

No matter the circumstances, sexual violence is never the fault of the person who was harmed.

Following a traumatic experience, someone may feel shock, disbelief, embarrassment, shame, anger, guilt, or nothing at all. Any reaction to trauma is natural and valid.

Decisions after sexual trauma are difficult. SARC wants you to know that you have options, and we are here to support you in whatever you choose.

If someone you know discloses they have experienced a sexual trauma:

- listen when they communicate, help them feel comfortable when expressing feelings
- respect the feelings, and choices they make
- believe their experience, do not judge
- support, never blame them

It is also important to understand and cope with your own emotions while supporting someone who has been harmed. At SARC, we also provide services to those supporting people who have been harmed.

**ADVOCACY AND
COUNSELING
SERVICES
ARE CONFIDENTIAL
AND NO COST**

Visit us at our office, website, or call or email:

Sexual Assault Resource Center
4900 SW Griffith Drive, Ste. 135
Beaverton, OR 97005

office: 503.626.9100

email: sarc@sarcoregon.org

website: sarcoregon.org

DONATE

Your tax-deductible contribution will support vital services for people impacted by sexual violence.

Make a one-time or monthly contribution at sarcoregon.org/donate.



**24-HOUR
SUPPORT
503.640.5311
OR
888.640.5311**

sarcoregon.org



"Our mission is to promote social justice by eliminating sexual violence in our community through education, support, and advocacy."

Founded in 1977, SARC operates as a non-profit and core advocacy service for people impacted by sexual violence in Washington County. SARC embraces trauma-informed practice, racial and social justice, and accessibility as guiding values.

SARC recognizes that sexual violence can and does happen to anyone. And, members of historically marginalized communities are impacted by sexual violence at much higher rates, and are more likely to experience barriers to accessing services and seeking justice.

SARC strives to be culturally responsive and intentional in our efforts to support communities disproportionately impacted by sexual violence.

We also understand that identities are intersectional and oppressions are interlinked. In order to more fully serve those who have experienced trauma, and to eliminate sexual violence, SARC recognizes that we must also work to address, challenge, and resist other forms of violence and oppression.



LEARN MORE

SARC offers community education and specialized workshops on topics including:

- dynamics of sexual violence
- responding to disclosures of violence
- systems of oppression
- trauma & trauma-informed care
- sexual harassment
- and more

Contact sarc@sarcoregon.org for fees and availability.

GET INVOLVED

- Volunteers are core to SARC's work. Visit sarcoregon.org, or email to get involved.
- Fundraise, or organize an event to benefit SARC's mission.
- Follow us on social media, or sign up for our newsletter at sarcoregon.org.



SERVICES

Advocacy and counseling services are offered to people ages 14 and older- at no cost. Most services are available in English and Spanish, or utilize interpretation services for language accessibility.

We strive to be accessible for all. If additional access to services is needed, please contact 503-626-9100, or sarc@sarcoregon.org.

24-Hour Support and Resource Line

Advocates provide 24-hour anonymous and confidential information and support to anyone impacted by sexual violence. We provide crisis intervention, resources and referrals, help with safety planning, emotional support, education and information about a survivor's options and rights, and accompaniment to medical exams, criminal legal related appointments, etc. 503-640-5311.

Case Management

Advocate case managers provide on-going, long-term, and confidential wrap around services including emotional support, resources, referrals, criminal & civil case support, safety planning, and more

Mental Health and Healing

Licensed mental health counselors provide individual and group therapy for people impacted by sexual violence, including family and friends.

Prevention and Education

Advocates and educators address the root causes of sexual violence through trainings and outreach for adults and youth. Our Beyond Consent: Healthy Teen Relationships curriculum is taught in health classes in local high schools in the Portland-metro area.