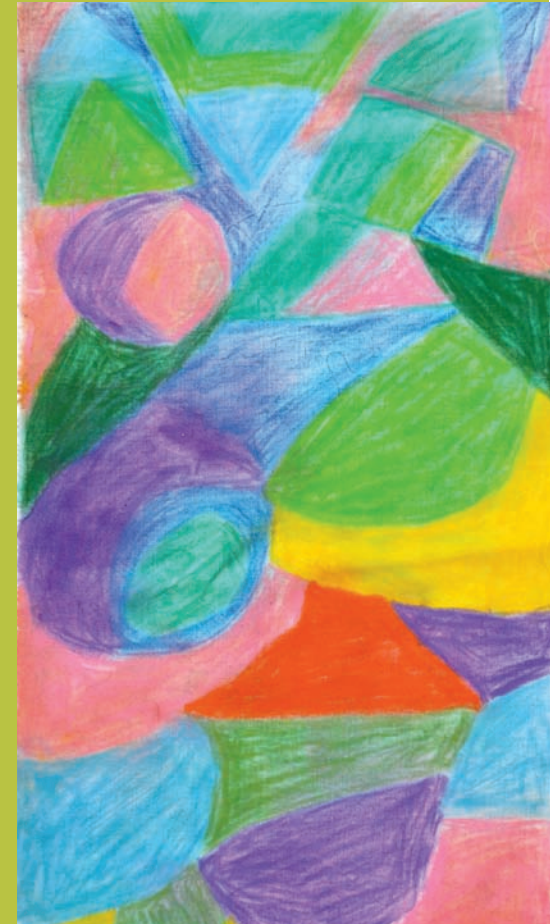
SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# November

2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Melbourne Cup Day	4	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	30					

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It's crazy, how similar we are. Here's both of us working through our stuff, trying to make something positive out of something really bad. Jenny Han

NOVEMBER 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					

JANUARY 2016

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

# December

2015

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 Term 4 ends	19
20	21	22	23	24	25 Christmas Day	26 Boxing Day
27	28	29	30	31		

## 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	<a href="mailto:secasa@monashhealth.org">secasa@monashhealth.org</a>
Website	<a href="http://www.secasa.com.au">www.secasa.com.au</a> <a href="http://www.youth.secasa.com.au">www.youth.secasa.com.au</a> <a href="http://www.facebook.com/Respect.Protect.Connect">www.facebook.com/Respect.Protect.Connect</a> <a href="http://www.facebook.com/SouthEasternCASA">www.facebook.com/SouthEasternCASA</a> <a href="http://www.secasablog.blogspot.com.au">www.secasablog.blogspot.com.au</a> <a href="http://www.youtube.com/user/SouthEasternCASA">www.youtube.com/user/SouthEasternCASA</a> <a href="http://www.twitter.com/SouthEastCASA">www.twitter.com/SouthEastCASA</a>



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