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PITTSBURGH ACTION AGAINST RAPE

81 South 19th St. | Pittsburgh | PA | 15203

412-431-5665

www.paar.net

February 2009



Welcome to PAARticulars

PAARticulars is our new electronic newsletter. Each month we will highlight upcoming programs and will provide you with timely information that may be helpful to your life and/or the work that you do.

Come to PAAR's Lecture Series!

If you or someone you love has been a victim of sexual violence, please consider coming to as many of these lectures as you would like. Or perhaps, you work with a client who may benefit from hearing more about healing from sexual violence? These lectures are open to the public and are an opportunity to gather information as well as an opportunity to make connections between sexual violence and things that many individuals experience in their healing process.

- Registration is not necessary. -

If you have a disability or require specific accommodations, please contact us in advance so that we may best serve you.

Meets Wednesdays 6:30pm - 8:30pm

Cost: No Fee

March 4th, 2009

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Spring into Volunteering!



With caring support and expertise, PAAR's volunteers remain at the foundation of our agency. At PAAR, volunteers staff our 24 hour/day crisis hotline, or can have opportunities to get involved with other projects! If you would like to be a part of an exciting team of volunteers, that helps hundreds of people every year, please call us. Volunteers are required to take a 40 hour training to become certified as a sexual assault counselor in Pennsylvania. The next

Getting things different: Moving from long term effects into healing
Presenter: Anita Mallinger, PAAR

March 11th, 2009
Managing triggers and flashbacks
Presenter: Kathy Neill, PAAR

March 18th, 2009
PTSD: What it is and what it means to you
Presenter: Jennifer Sims, PAAR

March 25th, 2009
Letting go of shame and self blame
Presenter: Heidi Van Doeren, private therapist

April 1st, 2009
Exploring treatment modalities for trauma
Presenter: Christie Hudson, PAAR

April 8th, 2009
Developing healthy sexuality
Presenter: Jennifer Sims, PAAR

April 15th, 2009
Dissociation: Understanding and managing it
Presenter: Nancy Fair, PAAR

April 22nd, 2009
Boundaries and assertiveness
Presenter: Mohini Wagle-Schmitt, PAAR

training begins March 14th, 2009. Call today to get started! Contact Kathi Leddy at 412-431-5665, or email at kathil@paar.net.

Join Our Mailing List!

Take 10 minutes to make a difference..

Prevent sexual violence in Pennsylvania and our county, we need your assistance! Please help.



PAAR is working with the PA State Dept. of Health and Pennsylvania Coalition Against Rape (PCAR) and asking agencies and individuals to complete a survey to assess the status of sexual violence prevention in the Commonwealth. This is part of an effort being made across the country in cooperation with the Centers for Disease Control (CDC).

Please complete the survey by February 25. You can access it on the Web by clicking below:

http://www.surveymonkey.com/s.aspx?sm=SKP4Jcn2KmWS1pZq0eNU7A_3d_3d

Thank you for your assistance. By participating you are helping us determine what the next steps are for continuing the important work of ending sexual violence in Pennsylvania. If you have any questions, please feel free to contact Beata Peck Little at bpecklittle@pcar.org or feel free to contact Julie Evans at Pittsburgh Action Against Rape at 412-431-5665.

Pittsburgh Action Against Rape

TAKE ACTION Test yourself: Which of the following is true?

According to the Centers for Disease Control (CDC) and Prevention, the goal of primary prevention of sexual violence is:

- a. to stop it from happening in the first place.
- b. to help victims after experience sexual violence.
- c. to teach rapists to stop raping.
- d. to teach children how to stop sexual abuse.

Email your answer to PAAR's Education and Training Program Director, Julie Evans at juliee@paar.net. The first correct answer will receive a free t-shirt, stadium cup, pens and materials to distribute and to take action in your community!

Join us every month in taking action!

This Affects Everyone. **What will U do about it?** www.paar.net

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