

BRISSC NEWS

Brisbane Rape and Incest Survivors Support Centre

December 2003

BRISSC is a woman's only space, offering information and support in a safe, friendly and empowering environment free of charge. The support we provide is based on the belief that you have the right to

- Be listened to, believed and supported
- Be treated with respect, dignity and understanding
- Deal with your own life, in your own way and at your own pace
- Choose who and what you tell and when
- Confidentiality and privacy
- Receive practical information including reporting, legal and medical options
- Interpreter support and disability support.

There is no right or wrong ways to feel. Everyone is different.

Each woman finds her own way to cope with rape and incest.

Nobody ever deserves to be raped

This Newsletter has been put together to inform women about what BRISSC has been up to over the past year as well as our plans for next year. Many thanks to all the women who have supported BRISSC throughout the year and to all those who have shared their struggles, learning and inspiration with us. Please let us know if you have changed your postal address or if you no longer wish to be on our mailing list.

Best Wishes for 2004 from the BRISSC Collective.

What's coming up...

Support Groups, Events, Research etc.

Preparing for the Holidays

BRISSC invites women to attend an informal discussion circle to discuss preparing for and coping with holiday (and family) related stress.

*When: Thursday 18th Dec, 10am—1pm
Lunch Provided- RSVP Tues 16th Dec*

Understanding Incest

Reference Group

The BRISSC resource booklet 'Understanding Incest' needs to be updated. We are seeking women who are interested in being part of our reference group. Please contact us if you are interested.

(07) 3391 2573

Meditation Mornings

Join workers and women at BRISSC for Tuesday Morning Meditation Sessions on the 9th, 16th and 23rd of December from 8.00 am to 9.00 am (Free).

Self Harm Research

Trudi Contarino, PhD Student, University of Queensland, is currently conducting research on self harm. If you currently self harm and are interested in being involved please call Alison or Amanda at BRISSC (07) 3391 2573.

Young People's

Competition

A National film and music competition has been launched recently in Melbourne. The films and music need to have a domestic or family violence focus. If you are between 16-24 and would like BRISSC support to get involved or simply want more information give us a call.

(There are great prizes involved)

Support over the Holidays

Good News! BRISSC has secured funding until 2007, so we are looking forward to continuing our efforts to work with women to end violence against women.

BRISSC will be closed over Christmas. Thanks to our relief staff, phone support will be available as usual from 9.00 am to 1.00pm Monday to Friday, except on the following dates: 25th Dec, 26th Dec, 1st January.

BRISSC wishes two of our permanent workers a great holiday break throughout January. Due to worker leave and renovations early next year, workers will be focusing on developing and planning future service provision for 2004- 2007.

(The 24 hr Statewide Sexual Assault Support Line and Emergency Medical Response at the Royal Brisbane Hospital, will be open throughout this holiday period.)

BRISSC Highlights from 2003

- Production and support of the CRUISE (Creating Resources for Understanding Self Harm and Empowerment) resource.
- Wild Women Workshops (Two series of four workshops run throughout the year)
- Sexual Assault Support Groups
- Murri Women's Group and Yarnin Circle
- Community Education in schools, hospitals, and with allied health.
- Social action, including involvement in Reclaim the Night 2003, and Sexual Violence Awareness Month

What are your interests??

- Are you interested in helping out with gardening or supporting the Women's House Library.
 - Are you interested in computer related training?
- Come in and check out our Community Women's Internet Centre and restocked library. Let us know more about what you'd like. Please phone us on: (07) 3391 2573 for more information.

Contacts for other Services:

Statewide Sexual Assault Helpline:
(24 hrs) 1800 010 120

Domestic Violence Telephone Service
(24 Hr refuge referral) 1800 811 811

Lifeline
(24 hr crisis line) 131 114

Kids Help Line— for people up to 18yrs old
(24 hrs) 1800 551 800

Parentline 1300 301 300

Salvo Care
(24 hrs) 3831 9016

Sexual Crimes Investigations Unit
3364 6430

**We all
have the
right to
be safe...**



You can contact BRISSC on:

Support Ph: (07) 3391 0004
Admin: (07) 3391 2573
Fax: (07) 3391 4735
Address: 15 Morrisey St
Wooloongabba,
4102.

BRISSC

**Together
we can
help end
sexual
violence.**