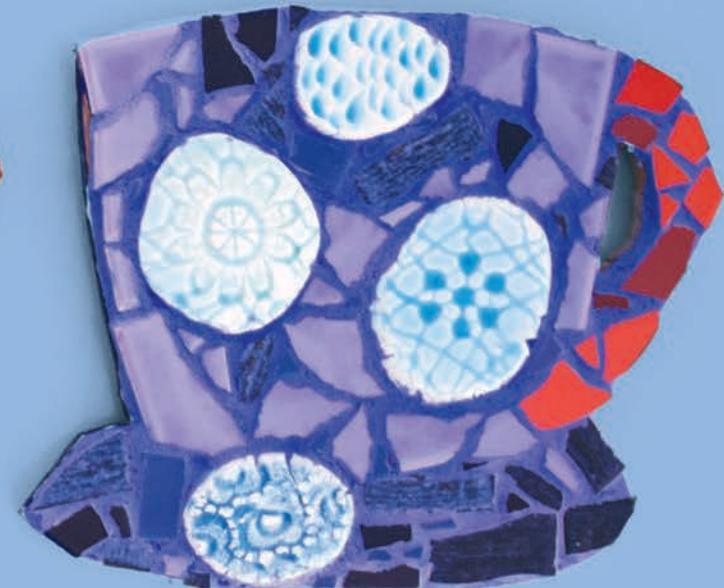


South Eastern CASA

Centre Against Sexual Assault & Family Violence



2020 Calendar

Having experienced trauma can leave you feeling imprisoned by feelings of fear, vulnerability, frustration, anger, disappointment, loss, isolation and having little self worth. It sometimes feels like you have been robbed of the good things in this world yet still having to pay a high price of imprisonment of many negative and overwhelming feelings.

Art has allowed me to embrace the feeling of freedom. To escape into a safe space where there is no expectation to achieve but instead explore new ideas and thoughts that may have been buried for a long time.

Removing all pressure from yourself to perform and be perfect opens up a platform to redefine your own thoughts and feelings by using art as a free flowing tool to explore challenging areas in one's life. The therapeutic nature of painting and working with clay in my hands allows me to connect with my body and be present. Art has allowed me to not be so constrained by what's in my head but to allow the creativity to freely flow out of my heart and through my hands to create something small but magical in so many ways.

Mischa.

Participants:

Cranbourne

Sara
Karen
Karina
Ro
Mandy
Jo
Missy Moo
Laura P
Jacqui

East Bentleigh

Leonie
Mischa
Louisa
Catherine
Melinda
Meagan
Jo
Donna
Alison
Valerie

Counsellors:

Bella Charter
Samantha Goode
Nadine Atia

Project Artist & Photographer:

Anne Riggs
Kenneth Galvin
with Anne Riggs

Calendar Design:





The SECASA art classes were certainly a wonderful experience for me. Anne made everyone feel so welcomed and guided us through the interesting world of clay and wonderful mosaic process. She showed us many artistic techniques and allowed us to follow our own creative journey with the foundations she taught us. It was so rewarding to place all our pieces in the middle of the table, enabling us to view each other's creations and gain ideas and inspiration from our unique artistic process.

Each Monday I anticipated, with joy and excitement, continuing with my pieces and receiving my finished work from the kiln.

The group of ladies was so lovely - warm, friendly, funny and real women. We all became immersed in the artistic space provided and produced beautiful meaningful pieces or with our own individual purposes.

I found it truly amazing to be part of an art program which empowered women to explore their creativity, discover a love of art and be able to express it through a variety of mediums all within a safe and fun environment.

I hope that these art projects continue to be available to women so that they too can benefit from the uplifting joy that art brings.

Sara.

Each year wonderful groups of women produce the art work that is showcased in this calendar. These brave women allow us to observe the things that mean so much to them in their lives and in their healing journey. The artwork this year reflects the women's explorations in clay: nature, human connection, and ceramics for the sharing a meal, all such important themes for wellbeing.

They all deserve our admiration for their determination and resilience.

Katherine Dowson
Director SECASA



Do or do not.
There is no try.
Yoda



DECEMBER 2019						
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

FEBRUARY 2020						
MON	TUE	WED	THUR	FRI	SAT	SUN
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	

January | 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
		New Year's Day				
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	29	30	31		
Australia Day Holiday			Term 1 Starts			South Eastern CASA Centre Against Sexual Assault & Family Violence



Expect nothing, live frugally on surprise.

Alice Walker



JANUARY 2020						
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 2020						
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

February | 2020

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	





How does one become
a butterfly? You must want to fly so much
that you are willing to give up being a caterpillar.

Tina Paulus



FEBRUARY 2020						
MON	TUE	WED	THUR	FRI	SAT	SUN
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 2020						
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			

March | 2020

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



You cannot be brave if you've only
had wonderful things happen to you.

Mary Tyler Moore



MARCH 2020						
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

MAY 2020						
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 | 2020

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





Don't let yesterday take up
too much of today.

Unknown



APRIL 2020						
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			

JUNE 2020						
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 | 2020

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





If everything was perfect, you
would never learn and you
would never grow.

Beyonce

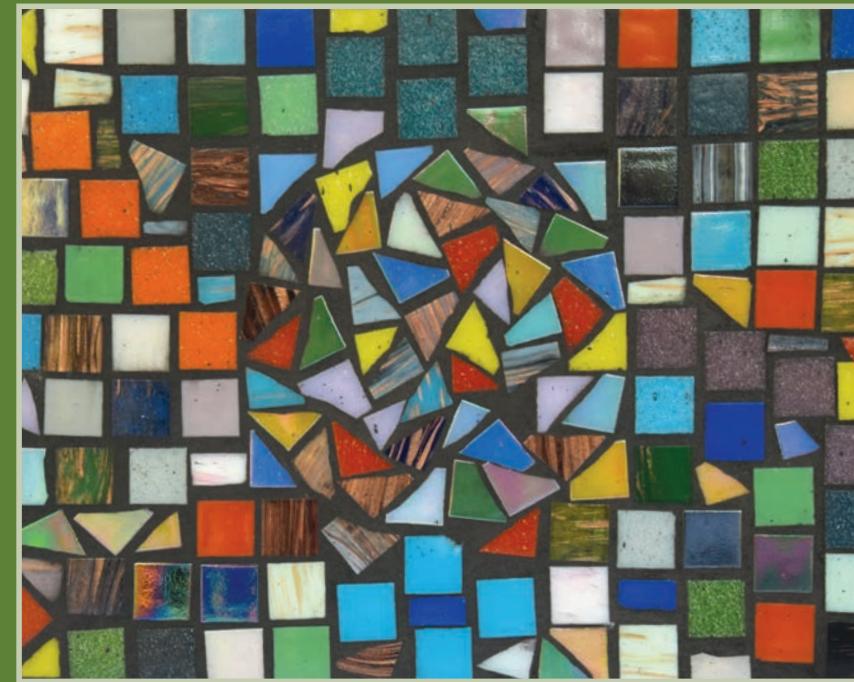


MAY 2020						
MON	TUE	WED	THUR	FRI	SAT	SUN
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JULY 2020						
MON	TUE	WED	THUR	FRI	SAT	SUN
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 | 2020

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



If you don't like the road you're walking, start paving another one.
Dolly Parton

JUNE 2020						
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 2020						
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

July | 2020

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
Term 3 Starts						
20	21	22	23	24	25	26
27	28	29	30	31		



Success is not final, failure is not fatal.
It is the courage to continue that counts.
Winston Churchill



JULY 2020						
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 2020						
MON	TUE	WED	THUR	FRI	SAT	SUN
		1	2	3	4	5
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 | 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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





Nobody can go back and start a new beginning,
but anyone can start today and make a new ending.
Maria Robinson

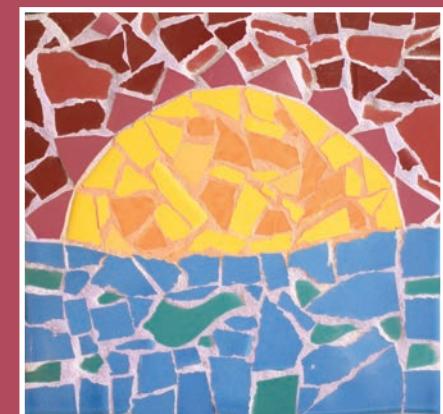
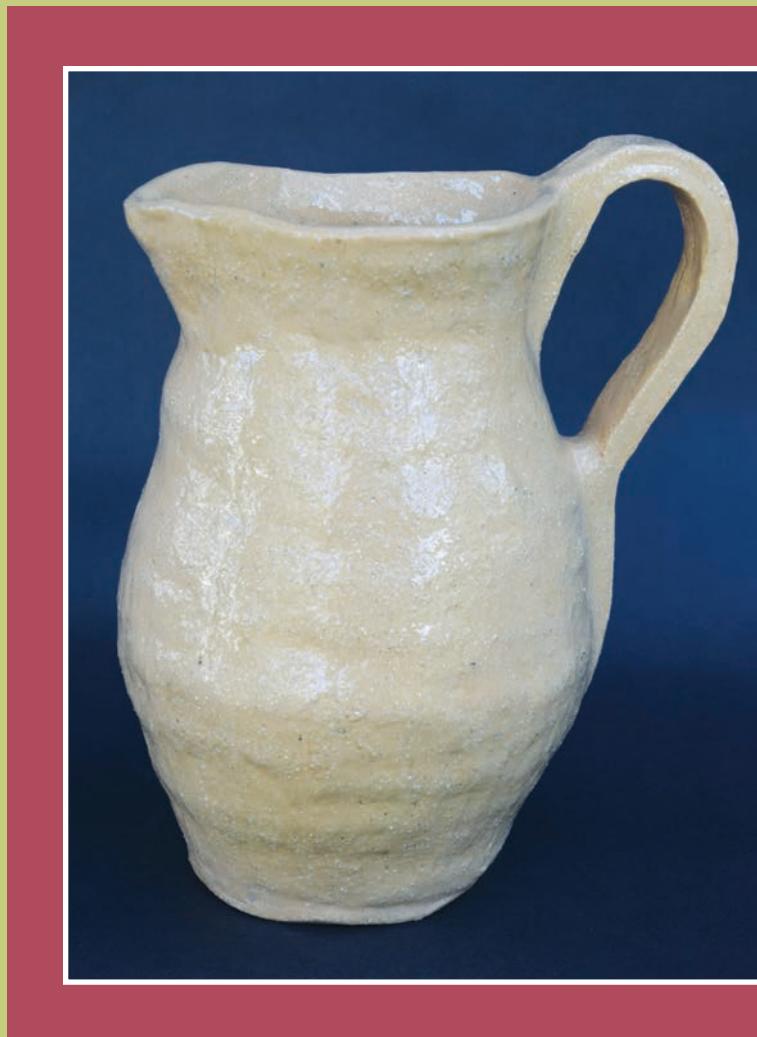
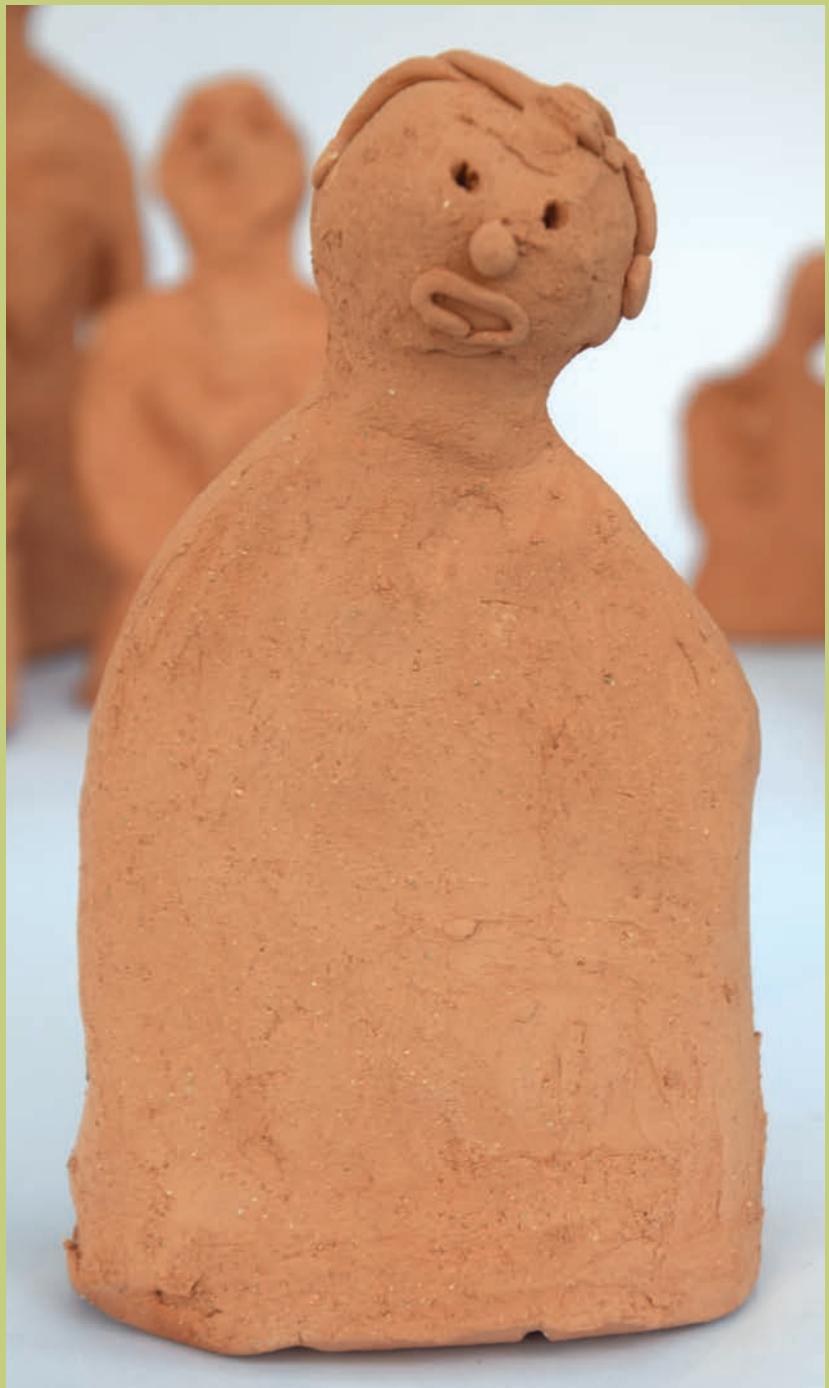
AUGUST 2020						
MON	TUE	WED	THUR	FRI	SAT	SUN
31				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER 2020						
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	

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	AFL Grand Final Holiday			

September | 2020





If you don't like something, change it.
If you can't change it, change your attitude.
Maya Angelou

SEPTEMBER 2020						
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 2020						
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

October | 2020

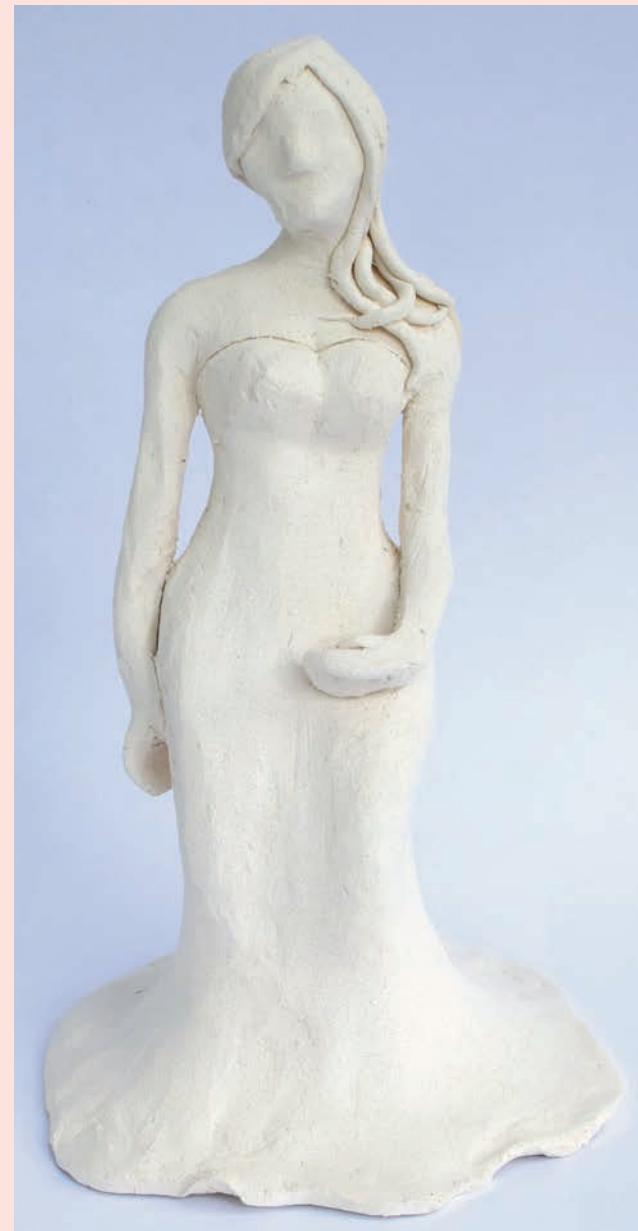
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
Term 4 Starts					World Mental Health Day	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



You don't drown by falling in the water.

You drown by staying there.

Edwin Louis Cole

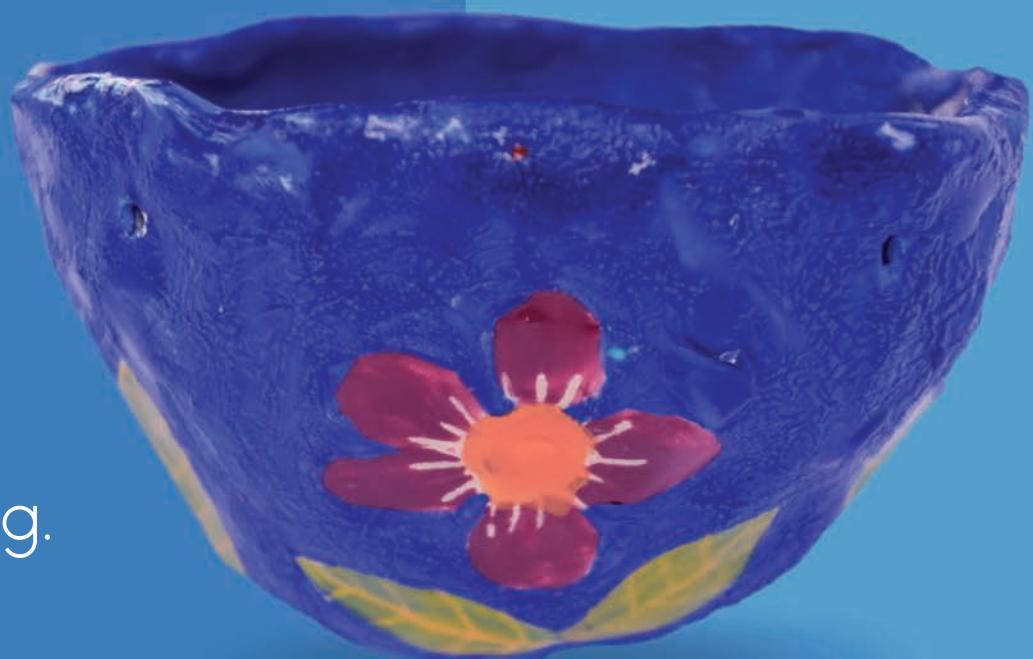


OCTOBER 2020							DECEMBER 2020						
MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			

November | 2020

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





No-one ever became poor by giving.
Anne Frank

NOVEMBER 2020						
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

JANUARY 2021						
MON	TUE	WED	THUR	FRI	SAT	SUN
				1	2	3
	4	5	6	7	8	9
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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	Christmas Day	Boxing Day	

Boxing Day Holiday

South Eastern CASA
Centre Against Sexual Assault & Family Violence

December | 2020



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 work with children and young people with harmful sexual behaviours and their families.

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.secasablog.blogspot.com.au

 www.youtube.com/user/SouthEasternCASA

