



RockfordSexualAssaultCounseling.org



We need volunteers!
Help provide survivors hope
and knowledge in their most
vulnerable time.

More about our advocate
program on page 5!

Dispelling the Darkness Fundraiser info page 3!

Congratulations to our very own Maureen Mostacci for being awarded the YWCA Community Leadership Award for Community Leadership for 2021!

From the YWCA:

This award is given to women who are professionals and volunteers in government, public service, politics, and community action. Maureen has dedicated her life to survivors of sexual assault. She has been an advocate for these survivors including policy making and collaborative community building. She has touched the lives of thousands throughout her career and continues to affect change in our community.



Erica Engler, Executive Director

Be the Change!



This has been quite a year for our world. As Rockford Sexual Assault Counseling (RSAC) has been working to maintain as much normalcy as we can with our services during these dark times, we look ahead to the light that our 2nd annual Dispelling the Darkness candlelight vigil can bring to survivors of sexual assault/abuse. Why is this vigil so important? It's a time where we can come together publicly to say to survivors that we support them as a community. Sexual assault and abuse survivors need to feel seen and heard by those in their lives and communities. You have a survivor in your life whether you know it yet or not, and the importance of feeling safe and supported by loved ones is so crucial. When they see that you have posted on social media that you have lit a candle in support of survivors, they know you are a safe person to disclose to if needed! While it might make you nervous to think about someone disclosing sexual assault/abuse to you, please remember you don't have to be a professional to help them!

Listen...without interrupting or questioning their disclosure.

Support... "I believe you", "I'm sorry this happened to you", "How can I help you?"

Refer... "RSAC provides free counseling, legal advocacy, and medical advocacy. I can get you their phone number or you can visit their website for more information if you want"

Don't...pressure them to do anything they're not ready for! Remember that telling you was a huge step in starting their healing process!

The candlelight vigil also serves another purpose. When you light that candle, it is a message to perpetrators that our community does not tolerate sexual violence of any type. Every time you share a post from our Facebook page, you are sending that message, too. Please join us as we continue the work of supporting sexual assault/abuse survivors by lighting a candle in their honor. I also encourage you to think past the vigil to how you can help be the change in our community for survivors of sexual assault and abuse. Whether that's volunteering, posting support for survivors on social media, or committing to being a good listener, we can all help to make a difference!

-Erica Engler



Dispelling the Darkness

We invite you to join us in person & virtual as we light up our town to commemorate survivors, past & present. Shine a light of hope for a community that is safe, healthy, and united against sexual violence.

7 p.m. CST Thursday, Sept. 9

First Free Rockford & Virtual on Facebook



We accept cash, check or website candle orders & donations. Please make checks payable to Rockford Sexual Assault Counseling 4990 E. State St. Rockford, IL 61108

RockfordSexualAssaultCounseling.org



Delivery options include pick-up (preferred) on designated days and times at RSAC office and drop-off. If shipping out of RSAC service area, shipping will be charged outside of your vigil donation via paypal invoice.



The place where light and dark begin to touch is where miracles arise.

Robert A. Johnson

Make Every Day Count

Sexual Assault Awareness Month Fundraiser

In the past, RSAC has always participated in Sexual Assault Awareness Month by hosting a fundraiser. With Covid-19, fundraising has changed a bit, so we created Make Every Day Count!

Participants chose a half day for \$25 or a full day for \$50. Once all days in the month of April were filled with participant names (30 days), a raffle took place to choose winners.

Three winners were chosen. Congratulations to those winners! We can't wait to do this again!

Participants:

Thank you to those who purchased a day or a half day! Your donation is appreciated!

Winners:

First Prize: \$500- Mary B.
Second Prize: \$200- Pete S.
Third Prize: \$100- Debra R.

Debra R.
Sue T.
Julia S.
Jan B.
Janet M.
Brad B.
Gracie R.
Mary B.
Christen W.

Donna H.
Michael K.
Pete S.
Janet M.
Lynn K.
Warren S.
Larry W.
Sherry E.
Char & Beth

Terry & Paula H.
Jeremy E.
Maureen M.
Dawn C.
Sarah M.
Courtney W.
Kevin P.
Sandy F.
Paula P.

Raising Hope with RSAC

Facebook Raffle Group

This online raffle took place through a private Facebook group and each Monday through Thursday at 9AM CST, a new item was up for raffle. Each item had a set number of lines and each line cost a certain donation amount. You could purchase as many lines as you would like. Once all of the lines were full, a raffle took place on Friday at 1PM. Winner would receive the item!

Please join the Facebook group now! Our next raffle posts start October 1!

[CLICK HERE](#) to join the Facebook group!



Introduction: Gretchen Eldridge

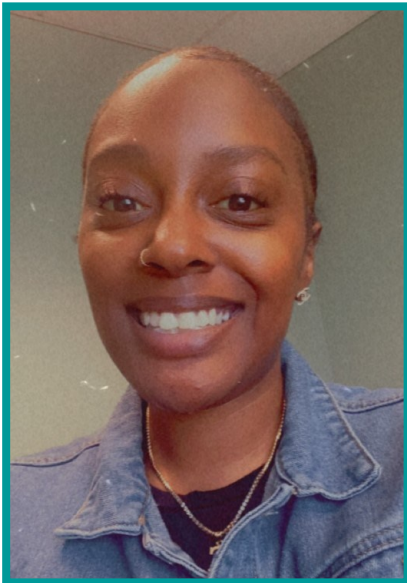
Therapist

As a clinical mental health counselor, I am honored to serve individuals along their life journey. I believe each person is the expert of their own life and life experiences. I operate out of a Humanistic, CBT, and Person-Centered lens while pulling techniques from various theories in accordance to the individual's needs. I believe the therapeutic experience is one of the most sacred processes humanity can undertake. It requires bravery, vulnerability, and strength to share our history, our most intimate thoughts, and our feelings and fears with another person. I hold this space with honor. I have worked in the mental health field for over twenty-years and as a clinician I continue to evolve daily through my interaction with others. We are all in this journey of life together; I am here to walk just a smidge of this journey with you as a guide, healer, and counselor.



Introduction: Courtney White

Volunteer Coordinator/ Preventionist



Hello All! I am Courtney White, the new Volunteer Coordinator/ Preventionist. I can't express how excited I am to embark on this new journey. Although I have attended Rockford public schools my entire life, my family moved here from Detroit, MI when I was very small. My whole world and heart belongs to my 12-year-old daughter Ahjanae.

My first love and passion is Nursing, and I am excited to be finishing my Bachelor's of Science in Nursing at Rockford University this fall. My minor will be in Child and Adolescent Development/Psychology which is what brought me to RSAC.

I have found that the RSAC volunteers are the back bone to helping the organization run smoothly. With that being said, we are looking for more volunteers to fill our medical advocacy roster! In a world full of unfairness and injustice, you can be the change! I will be starting a new training class July 31st. If you or anyone you know may be interested, please call the office to speak with me! I look forward to working with and getting to know you all.

Job Opportunities: Preventionist

Rockford Sexual Assault Counseling, Inc. (RSAC), is seeking a qualified individual to provide sexual assault prevention education programs/curriculums in schools (public and private) for grades pre-K through 12, at colleges and universities and to the community in general. These programs are provided in Boone, Winnebago, and Ogle counties. On a daily basis, Preventionists impact the lives of all those they serve and are vital to the health and well-being of our community.

View full job description on Indeed.com [HERE](#).

Volunteer!

Contact Courtney White, our Volunteer Coordinator, to learn more!

CWhite@rsacil.com

OR

[Click Here!](#)

Rockford Sexual Assault Counseling, Inc. recruits volunteers to provide advocacy for victims of sexual assault or abuse and their families. Volunteers play an important role in helping victims feel they are not alone and not to blame for the assault or abuse.

Our agency provides a 40-hour training session for all volunteers. The topics discussed will include, but are not limited to: basic advocacy techniques, the Illinois Criminal Sexual Assault Law, medical care of the victim, crisis intervention, child sexual abuse, and community resources. Volunteers providing advocacy play a crucial role in providing crisis intervention services to victims of assault or abuse.

Requirements for becoming an RSAC volunteer:

- At least 18 years old
- Background check
- Available for on call two weekday evenings a month or one weekend day a month
- Have reliable transportation with insurance
- Have a phone

Fee for training class is \$40 to cover materials.

Scholarships are available.



Contact Us!

Winnebago, Boone & Ogle Counties

Winnebago County

4990 E. State Street

Rockford, IL 61108

24 Hours: 815-636-9811

815-636-9811- 24 Hour Crisis Hotline

Boone County

860 Biester Drive, Suite 205

Belvidere, IL 61008

815-544-6821

Ogle County

412 W. Washington

Oregon, IL 61061

815-732-0000

Mission Statement

Rockford Sexual Assault Counseling, Inc. (RSAC) responds to the needs of victims of sexual assault/abuse and their families/significant others through emergency services, emotional support, counseling, referral, advocacy, and education, and promotes awareness and understanding of sexual assault. The focus of RSAC is to provide services to survivors of sexual assault/abuse and to educate the community to reduce the risk of sexual violence.



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Follow us on
Social Media!

