



2019

South Eastern CASA

Centre Against Sexual Assault & Family Violence

From the East Bentleigh group

My name is Olga. I was one of a group of women who were fortunate enough to participate in a counsellor supported, Art-Clay Modelling group. The 12-week course was run by the multi-talented artist, Anne Riggs, and organised by SECASA.

The morning of the first day began with a see-sawing array of emotions, from excitement over the prospect of learning something completely new, to the anxiety-fuelled trepidations that challenged one's attempt to at least appear 'balanced' at the first meeting of unfamiliar faces. We were about to gather in an unfamiliar Art community group!

The course began with a delicious coffee and a warm, friendly welcome from both our art teacher and our counsellor, Julie. We introduced ourselves to each other. What a great relief it was to find that we would not be asked to share our personal experiences which have contributed to our ongoing connection to SECASA.

During our first lesson we learnt how to prepare the clay for our specific use, which tools to use, how to apply some creative design and decorating methods. At the beginning of each weekly session we learnt different clay art-modelling skills. This kept us engaged and we welcomed the new challenges to our creative abilities as we set about trying to master our newly learnt techniques.

We made various objects including small hand modelled bowls which some of us decorated, coil and slab pots, masks, and in the final weeks, we learnt how to model clay into free standing human art forms. We learnt the skills needed to dry, paint and/or glaze our finished works. Anne kiln fired all of our works.

An added bonus was offered to those who expressed an interest in learning to mosaic. They were able to set to work, enthusiastically designing and finishing their individual creations.

At the end of every session we gathered our creations together and were invited to make constructive comments about each other's work. I found this exercise particularly moving...it encouraged us all to take a keen interest in the other women's work. It became evident to me how important and beneficial our interactions with each other throughout the sessions had been. Each work clearly reflected an individualised style of creative expression that enabled us all to transform the raw clay into a unique form of artwork. My guess is that this experience was both healing and liberating for most, if not all of us, within our demonstrably supportive group.

A sincere thank you to Anne Riggs and to Julie Butler, on behalf of us all. On a more personal level, I feel compelled to reiterate that I found the course experience of clay modelling, in a supportive and comforting group environment, both emotionally transformative and truly inspirational, to say the least!

Participants:

Seaford

Natalie
Mary K
Leanne
Justice
Clare
Jade C
Karen M
Lorraine
Lu R
Julie

East Bentleigh

Donna Power
Valentina Crnkovic
Mischa
Allara
Olga
Jo
Jenni Lappage
Ruth
Liz

Counsellors:

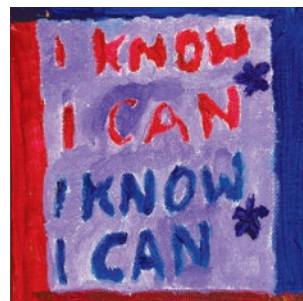
Julie Butler
Giulia Wiederman

Project Artist &

Photographer:

Calendar Design:

Anne Riggs
Kenneth Galvin
with Anne Riggs





The Seaford group

It was inspiring to be in a group of women all showing up for life and themselves, and being gently instructed by Anne to try something new and just have fun with what we wanted to create.

What is courage?

calling on a friend when you feel all alone
not listening to the negative talk, from the place I once called home

facing the inner demons when I only want to run
calling out for help when you feel yourself coming undone

taking your self to bed to soothe a racing mind
not hating blaming or shaming but being patient compassionate and kind

giving up your vices to find a better way
finding a voice after years of not knowing what to say

admitting you don't have the courage to face another day
finding and accepting help to carry you just a little way.

Clare



I love the calendars. I admire the women who contribute to them. Anne Riggs does a marvellous job in working with SECASA's clients and helping them grow and explore their creativity. This is the twelfth calendar with which I have been involved. Throughout this time I have been inspired by the resilience and bravery of the women who commit their grief and loss to a visual form so that other people can draw strength from it and see a way forward. The women are a source of hope and inspiration as they explore, with Anne's amazing help, a creative means of moving on in their lives. They are SECASA's reason for existence.

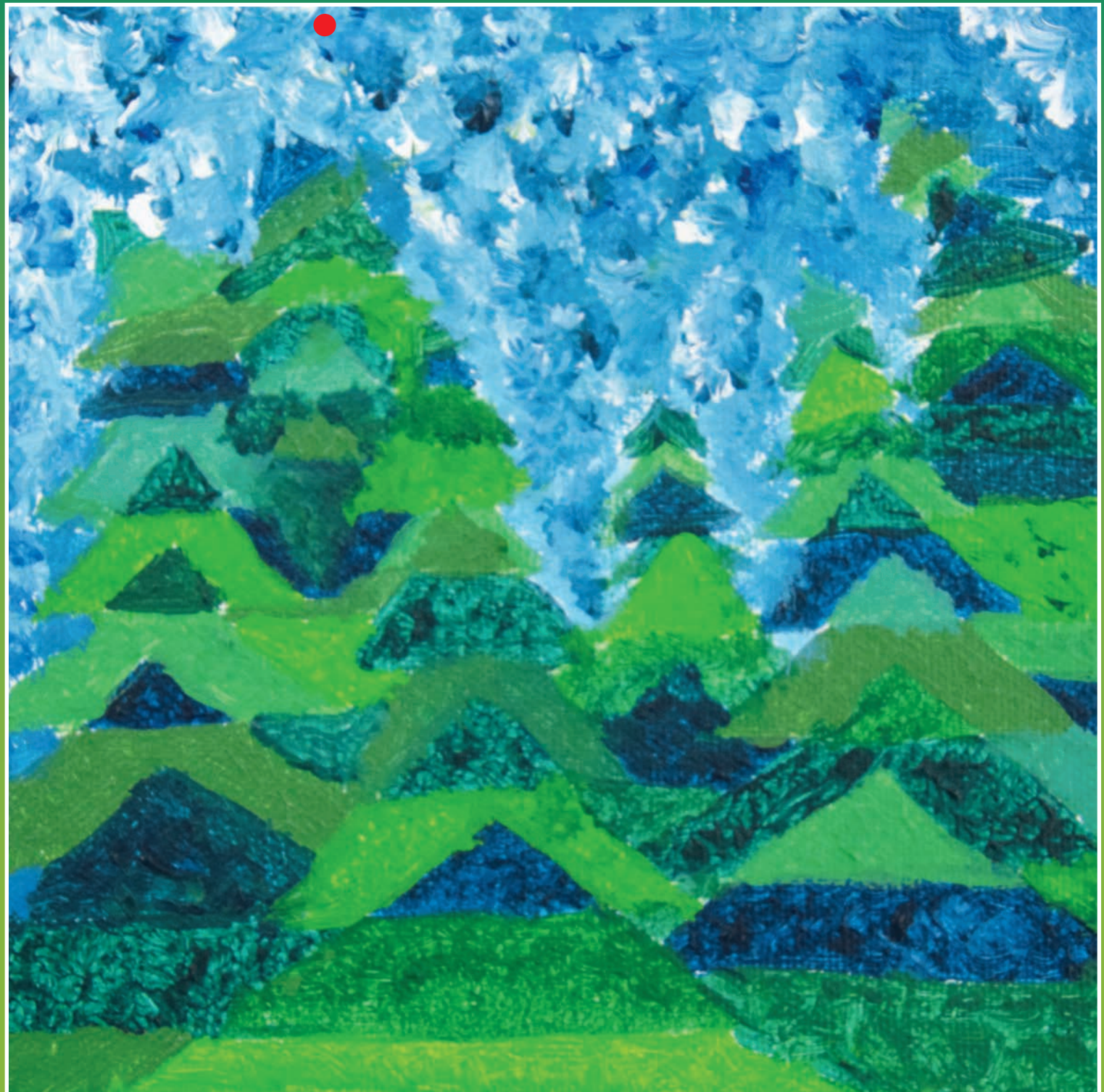
This will be the last calendar for me as Manager of SECASA. I wish everyone who contributes to future calendars well and Anne many more years of running the art groups and developing the calendars.

Carolyn Worth AM, Manager SECASA



Life isn't simple.
But the beauty of it is,
you can always
start over.
It'll get easier.

Alicia Bessette



DECEMBER 2018						
MON	TUE	WED	THUR	FRI	SAT	SUN
31					1	2
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FEBRUARY 2019						
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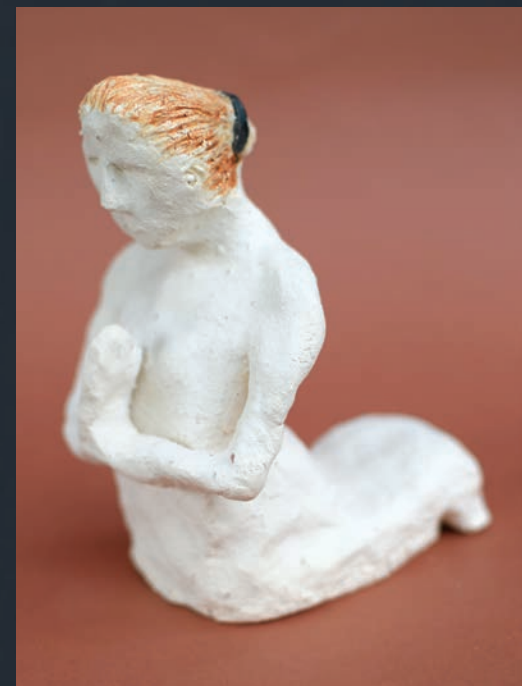
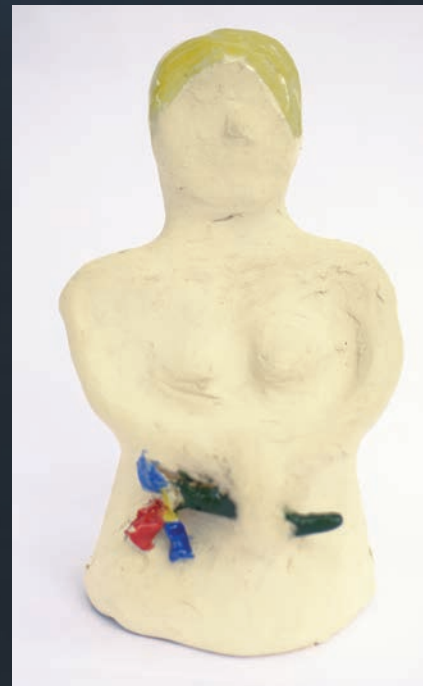
January | 2019

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

●

We could never learn to be brave and patient, if
there were only joy in the world.

Helen Keller

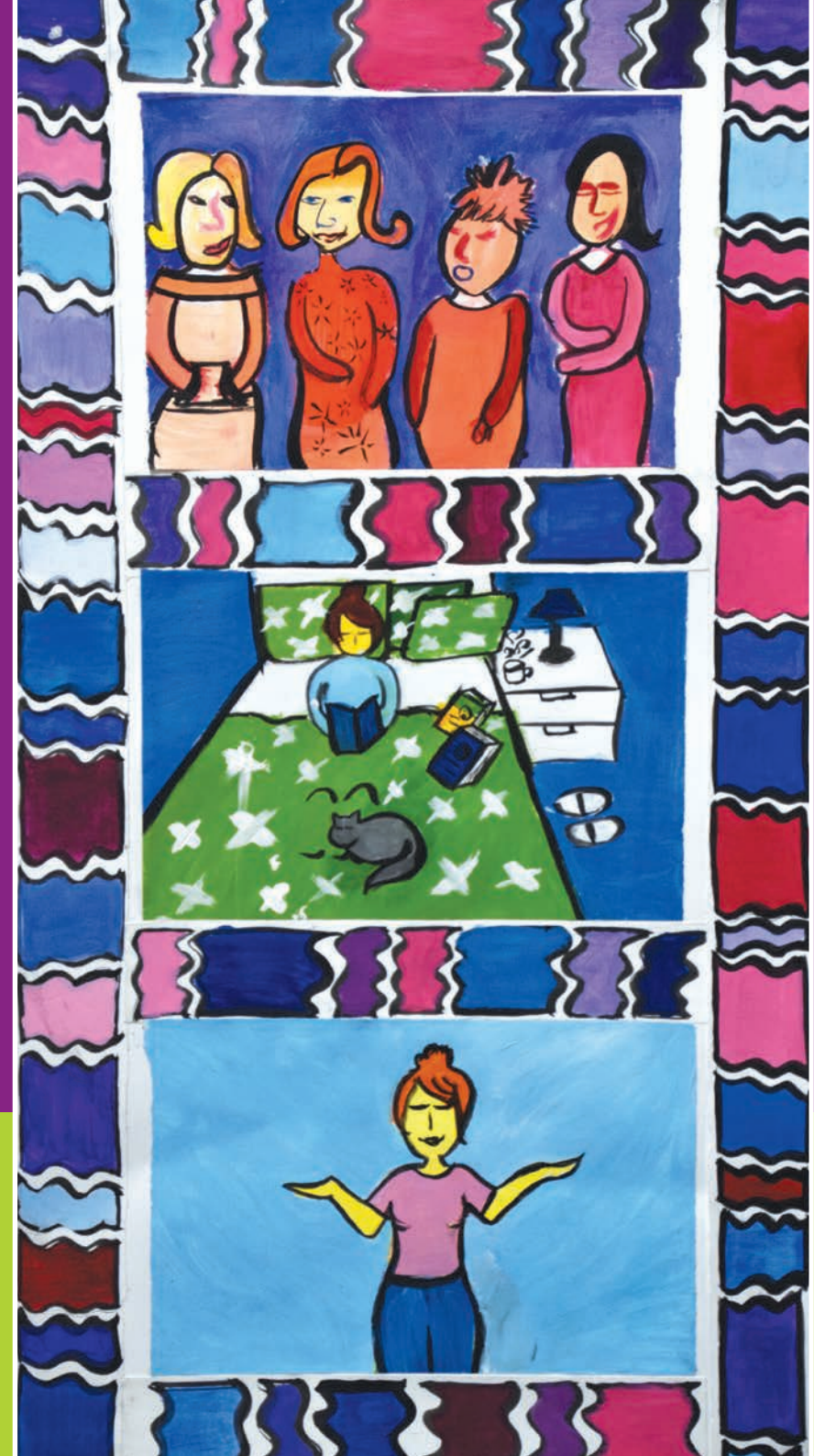


JANUARY 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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MARCH 2019						
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18	19	20	21	22	23	24
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February | 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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18	19	20	21	22	23	24
25	26	27	28			



People grow through experience if they live life honestly and courageously. This is how character is built.

Eleanor Roosevelt

FEBRUARY 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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18	19	20	21	22	23	24
25	26	27	28			

APRIL 2019						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

March | 2019

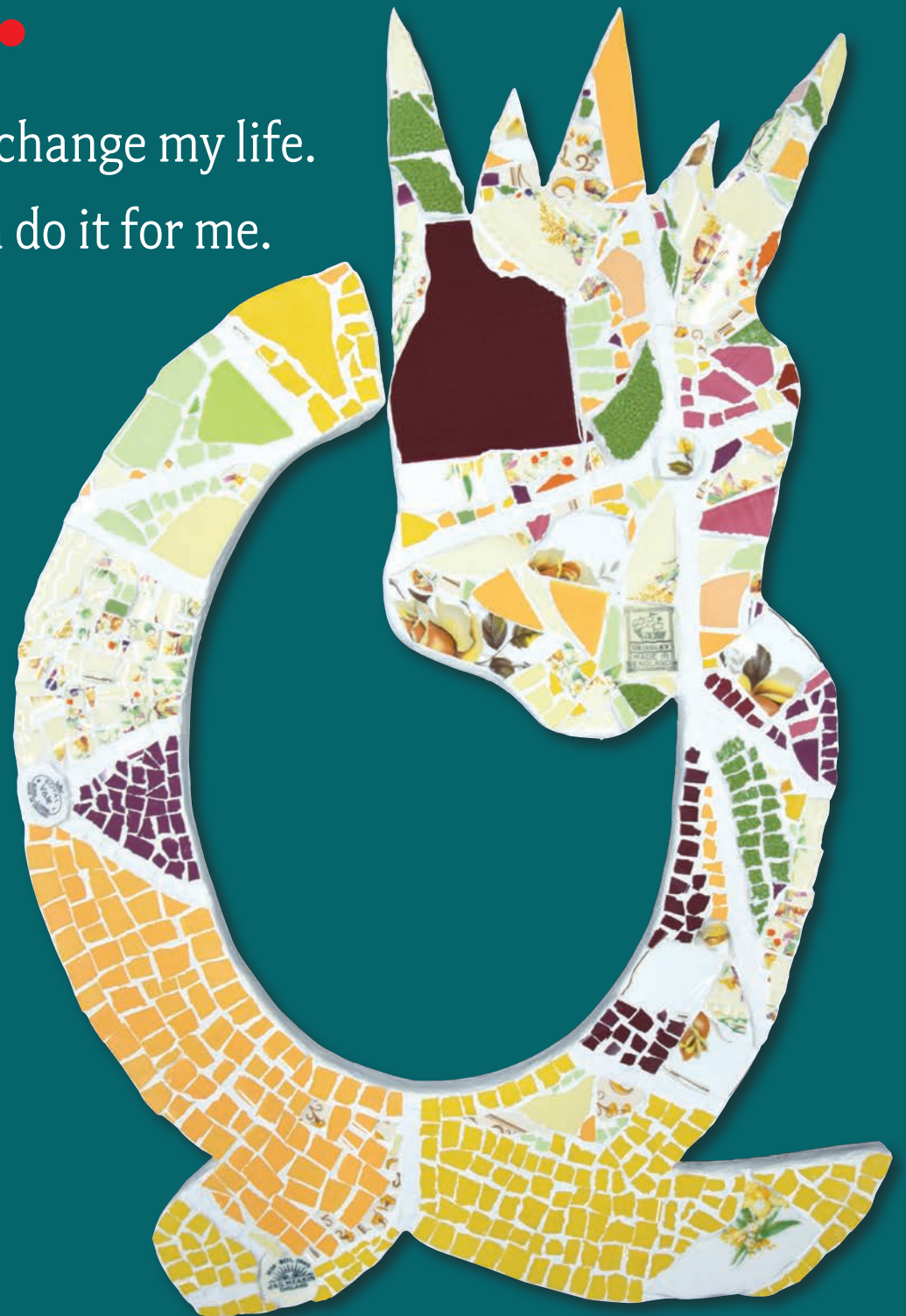
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
				International Women's Day		
11	12	13	14	15	16	17
Labour Day						
18	19	20	21	22	23	24
25	26	27	28	29	30	31





Only I can change my life.
No one can do it for me.

Carol Burnett



MARCH 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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MAY 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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20	21	22	23	24	25	26
27	28	29	30	31		

April | 2019

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



The biggest adventure you can ever take is to live
the life of your dreams.

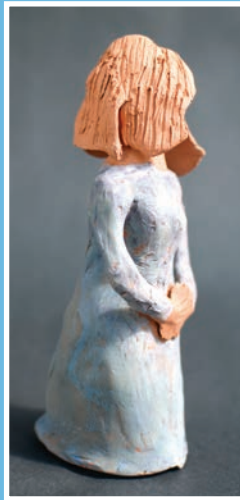
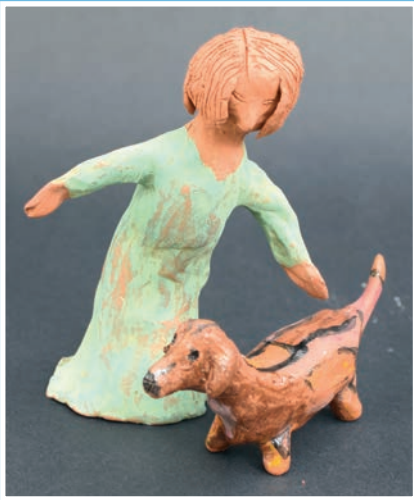
Oprah Winfrey

APRIL 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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29	30					

JUNE 2019						
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May | 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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27	28	29	30	31		



I may not have gone where I intended,
but I think I have ended up where I needed to be.

Douglas Adams



MAY 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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27	28	29	30	31		

JULY 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June | 2019

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



Talk to yourself like you would
to someone you love.

Brené Brown

JUNE 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

AUGUST 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July | 2019

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
Term 3 Starts						
22	23	24	25	26	27	28
29	30	31				





We can't direct the wind,
but we can adjust the sails.

Unknown



JULY 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				

SEPTEMBER 2019						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

August | 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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19	20	21	22	23	24	25
26	27	28	29	30	31	



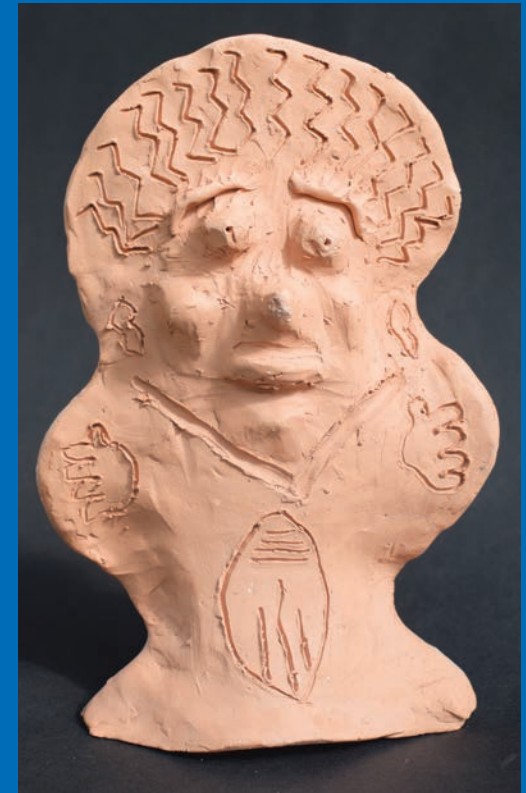


AUGUST 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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19	20	21	22	23	24	25
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OCTOBER 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September | 2019

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



The more things you do, the more you can do.

Lucille Ball

SEPTEMBER 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
30						1
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16	17	18	19	20	21	22
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NOVEMBER 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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18	19	20	21	22	23	24
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October | 2019

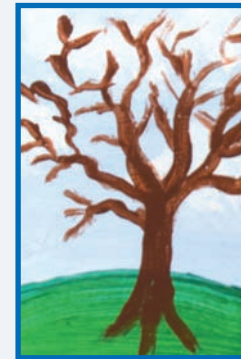
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
Term 4 Starts			World Mental Health Day			
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



●

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

Maya Angelou



OCTOBER 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
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DECEMBER 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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23	24	25	26	27	28	29

November | 2019

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





You cannot prevent the birds of
sadness from passing
over your head, but you can
prevent their making
a nest in your hair.

Chinese Proverb



NOVEMBER 2019						
MON	TUE	WED	THUR	FRI	SAT	SUN
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JANUARY 2020						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December | 2019

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

