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 SEXUAL ASSAULT CRISIS LINE 780-423-4121
 KIDS HELP PHONE 1-800-668-6868
 EDMONTON PROTECTION ORDER PROG. 780-422-9222



Show your support for SAFFRON's mission of
 "working towards the prevention of sexual abuse and sexual assault"

SAFFRON

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"Working towards the prevention of sexual assault and sexual abuse."

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Empower individuals affected by sexual abuse and sexual assault

-AND-

Empower communities to take action against sexual violence

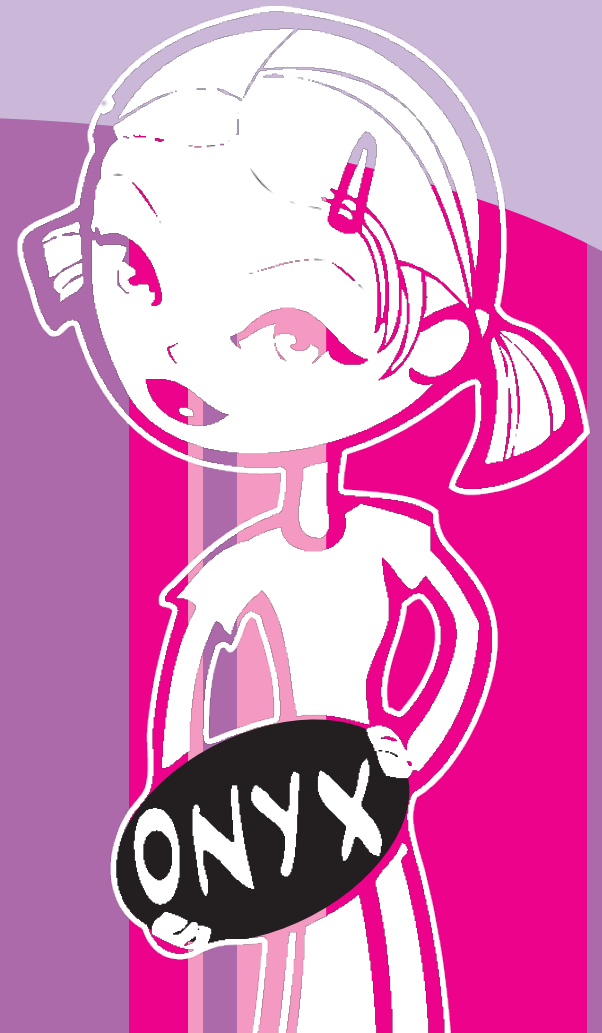
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In 2006, Strathcona Sexual Assault Centre took on a new name. Saffron is greek for 'crocus', which in flower language means 'abuse not'. The crocus is one of the first flowers that emerges out of the snow in the spring. Through this symbol, we celebrate the emergence of renewed life for the participants in our 'Seeds of Healing Program'. Learning to live after abuse can be like coming in from the cold and discovering the warmth of your own heart.

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It is said that ONYX is the stone of endurance and guides positive decision making in challenging times. This reflects the goals of the ONYX program: to empower young women to learn how to be assertive and set healthy relationship boundaries as they are bombarded daily with mixed messages through media, music, and print.

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SAFFRON staff are aware of the need for pro-active services in the community to address the vulnerability of today's youth, and the challenges they face in present society when dealing with issues of sexual violence. By creating strong, independent, and empowered young women, they will be better able to withstand negative influences of sexual connotations and learn the skills necessary to make positive decisions for themselves and their future.

contact us
for more information,
or register

by phone: 780-449-0900

by email: onyx@saffron-ssac.com

or online: www.saffron-ssac.com

Strength Resiliency Fun
Support Courage Friendship
Knowledge

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Participants take a closer look at their self-esteem and sense of identity. ONYX will also explore body awareness and how the media influences today's young women's personal beliefs.

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The participants will share experiences about their relationships with family and friends. This will be helpful to those youth who have experienced abusive or hurtful relationships. Discussions will also focus on the use of bullying or peer pressure and how technology affects their lives and the way they relate to others.

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The young women will learn how to differentiate between healthy and unhealthy relationships, and create strategies for what to do if they find themselves in difficult situations. The participants will also learn how to set healthy sexual boundaries.

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The participants will learn and teach one another healthy techniques and skills for dealing with anger, stress and other emotions. They will learn how to recognize their emotional cues and strategies for coping with them.

The ONYX program touches on sensitive issues for young women, SAFFRON has a therapist available to all participants in need of short term intervention. This therapist can suggest a course of action, and can refer them to appropriate services within the community.

Groups usually last 10 weeks or a 5-day condensed week.

Contact the Centre or check out the ONYX website at www.saffron-ssac.com/ONYX to find out when the next group is being offered.