WOAR

Bringing Communities Together to End Sexual Violence

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www.woar.org

Healing through Support, Education, and Advocacy

Education Services

Stopping sexual violence before it happens is the goal of Education Services

Education Services offers a menu of skill-building trainings for schools, community agencies and professionals which address violent "gateway" behaviors such as bullying and promote healthy development and active "bystander" intervention.

Trainings include:

- The Safe Touch Rule For Parents
- Bullying Prevention
- Expect Respect
- Girls In Real Life Situations
- Helping Teens Handle Tough Experiences
- Tough Enough To Cry—A Program For Males

The Men's Alliance

The Men's Alliance is an Education Services outreach created to connect males to resources through "primary prevention" education, training, support, and alliances. Males of all ages gain the tools necessary to support and interact with others who have similar personal struggles.

Men's Alliance partners work together to promote safe and healthy social norms to eliminate stereotypes which foster acts of violence in our communities.

Contact 215-985-3315 ext. 180 or www.woar.org to schedule a training.

Crisis Services: Hotline & Medical Accompaniment

Crisis counseling and information about sexual violence are available 24 hours a day, seven days a week, by calling our hotline at (215) 985-3333.

When an adult or adolescent 16-17 years old has been sexually assaulted and is obtaining a forensic rape exam, WOAR is contacted to offer support for the survivor. WOAR staff, interns and volunteers provide counseling, advocacy, and support at the Philadelphia Sexual Assault Response Center at 300 E. Hunting Park Avenue. If you need a forensic exam call the police for transportation to the center and go to the Special Victims Unit at the same location (215-685-3251). Even if you are unsure about filing a police report it is important to seek medical attention.

Court Accompaniment

Court proceedings can be confusing and upsetting for sexual assault victim/survivors and especially so for child and adolescent survivors and their families. WOAR staff provide accompaniment, information, and support for survivors at preliminary hearings, trials, and sentencing both at Family Court, 1801 Vine Street, and the Court of Common Pleas at the Criminal Justice Center, 1301 Filbert Street.

Counseling Services

Individuals who have experienced any form of sexual violence can contact our hotline at (215) 985-3333 to request counseling services. We offer individual counseling to women, men, children starting from the age of two, and members of the LBGTQ communities. We also provide short-term counseling to parents, caregivers, spouses, partners, and family members of those who have experienced sexual violence. Support groups are offered for both adults and children. The groups are offered several times throughout the year.

An intake assessment will be done by the counseling staff to assess appropriateness for service and the best level of care. The staff are Master's level clinicians with experience and training in Posttraumatic Stress Disorder and trauma, the dynamics of sexual violence, co-occurring disorders, and evidence-based treatments.

Latino Outreach

WOAR's Latino Outreach program consists of bilingual, bi-cultural counselors who provide counseling to female and male survivors of sexual violence. Individual counseling is provided to Spanish-speaking women and men, families, and children. Support groups are offered for adult women, adult men, and individuals who have been sexually abused and have a history of drug or alcohol abuse.
Our Latino Outreach department also offers training in the community on working with survivors and prevention education.

Child Counseling

Children are often referred to WOAR by their parents, relatives, social workers, doctors, or teachers because they are experiencing trauma-related symptoms and/or behaviors. Some common reactions children may exhibit include feelings such as fear, anger, sadness, and guilt, or exhibiting problems such as bedwetting, nightmares, aggressive behavior, withdrawal, and age-inappropriate sex play. WOAR counselors are trained in various therapeutic techniques, including family and play therapy, and often use games, stories, art, journaling, and role play as a way to communicate and resolve feelings which may be difficult for the children to verbalize.

Adult Counseling

Individuals utilize WOAR services for many reasons. Some people come to WOAR for a few sessions of crisis counseling immediately following an assault to help with feelings of fear, guilt, shame, anger, depression, sadness, and confusion. Others decide to come back and work on unresolved feelings six months, a year, or sometimes 20 years after the abuse has occurred.

The counseling staff can help an individual to better understand how this abuse affected them, to process the memories, learn new coping skills, and feel better about themselves and their relationship with a partner or family.

Adult Drop-in Group

For women and men who are looking for immediate support, have questions about WOAR services or want to learn coping skills WOAR can help.

Every Monday from 11:00am-12:30pm we offer a drop-in group for adults who are in crisis or for those who are currently on our waitlist for services.

In the CORE group - **C**risis **O**ption **R**esponse through psycho**E**ducation we discuss different topics each week including:

- WOAR Services
- Common reactions to trauma
- Coping Skills
- Identifying strengths and support systems

The Men's Program

Men experience sexual violence at very high rates, yet very few men receive counseling or know where to turn after experiencing a trauma. Whether the assault occurred during childhood or during adulthood it is important to talk with someone about the experience. Men can experience anger, depression, problems with relationships, isolation, and may question their sexual orientation.

WOAR offers individual and group counseling to males as a part of our Men's Program. This is not just a place for women or an issue for women. If you are a man who has experienced sexual violence we are here to help.

Volunteer & Internship Opportunities

WOAR volunteers are an important part of our organization and our history. The agency began as a volunteer based organization and volunteers remain an important aspect of daily operations.

Volunteers answer our 24-hour hotline and provide medical accompaniment when a victim/survivor has their forensic rape examination. Volunteers can also represent WOAR in the community as advocates at health and community fairs.

WOAR offers opportunities for undergraduate and graduate students to complete an internship or practicum at our site. Interns will receive extensive training in sexual violence and have the opportunity to provide direct services to adult and child survivors of sexual assault, respond to hotline calls, provide court and medical accompaniment, and to educate the community.

There are internships available in both the Direct Services and Education Services departments. A comprehensive 40 hour training is required for all volunteers and interns.

Visit www.**woar.org** for a downloadable volunteer application, internship program requirements, and for more information regarding our programs.

Agency History

Founded in Philadelphia in 1971-1972 and incorporated in 1973, Women Organized Against Rape (WOAR) is a vital non-profit organization dedicated to addressing sexual violence in our society. WOAR has worked together with police, hospitals and courts to serve the needs of survivors of sexual violence.

WOAR's professional staff and committed volunteers provide comprehensive sexual assault counseling and advocacy services, and community and professional trainings. WOAR offers twenty confidential counseling sessions free of charge to adults and children who have experienced sexual abuse or assault. Educational programs are available to corporations, community organizations, schools and other service providers.

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Access Available

Visit our website at www.**woar.org** for:

- Information about sexual violence, Counseling services, Prevention education programs
- Helpful resources for survivors, family, and friends.
- A list of our funders
- Information about donating

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