

are you aware?

Sexual assault is a violent crime affecting all ages, races, cultures and economic classes.

Only 16% of Rapes are ever reported to the police.

Every two minutes someone in the U.S. is sexually assaulted.*

1 out of every 6 American women has been the victim of an attempted or completed rape.*

About 3% of American men have experienced an attempted or completed rape.*

93% of juvenile sexual assault victims know their attackers.*

15% of sexual assault and rape victims are under age 12.*

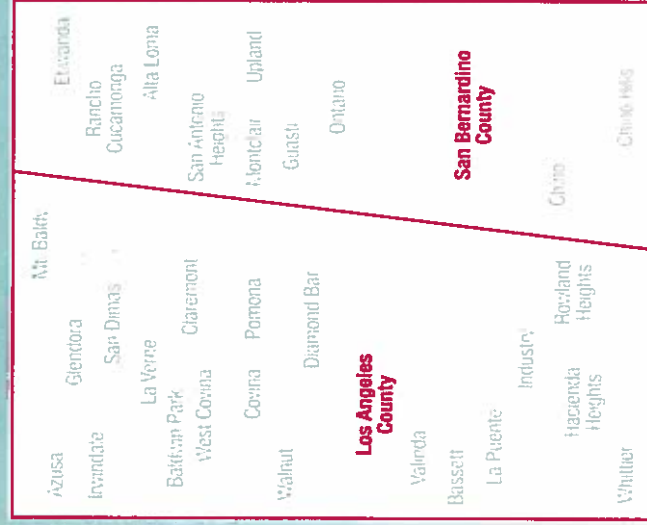
Victims of sexual assault are:
 6 times more likely to suffer from post-traumatic stress disorder.*
 13 times more likely to abuse alcohol.*
 26 times more likely to abuse drugs.*

Rape survivors need help to cope with the physical, emotional, social and legal crises arising from an assault.

*Citations are available in our office

our mission

To reduce the trauma and risk of sexual assault and child abuse.



Mailing Address:

PO Box 1369
 Pomona, California 91769-1369

Business Office:

909.623.1619 / 626.915.2535 / 562.789.6000

Fax Number:

909.622.8389

24 Hour Hotline:

909.626.4357 / 626.966.4155 / 1 800.656.4673

www.projectsister.org

understand
 support
 educate
 prevent

empower

PROJECT SISTER

FAMILY SERVICES
 LEADING FAMILIES TO SAFER FUTURES SINCE 1972

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 the California Wellness Foundation

our history

In the early 1970s, in response to a series of violent assaults on local college campuses, a small group of women created a 24-hour rape crisis hotline in their Claremont homes. In 1972, they founded an organization named Project SISTER, an acronym for Sisters In Service To End Rape. Today, Project Sister Family Services is the only, state-designated provider of sexual assault crisis and prevention services in a 27-city region of approximately 2.3 million people located in eastern Los Angeles and western San Bernardino Counties. Project Sister Family Services' service area includes all cities and unincorporated areas in the 70 square miles bordered by Highway 72, the I-605, the San Gabriel Mountains, the I-15 and Highway 91.

prevention education services

Prevention programs are designed to educate the community about the nature of sexual assault and child abuse. We dispel common myths related to sexual assault and discuss realities such as self-protection and reporting, all in an effort to help individuals reduce their risk of falling victim to sexual violence and child abuse. These programs can be scheduled by calling our office and asking for the Prevention Education Department.

Teen/Young Adult Education

Teens and young adults age 12-34 are at highest risk to be victims of rape, attempted rape or

sexual assault. The social causes of this alarming trend are addressed in prevention presentations to middle and high school classes, to church and other youth groups and to college students.

Community Education

When like-minded individuals focus their collective energies to solve a problem, the results can be astounding. Education programs inform thousands of members of service clubs, church groups and other community organizations about reducing the risks associated with sexual assault and child abuse.

Parent Education

Parents, particularly teen parents, often lack the information necessary to cope with the responsibility of raising children. By teaching effective parenting skills, child abuse can be prevented. Skilled educators provide this important service in local communities, high schools and teen-parent programs.

Child Abuse Education

Many children can be saved from years of emotional and physical trauma if their teachers, parents and other service professionals learn to recognize the symptoms of child abuse. Programs that teach concrete signs of suspected child abuse are provided to community and professional groups with the purpose of reducing child abuse in our community.

Senior Citizen Education

Senior Citizens are often at increased risk for crime victimization including sexual assault and identity theft. We teach awareness and self-defense to active seniors at senior citizen centers and residential communities for seniors.

Awareness, Self-Defense & Protection

People who are aware of their surroundings and act assertively are less likely to become victims of crime. Awareness and self-defense programs are designed to teach women and girls how to recognize and avoid hazardous situations and how to protect themselves if they are assaulted.

crisis intervention services

Crisis services are offered to women, men and children of all ages who have been sexually assaulted and to their non-offending family members.

24-hour HOTLINE

Callers receive immediate, confidential assistance from specially trained volunteer advocates by calling (909) 626-4357 or (626) 966-4155.

Information and Referral

Hotline volunteers provide information about reporting an assault and give referrals to other available services in the community.

Accompaniment Program

Volunteer Advocates are available to provide support and follow-up services to sexual assault or abuse survivors at the hospital, police station, and court appearances.

Counseling Services

Therapists provide professional counseling to survivors and their non-offending family members at any point after a sexual assault or child abuse event. Many of our counseling clients are coping with sexual assault or abuse that occurred in childhood, but went untreated. The first 10 counseling sessions are free and fees for subsequent sessions are determined on a generous sliding scale based on income and household size.

Support Group

The support of peers can play an important role in the healing process, so specialized support groups for adults and adolescents are offered. Groups are also available for non-offending family members of sexual assault and abuse survivors.