

# 2018 Calendar

**South Eastern CASA**  
Centre Against Sexual Assault & Family Violence



From the Seaford Art Group

I learnt during my recent stay in a psychiatric hospital, due to a suicide attempt, that attending the art classes there kept me sane. I thought “perhaps this SECASA Art Group could keep my mind occupied for at least one day a week...” It turned out that attending the group did more than that. It’s given me an outlet, a coping mechanism, a passion and hope.

I struggle in new environments, and with meeting and speaking to new people. It was a comfort to discover that in this group we didn’t have to talk about ourselves or our specific problems; we didn’t have to explain the reasons behind the art work we created. After a few weeks I felt comfort in knowing I was surrounded by women who have all experienced trauma of some sort; there was no judgement or pressure. Instead there was an unspoken acceptance of one another.

I could experiment with art forms and materials that I had never properly experienced before and it allowed me to express myself in a way that works for me. We were guided in the use of the materials and were then free to create what we wanted and felt we needed.

I took clay and tiles home and enjoyed many Friday and Saturday nights creating. This was a welcome alternative to my usual nights of drinking alcohol to escape my reality. I made things that my husband and children thought looked “really cool”. My kids often joined me in art making and as a result we changed the ‘theatre room’ in our new house to an ‘art room’- a place where any of us can go when we want to release energy, ‘escape’ in a safe way and when we just want to feel good.

The art sessions culminated in our group project, an Alice in Wonderland inspired piece for the garden at Seaford SECASA. We all contributed according to our strengths and willingness to just give things a try. Once it was complete, I think we were all pretty chuffed at how it turned out. I guess it’s rather symbolic of our journey in life. We don’t always know how everything is going to turn out, but if we work hard, focus, keep trying and don’t give up then beautiful things may just happen.

Nat

Participants:

East Benthleigh

Justine  
Emily  
Kellie Nirens  
Dassi Herszberg  
Mrs Kafoops  
Allara  
Sarah  
Kerri  
Marion  
Sam

Seaford

Lisa Massey  
Kellie  
Michelle Roberts  
Sarah Brain  
Erin  
Nat  
“Didn’t Realise it would make me so calm”  
Dianne Malzard  
Nicole  
Leeanne  
Sear Barloc

Project Artist:

Anne Riggs

Counsellors:

Mary Mass  
Liesl Krebs  
Chrissie Ryan

Student:

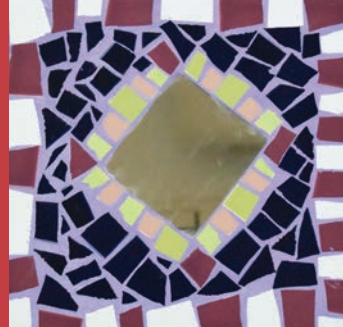
Amy Findlay

Calendar Design:

Kenneth Galvin  
with Anne Riggs







### From the East Bentleigh Art Group

When you enter SECASA in East Bentleigh, you might notice something different. A wall of colour - clay and mosaics to greet you at the entrance. This project was born out of our 12 week art class.

My counsellor suggested I join. I had seen previous SECASA calendars showcasing the magnificent artwork of many other clients, so I nervously jumped at the chance to participate. I was anxious about meeting new people and learning new art techniques, but these fears quickly dissipated and, by the end of the first class, I realised how much I enjoyed being in the group and creating art.

As a task oriented group, I was able to focus on my work while still socialising and getting to know the other members. The co-operation and compassion held in that space helped us bond as a group so we could enjoy and appreciate each other's creations.

I loved to create, and learn clay and mosaic techniques. Both were very satisfying and therapeutic. I was surprised at what I could create, having no experience in either art form.

The idea to create art for the entrance to SECASA was made by the group members. We wanted to make a more welcoming space for new clients who are often facing a great deal of anxiety on their first visit. As we reflected on our first visit there, we felt that a lot of courage is needed; we wanted to create a brighter, more welcoming environment to assist new clients.

We didn't realise that creating this space was greatly appreciated by all clients (both old and new), as well as the staff who work tirelessly in providing services to survivors. It felt wonderful to be able to give back to SECASA, an organisation that for many years has helped so many people.

Allara

“ We all had one thing in common – we were survivors ”

The women who created art work for this calendar are brave. They are willing to expose their grief, loss and other experiences in public. At the beginning the exposure is in an art group with a number of other women who share their experience in some way. But by allowing their work to be used for this calendar they are showing it to a much wider audience. It is shown to people they do not know. It takes courage and strength and they deserve praise and acknowledgement for doing this.

Carolyn Worth AM, Manager SECASA



It's not the load that breaks you,  
it's the way you carry it.

Lena Horne



DECEMBER 2017						
MON	TUE	WED	THUR	FRI	SAT	SUN
				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 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
			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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
New Year's Day						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
				Australia Day		
29	30	31				
	Term 1 Starts					

Count your smiles instead  
of your tears, your **courage**  
instead of your fears.

Anonymous



JANUARY 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
			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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			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 is no genius  
without some touch  
of madness.

Seneca



FEBRUARY 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
			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				

APRIL 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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

# March | 2018

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







An essential part  
of a **happy healthy life**  
is being of service  
to others.

Sue Pattom Thoele



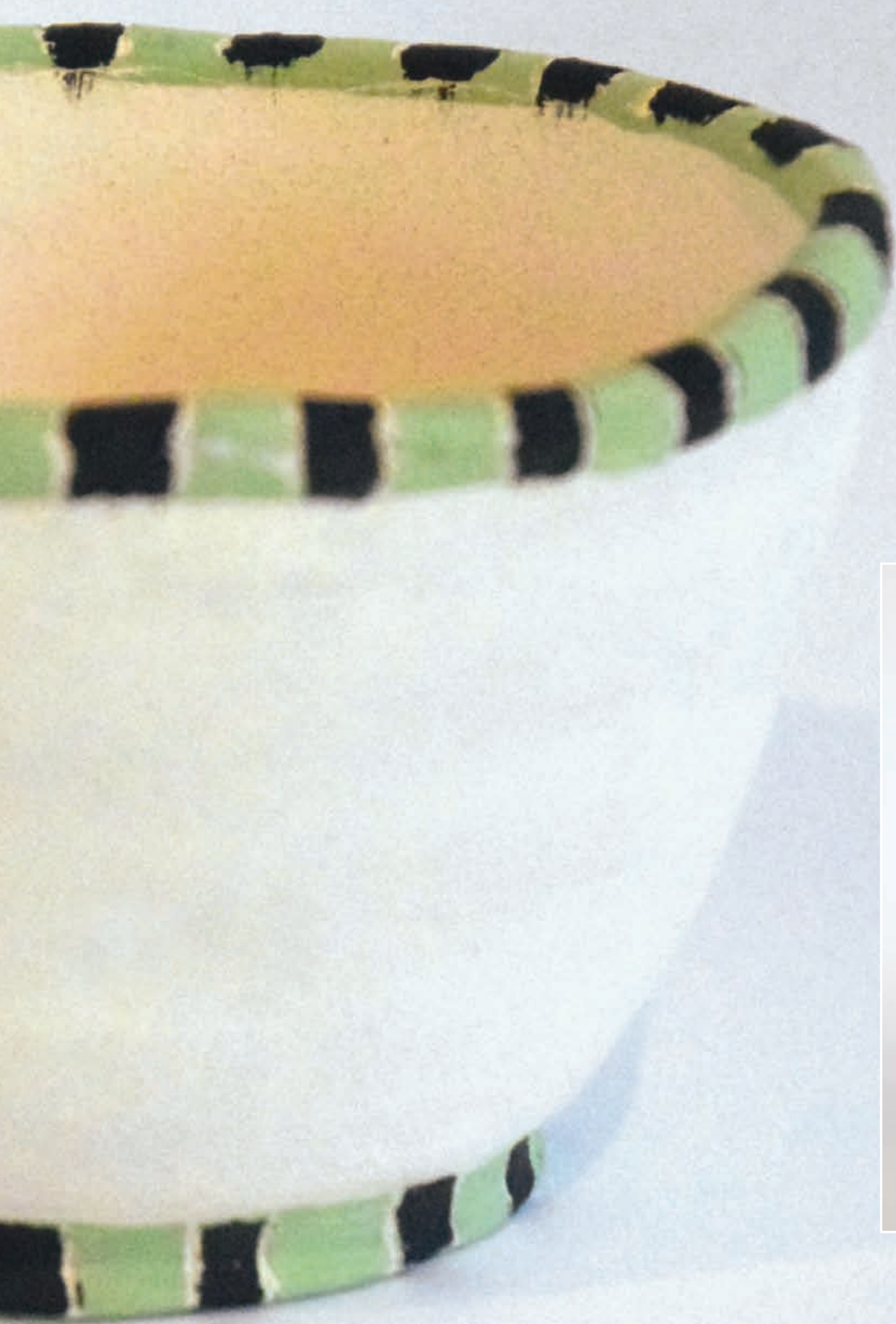


MARCH 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MAY 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
	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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						1
						Easter Sunday
2	3	4	5	6	7	8
Easter Monday						
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Term 2 Starts						
23	24	25	26	27	28	29
		ANZAC Day				



● If you cannot do great things, do small things in a great way.

J F Clarke



APRIL 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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

JUNE 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
				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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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			







Act as if it were  
impossible to fail.

Ashanti Proverb

MAY 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
	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			

JULY 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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

# June | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Queen's Birthday						
18	19	20	21	22	23	24
25	26	27	28	29	30	
				Term 2 Ends		



●

# The time to be happy is now.

Roger Ingersoll





JUNE 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
				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 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
		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		

July | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Term 3 Starts						
23	24	25	26	27	28	29



The greater the  
obstacle, the more  
glory in overcoming it.

Moliere



JULY 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
					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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		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		







The greatest pleasure is in doing  
what people say you cannot do.

Walter Bagehot

AUGUST 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
		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		

OCTOBER 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				Term 3 Ends		
24	25	26	27	28	29	30
				Grand Final Friday		



Shine like the whole  
universe is yours.

Rumi



SEPTEMBER 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
					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

NOVEMBER 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
			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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Term 4 Starts		World Mental Health Day				
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





# Discover the magic within each day.

Kirsty Pilkington



OCTOBER 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
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

# November | 2018

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



Things which matter  
most must never be at  
the mercy of things  
that matter least.

Goethe





NOVEMBER 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
			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 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
	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 | 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1	2
3	4	5	6	7	8	9
International Day of Persons with Disabilities						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
				Term 4 Ends		
24	25	26	27	28	29	30
	Christmas Day	Boxing Day				





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 and family violence, 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	<a href="mailto:secasa@monashhealth.org">secasa@monashhealth.org</a>
Web	<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.SARA.org.au">www.SARA.org.au</a> <a href="http://www.rapecrisis.com.au">www.rapecrisis.com.au</a>  <a href="https://www.facebook.com/Respect.Protect.Connect">www.facebook.com/Respect.Protect.Connect</a> <a href="https://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="https://www.youtube.com/user/SouthEasternCASA">www.youtube.com/user/SouthEasternCASA</a>  <a href="https://www.twitter.com/SouthEastCASA">www.twitter.com/SouthEastCASA</a>

