



Strength in Community: SARN Peer Support Group Overview

Goals:

The goal of this group is to provide a safe space for peers to support one another in their healing from sexual violence of any kind (sexual assault, rape, stalking, dating violence, etc.). We feel that a part of healing comes from having a community who can empathize with and support you. We are not a therapeutic group though encourage seeking therapy if you have not already done so. Resources are listed on the back!

Group Structure:

We meet on a bi-weekly basis on Sunday from 4-5. The group will be co-led by SARN Advocates Ivy Tong and Alexis Ruffi. Each meeting will begin with a check-in where group members can briefly share how they're doing. If you don't want to talk, you don't have to! As a group we will determine what topics we would like to discuss during our meeting. If there is no particular topic, the facilitators will provide a topic or activity. Every group will end with an activity or exercise to help close and transition back into your day.

Discussions may include but are not limited to:

- Sharing coping strategies that others have found successful;
- Problem solving concerns that group members are experiencing;
- Affirming common experiences/feelings in the healing process.

Activities may include but are not limited to:

- Making art and listening to music;
- Writing poetry or journaling;
- Reading book passages or poetry.

Group Agreements:

In order to create a safe space, we ask that all group members commit to the following:

- Confidentiality. No information will be shared outside of group regarding who is in the group or any personal information shared.
- Attendance. Members will make an effort to attend all sessions in order to foster community, and let us know if they will be unable to attend a session.
- Thoughtfulness. To get the most out of group, members will be thoughtful about where they are on their journey and how the group time can best further their healing process.
- Respect. Respectful of members' experiences, responses, background, identity, and choices.

Resources for Individual Support

Confidential

Boe House

- Located at: 1308 St. Olaf Ave. Northfield, MN 55057
- Open: Mon.-Fri. 8-12 & 1-5
- To schedule an appt. call (507) 786-3062 or email counselingcenterboehouse@stolaf.edu

SARN

- Located at: Buntrock Commons Room 14 (next to KSTO)
- Open: Mon.-Fri. during chapel & community time; Tue. & Sun. 7-8 p.m.
- Advocates also on call nightly from 8p.m-8a.m. at (507) 786-3777

College Pastors

- Located at: Boe Memorial Chapel Undercroft (lower level)
- Open: Sun.-Fri. 8-5
- To schedule an appt. call (507) 786-3092 or email marohl@stolaf.edu or fick@stolaf.edu

Non-Confidential

Public Safety

- Located at: Tomson Hall 010
- Open: 24/7
- To call on-campus dial: 3666; off-campus dial: (507) 786-3666

Residence Life Staff

- Available 24/7 for support. JC's and RA's live on your floor
- Area Coordinators' contact information for can be found on your dorm's information page

Title IX Coordinator & Team

- Located at: Tomson Hall 148
- To schedule an appt. call (507) 786-3465 or email khohn@stolaf.edu

Off-Campus Resources

Hope Center

- Located at: 1003 7th St. NW Faribault, MN 55021
- Open: Mon.-Fri. 9-4
- 24 hr crisis safeline: (800) 607-2330; office phone: (507) 332-0882

Sexual Abuse Therapists in Northfield

- Psychology today provides a list of therapists in Northfield based on your identified needs. Check the link below for Sexual Abuse Therapists: www.psychologytoday.com/us/therapists/sexual-abuse/mn/northfield

Northfield Law Enforcement

- Located at: 1615 Riverview Dr. Northfield, MN 55057
- Open: 24/7
- Call 911 for emerg. or (507) 645-4475 for non-emerg.

National Sexual Assault Hotline

- 24/7 hotline: (800) 656-4673
- Online hotline: www.rainn.org/about-national-sexual-assault-online-hotline

*Check eligibility for MN Crime Victims Reparation for assistance with therapeutic & medical related expenses