

# SARCC

Prevent sexual violence. Promote healing.

# #Thriver



## COMMUNITY WALK

ACTIVITY GUIDE

### #Believer

STATION

Be a Believer. Listen to survivors and believe their stories.

**Activity:** Button Making Station

**Supplies:** Colored pencil packs in your activity bag.

**You can say:** "Thank you for telling me. I believe you. How can I help?"

### #Striver

STATION

Stretch yourself to learn something new.

**Activity:** Breathing for grounding. Punching for stress release.

**Supplies:** Giant balloon in your activity bag.

**You can say:** "I'm not sure. Can we find out together?"

### #Braver

STATION

Recognize and celebrate the courage it takes to heal.

**Activities:** Therapy Dogs & Trauma-informed Yoga

**Participate:** Please use sanitizer before visiting the pups!

**You can say:** "It takes courage to talk about it. I think you're brave."

### #Survivor

STATION

No one chooses sexual violence, but anyone can choose their healing.

**Activities:** Shape, create and mold healing with your hands.

**Supplies:** Moon putty in your activity bag.

**You can say:** "This is hard. I know that healing is possible."

### #Thriver

STATION

Say NO MORE to sexual violence. Build a safer, stronger community.

**Activities:** Plant your own flower kit, & know that you can grow.

**Supplies:** Pollination kit in your activity bag.

**You can say:** "I'm committed to making our community safer."

Stop at the registration table between 10 am & noon for an Activity Kit. SARCC Staff & Volunteers are posted at stations to answer questions.

Special thanks to our  
#Thriver Sponsor

# UPMC

# FOR YOU TO KNOW



EVERYDAY INFO ON SEXUAL VIOLENCE & HEALING

WHAT IS SEXUAL VIOLENCE?

**#101** People who commit sexual violence may coerce, threaten, or use tricks to commit these acts. These are common tools of violence. A person who commits sexual violence is often known and trusted. Talking about it can be hard. Many survivors wait a long time to talk about what happened. All people have a right to healing and support.

**#Trauma** SELF-ASSESSMENT

Yes No Maybe

Intruding thoughts or memories?

Physical reactions to memories?

Trouble falling or staying asleep?

Thoughts, smells, or situations remind you of the event?

Feeling numb, distant, or cut-off?

Feeling irritable or angry?

Loss of interest in activities?

Eating/Drinking too much or not enough?

Changes in / Risky Behaviors?

SARCC offers 24/7 support through our hotline. Counseling and groups are available for anyone.

**#Help**

- Survivors have rights in PA, including Victims Compensation Support.
  - Counseling, therapy, and advocacy is available at no-cost.
  - Families who have support can better support the person surviving the violence.
- #Support**

**Lebanon**  
717-272-5308  
615 Cumberland St.  
Lebanon, PA 17042

**Schuylkill**  
570-628-2965  
17 Westwood Rd.  
Pottsville, PA 17901

sarccheals.org | @sarccheals

