



501c3 NON-PROFIT  
Organization

Sexual Assault, Rape, and/or Incest is  
never the victim's fault.

**SASHA CENTER** primarily focuses on  
educating the public, raising awareness and  
providing support to self-identified survivors  
of sexual assault.

All support groups are confidential  
and free of charge.

### FIND US ONLINE

For more information about our activism visit:  
[www.SashaCenter.org](http://www.SashaCenter.org)

**SASHA CENTER** proudly collaborates  
with community partners for programming  
and other activities.

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Office on Violence against Women."



### MISSION STATEMENT:

To promote and increase healing of sexual assault  
by using alternative/non-traditional techniques  
for women of color communities with a special  
emphasis on African American women, thereby  
eradicating the fear, shame, guilt as well as any  
barriers associated with being sexually assaulted  
through culturally specific peer educational  
support groups and prevention strategies.

### SASHA CENTER GOALS:

To increase awareness, provide resources and  
educate the public about sexual assault, provide  
culturally specific peer support groups to self-iden-  
tified survivors of rape and to increase justice and  
visibility for all survivors in Southeast Michigan.



**1-313-214-2083**

**1-888-865-7055**

**SashaCenter.org**

**info@sashacenter.org**

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Healing  
Is Possible

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# SASHA CENTER

SEXUAL ASSAULT SERVICES FOR HOLISTIC HEALING AND AWARENESS

## Healing Is Possible



**SASHA CENTER** is a sexual assault service, prevention and educational agency which is designed to provide educational/support groups to survivors of sexual assault.

**SASHA CENTER** provides: Prevention and educational presentations/workshops to schools, communities, churches, corporations and other organizations to raise awareness of sexual assault.

**SASHA CENTER** focuses on: Activism opportunities and engagement within the community via events, marches, and open forum discussions to bring attention to the negative impact of sexual assault in the African American community.

## SUPPORT GROUP PROGRAM

The **SASHA CENTER** support group program has five components which are outlined in this brochure. Each support group series is led and facilitated by a licensed clinical master's level social worker and/or co-facilitated by a trained survivor of sexual assault.

Survivors can contact the agency directly to participate in groups and **SASHA CENTER** will take referrals from schools, agencies, organizations, police, private practitioners and community members. All participants must be 16 years or older to participate. Survivors of date, marital or stranger rape, as well as adult survivors of incest are encouraged to join our groups.

### Support Groups

**SASHA SOAR**  
(Survivors Overcoming Assault and Rape)  
6-8 Week Educational Support Group



**SASHA POETRY**  
6-8 week Creative Writing Workshop support group, utilizing slam poetry, journals, performance and guest poets and writers from the area

**SASHA SPIRIT**  
6-8 week program utilizing urban/community gardens, hula hoops, yoga, biking, walking, cooking, reiki, meditation, ancestor reverence, water, crystals and the use of metaphysical sciences towards healing from sexual assault

**SASHA'S SAKE**  
6-8 week program for Survivors who were contacted by the police to re-open a case from the past can attend this group to decrease feelings of isolation and manage past trauma with other women in the same situation

**SASHA SOLDIERS**  
6-8 week support group for women who have been raped in the military or veteran women survivors

**HEALING IS POSSIBLE SISTAH CIRCLE SOAR SERIES**  
Every Wednesday Open Group format facilitated by outstanding Healing Practitioners and ALL are welcome

**SASHA CENTER** coordinates support groups based upon need and requests. Please call in advance to sign up for groups.

**SASHA CENTER** is currently in need of volunteers and donations. Please visit our website for update and events: [SashaCenter.org](http://SashaCenter.org)

Founded in 2010  
Sasha Center  
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