



BRAVE!

100 ISSUES



BRAVE ANY WAY ... OUR WAY !



 Ministère de la Justice Canada / Department of Justice Canada

JOURNÉE D'ACTION CONTRE LA VIOLENCE SEXUELLE FAITE AUX FEMMES

 REGROUPEMENT QUÉBÉCOIS DES CENTRES D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL

The many forms of resilience after sexual assault



CALACS de Granby
Centre d'aide et de lutte contre les agressions à caractère sexuel



ORGANISME APPUYÉ PAR **Granby**

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It's no big deal!

About the CALACS

The CALACS (Help Center Fighting Against Sexual Assault, in French) in Granby is a feminist, non-profit organization to combat sexual assault and all forms of sexual violence.

As a proud actor in the sphere of autonomous community action, the CALACS works hard to root itself in the community and foster a healthy democratic and collaborative climate. It is always possible to become a member!

Together with the women in the community who hear the call of our mission, we can promote the project that is at the source of our organization. We need to affirm this, nourish it, develop it and represent it, collectively.

To become a member, or to join one of our committees, send an email to info@calacs-granby.qc.ca. For more information about membership categories and the different committees, take a look at the last page of this newsletter.

On the cover:

Since 1981, on the 3rd Friday in September, the Regroupement québécois des CALACS along with all of the CALACS in Québec mark a day for action against sexual violence towards women (JACVSFF, in French). In 2020, the theme chosen by the associative affairs committee of the RQCALACS for the 39th edition of this event was: 'Brave any way... Our way!'.

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A MESSAGE FROM THE COMMITTEE

Say it loud, say it proud: survivors of sexual assault are ALL brave! No matter what choices they've made, their decisions and the tools they use to reclaim their power, women and girls are brave, in so many ways.

Some of them will overcome their fear and talk to someone they can trust. Others will post on social media, or decide to make an official complaint, despite the complexity of the legal system. Many of them will develop ways to define their boundaries, and say no. Some women will be faced with events coming up from the past, and learn how to sit with their emotions and take care of them.

By reasons of social oppression, women with various life experiences (immigrant backgrounds, racialized and indigenous populations, the elderly, women living with a physical disability, experiencing poverty, sexually and gender-diverse) can have difficulty reporting an incident or getting the help they need. In the pages that follow, we wanted to celebrate the various ways of being brave, which are different for everyone. We also hope to raise awareness about sexual assault, as well as the often rocky paths that face women whose lives have been marked by such violent acts.

We hope you enjoy our bulletin!

Did you know...

In the great majority of cases, sexual assault brings lasting consequences and has a major impact on a person's life. The journey towards 'healing' and 'reclaiming power' isn't a straight line, and it's difficult to know when the journey has ended. Throughout the process, each survivor will have her own rhythm, along with ups and downs. We have to stop telling them to 'Get over it,' or 'Get on with your life!' It takes time, support and communication, and large quantities of courage and resilience, to work on giving the consequences less space, less power. Every little step, every victory is important!

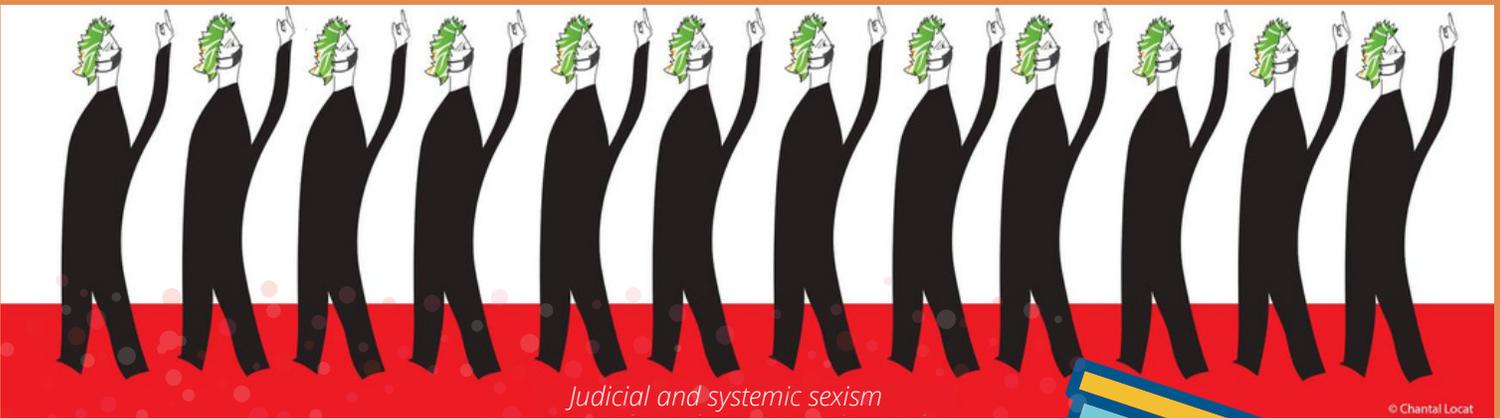
I am **BRAVE** when

I tell someone that their joke wasn't funny

By Isabelle Archambeault, counsellor

Humor has therapeutic qualities: as the saying goes, 'You have to laugh, to keep from crying.' But we don't always laugh because we find something funny. Sometimes we feel shy, and we freeze. We feel embarrassed. Sometimes, we feel so awkward that all we can do is giggle. Sometimes we're only laughing because everyone else is, too: not because we feel any pleasure. We want to fit in, be a part of the consensus: they're laughing, he's laughing, I'm laughing, we're all laughing together. Of course, this has an effect on the group. We need to take responsibility when we take a position. When somebody makes a sexist comment, or says something about another person's appearance, why not respond, 'I'm sorry, but I don't find that funny.' No need for further explanation. When someone tells a dirty joke, we can definitely say, 'That kind of joke is no longer appropriate.' When everyone else is laughing at a verbal display of vulgarity, we can point out how we feel diminished. When all around us, behavior that doesn't demonstrate consent is normalized (grazing/touching someone on the buttocks or any other part of the body) and the excuse 'I was just joking!' is offered, we can point out that it is a form of aggression. As for the unsolicited display of a penis, be it a 'dick pic' or in person, from any angle, distance and in any place, the receiver should definitely tell the sender that his actions are in poor taste and not funny... even more so, when it is hanging out there for the world to see.

A word to the wise!



The 'belief of consent' defense: An aberration in the criminal justice system

'Belief of consent,' even though it is limited, still exists in Canadian criminal law. This is proof that society, and the criminal justice system that professes to protect it, still blames the victim for the actions of her aggressor. In my thirty years of experience with the law, I have seen many trials... and I have never seen a 'belief of consent' defense that was humane, in any way. It can lead to an acquittal, however, if it introduces reasonable doubt for the judge.

The answer should be clear. It is not possible... unless the aggressor refuses to listen to, or forces consent from the victim. In criminal law, however, this is an admissible defense, and is often enough to introduce reasonable doubt and lead to an acquittal.

This consent from the victim, be it imagined, imposed or groomed, is an aberration. 'She wanted it,' or 'I thought she wanted to.' How can society find excuses like this acceptable? This defines rape culture. If we took a closer look at the choice that men make, to ignore women's consent, then trials might look a lot different, and more than 5% of incidents would be reported.



**HOW IS IT POSSIBLE TO MISINTERPRET
CONSENT, IF YOU RESPECT YOUR
PARTNER?**

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Josée Grandchamp, Granby CALACS activist

I am **BRAVE** when

things from the past come up...

By Gabrielle Champagne, counsellor

There are many consequences of sexual assault, and they can differ from person to person. Here are a few examples:

Physical

- Scars
- Chronic pain
- Unwanted pregnancy
- Sexually transmissible and blood-borne infections (STBBI)
- Trouble sleeping
- Worsening of a disability

Relational

Different challenges, including a lack of confidence and trust

Sexual

- Distaste for sexuality
- Fears
- New limits
- Hypersexualization

Psychological and emotional

- Guilt
- Shame
- Flashbacks
- Nightmares
- Emotions that can be...
 - Invasive (anger, sadness)
 - Confused
 - Contradictory
- Various fears
- Anxiety
- Anguish
- Depression
- Suicidal thoughts
- Feelings of...
 - Betrayal
 - Rejection
 - Humiliation
 - Injustice
 - Loneliness
 - Dirtiness
 - Emotionally disconnected
 - Dissociation
- Stress
- Post-Traumatic Stress Disorder (PTSD)

Identity

- A change in self-perception
- A lack of self-esteem

Behavioural

- Dependencies
- Eating disorders
- Self-mutilation
- Avoidance

Right after the assault, and in a state of shock, these consequences can be quite intense. Some victims may find that they fade with time, only to come back to the surface when triggered, making them vivid, like the attack just happened. This could be the case, for example, when we are talking about our experiences, and we relive a similarly violent situation; we glimpse our aggressor or someone who looks like him, or any other experience that has a conscious or unconscious connection to the attack.

Many survivors experience flashbacks, re-living the experience through memories that come out of specific images or feelings.

The memories themselves can feel like they are real, making the survivor re-live certain situations. This phenomenon could happen at any time, from two days to ten years later. This can be destabilizing, discouraging, and give the impression that no progress is being made. Although waves of feelings can be hard to handle, and the people around us may not understand, they are absolutely normal.

And those living with these feelings are not crazy! When we know that help is available, we are better equipped to manage our emotions. One thing's for sure: we are brave!!

I am BRAVE

when...

I was abused by my brother's friends. Of course, my brother didn't know. I was only 7 at the time. It continued until I was 12. After that, I had a boyfriend. That helped me stop the abuse. When I was 15, I was raped by a guy I met over the phone. I went and picked him up. I wasn't comfortable, but I couldn't yell out. The next day, I went over to my aunt's. She's the one who got the guy to leave. My uncle and my dad drove him back to St-Jean. My aunt was the first to know, and she believed me. I wasn't ready to make a complaint, so I went to the CLSC. They said that I should make a complaint, but I wasn't comfortable, there are things that happened in the past that come up, and that still hurt. I didn't want to re-live that during a trial. Around the same time, I went to my cousin's. She was still young, and I could sense that she was going through the same thing. I told her mother that her daughter was in danger from her roommate. The next day, my aunt called me to tell me that I was right. My cousin went through the same thing I did, and I always regretted not getting her out of there earlier. The CALACS has helped me a lot. Also this one lady named Carole, who has since passed away, but who was at the CALACS with me. She had also been sexually assaulted when she was young. We were pretty close. She was a real fighter, like we all are. Sure, life has its challenges; the ones I faced - assault and rape - made me stronger. I have good days and bad days. Sometimes I wish I had more self-confidence - my challenges have taken mine away. I still have some, just not a lot. I have a big heart, but I'm hyper-vigilant. I've learned a lot; learned how to listen to my instincts, and to recognize when there's a real danger. That's my story. The rape and the attacks made me stronger. I have forgiven, but never forgotten. You have to fight hard and never give up.

My name is Cynthia Berthiaume and I'll be a fighter for life. And to all victims, I say: don't give up!

Social media campaigns like **#metoo** help break the silence. Women publish about their attackers on social media rather than going to the police because: they don't trust the legal system; they don't think people will believe them; they don't want to relive the attack and be obliged to recount the details over the span of a trial. Appeals on social media are valid, and they contribute to social awareness and discussion.

I was around twenty when I filed a complaint against my mother's boyfriend. I was brave to do it, and I think that I couldn't have done any different, in my situation. I have affirmed myself and clearly shown my limits to those who broke my confidence when I was a child, and this has given me some confidence back. I carry my courage inside, it's all mine. It will always be a struggle for me to put myself first, in an abusive situation. My way of being confident is to affirm myself, whenever I feel I want to stay quiet. Thank you for listening.

Sylvie

*For the longest time, I was barely surviving. I really felt alienated.
I learned how to talk about it, to work on it...
And today I wake up and take a deep breath,
I look at myself and feel like I can smile,
I feel good, I feel like dancing.*

I love myself, and I know I'm stronger today than I was yesterday.

Thank you,

Bambi

...Telling my story

Brave... such a small word, for such a big idea!

I was brave when I spoke up about assaults that happened when I was a child. It took me a few years, loads of courage and humility, and a great deal of letting go to be able to talk about it. Bravery came up again on another memorable day, the day that I testified against my attacker's release. On that day, I had to set aside my shame, my anger and disgust, and to cloak myself instead in bravery. I showed up that day with a letter, a list of reasons why I believed he should not be released. On that day, my words and my story were heard, heard and repeated by the people in the courtroom, the words that were so important to me, and the fact that my attacker heard them too was my greatest reward! Bravery is valuable, and so satisfying. No matter what path people are on, they need to find their courage and cherish it!

Chantal T.

What has changed in my life, what has gotten better? Good question. Perhaps I choose my friends better now. I was brave to get out of his place, brave to ask IVAC for help, brave to accept the help of a specialist, to help me get better. I go to help centers, like the Suicide Prevention Center. I'm still on my journey, even as I lack confidence in myself, and in others. I'm still standing, and I'll tell you my story. My smile and my laugh are my only way out. I am still able to smile and stay alive, even with all I've been through. I wrote 'courage' on my cell phone when I went to the police. My friends congratulate me, tell me I'm brave. I cry a lot. Apparently that's part of the healing process. Someday soon, I'm going to burn the underwear I was wearing that day. Right now, I'm taking some time for myself. I stopped doing volunteer work. I used to give a lot of hours. Now, I need time for myself. It's hard for me to be alone with my thoughts - but it's important. We're all so different, and yet so alike.

A little flower that is just starting to bloom

What does 'brave' mean to me? I was brave when I reported it, even if no-one believed me. I was brave, and I continue to be brave, to go out and get the help I need. I was brave when I got on with my life, even if images of the attack still haunt me. I was brave when I wrote in a book that I hope to publish one day about my attack and my feelings about it, feelings that still bother me sometimes. I was brave when I listened to the story of two little kids in my circle. They trusted me enough to tell me their story. I listened, and they told me the horrible things that their grandmother's boyfriend had been doing to them for years. I asked them a lot of questions, and I helped them to talk about all the things that nobody dares to say, especially when it comes to children. I showed them that I believed them, and that it wasn't their fault, but his. I took them to the police station and stayed with them, held their hand until I had to leave. I talked to them, and explained what was going to happen, showed them that they belonged. I am brave when I'm raising my own kids to give and to demand respect in their relationships. As I bring them up to be respectful, responsible and understanding human beings, and to recognize and handle challenging situations.

I am brave when I am listening to those who have been attacked, and just being there for them. For me, bravery is getting up every morning, and working on my self-confidence, telling myself that it's normal to want to flirt with my boyfriend, and that I am not to blame for what happened. I am brave when I can tell the difference between my needs and my desires, and to keep him out of my most intimate life, which he violated. I am also brave when I cry, because all of this is really hard. I read about everything happening in the world and I cry about how confused it makes me. I am brave when I am vulnerable, accepting myself, telling myself I have as much right to be here as anyone else. I am brave when I accept the anger that rises when I think about him, about his life. When I accept the deep anger when I remember the words of the school principal, when he was told about it, as he told my parents, 'That is a really important Granby family. Think of that kid's future. Come on, boys will be boys.' It's brave of me to give myself permission to not forgive him, because I don't think I am capable of that... but to forgive myself for ever believing it was my fault.

Myriam Désilets

I am BRAVE when

I say 'No' if I am not feeling comfortable

By Linda Boisclair, activist with the Granby CALACS

Among our shared needs, there are the basics: air, water, rest and also sexual expression. In a world where we women are often judged when we identify and express our needs, we've been taught to ignore them. Growing up, we learned that we had to see to others' needs before our own, and we have deeply ingrained the idea that our own needs are not real, not important.

Some types of communication cut us off from our benevolence towards ourselves. When we use words that deny our choices (for example, when we use words like 'I have to,' 'I should,' or 'I can't do otherwise'), our behaviour is conditioned by a vague feeling of guilt or obligation. Marshall Rosenberg speaks of 'emotional slavery' when we are constantly seeking to please others. If others show disapproval, we feel like we need to 'fix it.' It turns out to be very draining, to assume responsibility for other people's feelings, as we cut ourselves off from our own.

One of the basic principles of conscious communication would contend that instead of being wrong or being bad, a person is not behaving according to our own needs. And if the person being judged is one's self, we should say, 'I am not in harmony with my own needs when I behave this way.'

If we can examine our behaviour from the point of view of our unmet needs, it isn't shame or guilt that will bring about change, but an authentic desire to contribute to our own wellbeing and that of others. By making the conscious choice, every day of our lives, to act according to our own needs and values instead of by duty or guilt, and change the 'I have to' sentences to 'I choose to,' we will live in harmony and with kindness and compassion for ourselves. We need to speak about our needs, remain connected to ourselves, and talk about what we want, and not what we don't want.

We have learned a language based on domination. We have been exposed to cultural conditioning that stops us from being aware of our own needs. Recognizing this conditioning is the first step in breaking its power over us. By learning a language that is more conscious of our selves, we can learn to interact with the needs of others not out of fear, guilt or shame, but out of benevolence, for the other person and also for ourselves. We can learn to state our own needs clearly, while showing our consideration for the needs of others. When we know how, we have the courage to live it! It's in the way that we treat ourselves that conscious communication plays the most crucial role.

*This text contains a number of excerpts of the book [Words are windows, Or they're Walls: an Introduction to Nonviolent Communication](#) by Marshall Rosenberg



I am **BRAVE** when

I post about my attacker on the Internet

By Mélanie Sarroino, collaborator

How many times have we heard, 'Why didn't she go to the police?' when a woman posts about her sexual assault on social media? Since fall 2014, the hashtags **#BeenRapedNeverReported** on Twitter, followed by **#AgressionNonDenoncée** and more recently **#MeToo/#MoiAussi** in 2017 have accompanied personal stories posted online. Most recently, the posts in summer 2020 demonstrated that for certain survivors, the act of sharing their stories on social media is an important part of their healing, of reclaiming control over their lives. But why share on the Internet instead of going to the police? Why are so many victims using social media to tell their stories?

For many women, appealing to a legal system that doesn't correspond to so many victims' realities and needs is not an option or a choice they can make. Statistics show that consistently only 5-10% of victims of sexual assault ever report it to the police. Many victims prefer to make their stories public, to show their suffering and feel like they are not alone. By naming the person responsible, they are looking to stop their aggressor from hurting anyone else. By making a public declaration, women seek to rally with other survivors, feel they are a part of the collective 'we' and work to eliminate rape culture. On the other hand, as with any other form of denunciation, the victim can also find herself confronted with any number of reactions.

She could realize that the people around her simply don't believe her. Hurtful comments and content could be sent her way, along with unwanted sharing and the traceability of her data. She could risk a lawsuit from her attacker. If she does go to the police, she might be confronted with different interpretations and versions of events between her story and the online discussion. This is why coming out and speaking of a sexual assault and naming the attacker – to a family member, to the police or on social media – takes a lot of courage.

You are brave when you post about your sexual assault on the Internet!

I am **BRAVE** when

I am aware of my options

By Josée Grandchamp, activist with the Granby CALACS

Is the legal system your only option if you want to take back your power, name your attacker and protect other potential victims?

Even if it's been modernized over the years, the legal system is complex and demanding, isn't always adapted to the reality of the victims, and not applicable for a number of situations of sexual violence. It's brave to be informed, to better understand the differences between a criminal and a civil procedure, in order to decide which is best for the given situation.

Criminal justice

In order to make a criminal complaint, the victim has to go to the police, meet with an investigator, recount the attack in detail, wait for the investigation to take its course and be sent to the Crown (the DPCP, or Directeur des poursuites criminelles et pénales) who will examine the case and decide if there is sufficient proof for a criminal trial. The DPCP doesn't act on behalf of the victim, but on behalf of the State. If the matter goes to trial, the victim will need to go to court, tell the whole story to a judge, answer the lawyers' questions and hear the judge's verdict: guilty or acquitted. Support and resources can be provided for victims throughout the process.

The criminal justice system is a powerful tool for social censure. Trials and sentencing are a way for society to punish crime. It can also be a tool for the victim to reclaim her power. But the process can be difficult. Will they listen to what I have to say? Will I be heard, will I be judged? Every woman who testifies before the court asks herself the same questions. They are legitimate questions in a society that places the burden of proof on the shoulders of the victims. I was a Crown prosecutor for 30 years, and I saw many victims of sexual assault. I was humbled by the strength and the dignity of these women. Would I have been capable of doing what they did? I don't know. It should be no surprise that only 5% of sexual assault victims ever report the incident.*

Even a perfect criminal justice system would never be able to denounce and punish all of the abuse that women experience on a daily basis. Sexual disparagement, insidious gestures, humiliating words and harassment are not always within the purview of criminal law. The abuser may never be charged with a crime, because his actions do not constitute a crime under the criminal code. His words and actions are no less reprehensible. So how to denounce them, make him take responsibility, make it stop?

*Statistics Canada

Civil cases often require the services of a lawyer, and such measures can be expensive. Victims can get help from organizations such as Juripop.

Civil cases

A victim can also sue her aggressor in civil court to try and obtain compensation for damages. In a civil case it is not the State filing the case against the attacker, but the victim. She must provide evidence as proof, through testimony or otherwise, that the attacker caused her harm (either physical, psychological or a loss in revenue, for example). The burden of proof is less than in criminal law, where guilt must be proven beyond a reasonable doubt. In civil court, the most probable proof is sufficient. And there is good news: since June 2020, there is no prescription (time limit to be respected) on the pursuit of one's attacker.

Just like in a criminal case, the judge will hear evidence in a trial, and then decide if the accused is responsible for the damages. If so, the amount of damages will also be determined. If the actions at the origin of the case constitute a crime, then the victim can also take the case to criminal court. The two trials are mutually exclusive and can be conducted at the same time.

IVAC (Indemnisation des Victimes d'Actes Criminel)

This law provides compensation for victims to compensate for the consequences of a criminal act. This compensation can be in the form of a stipend, compensation for revenue lost, the cost of psychological treatment, physical therapy, and other services. The victim doesn't have to go to the police to receive compensation. After describing injury or suffering, and relating them to the criminal attack, the victim has two years to apply for compensation. This law has one major constraint: the crime in question must be on the list of crimes recognized by the IVAC... and the list hasn't been updated since 1985.

The government is currently considering how it can amend the law, and make changes to the prescribed period of time for applications to be made, and the list of crimes revised.

I am **BRAVE** when

More options

(continued from the previous page)

Victims of sexual assault DON'T have to make a formal complaint, either to the police or in a civil suit. But they never lose their right to talk about it, to name their attacker or act on it, under the pretext that they 'should have' gone to the police and put their trust in the legal system. That system doesn't have a monopoly on the truth. And the legal system certainly can't teach society to stop blaming women and girls: when victims speak out, society needs to listen and learn.

What can be done if the legal system doesn't do enough? What other options are there? How can we name our attackers, and get them to stop? How can we protect our families and friends?

Speak up, join a movement so that you are no longer alone. Confront your attacker; publish your story to protect potential victims. Talk about it, write about it, to one person or the whole world via social media. Self-care and rebuilding your confidence are all valid options.

It's also brave to choose the option that suits you best.

Before you speak to the police, you can get information about the legal process on a confidential hotline offered by the DPCP (Directeur des poursuites criminelles et pénales):

1-877-547-DPCP (3727)

Juripop also offers free and confidential legal advice and support, to help you learn about and better identify the choices you have:

1-855-JURIPOP

RESOURCES

<p>CALACS Granby 450-375-3338</p>	<p>Women's centres <i>Avante</i> : 450-248-0530 <i>Centre Femmes des Cantons</i> 450-263-1028 <i>Entr'elles</i> : 450-375-4042</p>	<p>CAVAC Granby 450-776-7190</p>
<p>CLSC Cowansville 450-266-4342</p>	<p>Hotline for victims of sexual assault 1-888-933-9007</p>	<p>IVAC 1-800-561-4822</p>
<p>HOSPITAL Granby 450-375-8000</p>	<p>Info-Social 811 (Option 2)</p>	<p>POLICE Dunham 450-266-1122</p>

I am **BRAVE** when

- I look for the resources I need
- I call the CALACS for the first time
- I tell myself for the thousandth time that it wasn't my fault
- I participate in workshops and discussions at the CALACS
- I talk about my assault with another person I trust
- I attend the CALACS annual general meeting
- I try a new tool for self-knowledge
- I 'like' or comment on a social media post by the CALACS
- I won't sit at the same table as my attacker at a family function
- I am an activist for the CALACS
- I share material for the fight against sexual assault on my Facebook page
- I am an active participant in activities at my local CALACS

BECOME A MEMBER OF THE GRANBY CALACS!

Becoming a member of the CALACS means believing in the values of the organization and lending support to the fight against sexual violence. It's possible to invest yourself even more by becoming an activist! Here are some ways to get involved:

- Become a member of the board of directors
- Join one of the committees:
 - **The Associative Affairs Committee:** To foster a sense of belonging and participation for its members, and deepen their connections
 - **The Committee for Inclusion:** To make the CALACS open to all women, especially those confronted with multiple experiences of exclusion
- Help out with office work (putting documents together, translation, etc.)
- Participate in the annual general assembly
- Participate in the other campaigns throughout the year (for example, the march on the day for action against sexual violence towards women)
- Share your ideas, your opinions, and the subjects that you hold dear!

Membership in the CALACS is free, and to be renewed every 2 years. Members must be 14 or older. Regular members of the CALACS are women, but men are welcome to become collaborative members.

To become a member or to get involved, get in touch through the following:



info@calacs-granby.qc.ca



450-375-3338



<http://calacs-granby.qc.ca/>



[Visit our Facebook page](#)

[Watch our content](#)



I get up in the morning I decide to prioritize myself I dare to ask
I CLIMB MY MOUNTAIN I go back to school I take a self-defense class
I tell someone that his joke isn't funny! I say NO if I don't feel comfortable
I go for a walk alone I SWIM IN THE POOL I sign up for a dance class
I make decisions for me I assert myself I respect myself
I don't let my pain define me

I am brave when...

I face my fears and keep going I SET BOUNDARIES I face adversity
I FIGHT FOR OTHER WOMEN I AM WHO I WANT TO BE
I LEAVE MY COMFORT ZONE I dare to tell him no I DON'T GIVE UP
I DECIDE TO CHANGE MY LIFE I follow my intuition and my heart I AM ALONE
I dare to be myself in a world that tells me to be someone else
I confronted him and knew I won I FACED MY FEAR, LET MY PAIN SPEAK
Despite it all, I live I listen to my inner voice
THINGS FROM THE PAST COME UP, I HAVE THE STRENGTH TO OVERCOME

#WeBelieveYou

Journée d'action contre la violence sexuelle faite aux femmes



Ministère de la Justice
Canada

Department of Justice
Canada



REGROUPEMENT QUÉBÉCOIS DES
CENTRES D'AIDE ET DE LUTTE CONTRE
LES AGRESSIONS À CARACTÈRE SEXUEL

Back of official visual for the 'Brave any way... Our way!' campaign



**CALACS
de Granby**

C.P. 63, Granby, QC J2G 8E2
450-375-3338
info@calacs-granby.qc.ca

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Toll-free helpline for victims
of sexual assault

Listening, support and referrals for victims
and those close to them.
Bilingual service available 24 hours a day, 7 days a week

1 888 933-9007

Québec 514 933-9007 (Greater Montreal)