

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.

Project Sister Family Services Serves the Following Cities and Communities:

Azusa	Glendora	Mt. Baldy	Etiwanda
Inverdale	Charter Oak	San Dimas	Rancho Cucamonga
Baldwin Park	La Verne	Claremont	Alta Loma
West Covina	Covina	Pomona	San Antonio Heights
Walnut	Diamond Bar		Montclair
			Upland
			Ontario
			Chino Hills
			Chino
			San Bernardino County
			Industry
			Rowland Heights
			Hacienda Heights
			Whittier
			San Bernardino County
			Valinda
			Bassett
			La Puente
			Industry
			Hacienda Heights
			Rowland Heights
			Chino Hills
			Chino
			San Bernardino County
			Industry
			Rowland Heights
			Hacienda Heights
			Whittier

Mailing Address:

PO Box 1369

Pomona, California 91769-1369

Business Office:

909.623.1619 / 626.915.2535

Fax Number:

909.622.8389

24 Hour Hotline:

909.626.4357 / 626.966.4155

www.projectsister.org

PROJECT SISTER

FAMILY SERVICES

LEADING FAMILIES TO SAFER FUTURES SINCE 1972

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what is sexual abuse?

Sexual abuse is any unwanted sexual contact with another person, regardless of your age or theirs. Consensual (wanted) sexual contact is abuse when you are underage and the other person is an adult or a family member.

Sexual abuse is not just intercourse. It can be kissing, touching, oral sex, sexual talk, looking at pornography, undressing in front of you, looking at you without your clothes on or making you have sex with someone else.

Most people think that rape is when a stranger attacks you, but the sad truth is that most sexual abusers are not strangers to you. Usually it is someone you know very well and trust and maybe even love.

Even when sexual activity is not against your will it may still be abuse. When an adult has sexual contact with someone who is underage they are breaking the law and not acting responsibly.

why you should tell?

Sexual Abuse is not your fault and you deserve to live your life free from all abuse. Once you tell, the abuse will stop. If it's already stopped for you, telling may prevent it from happening to someone else. Also by talking about the abuse you can start the healing process and get your life back to normal.

how to stop sexual abuse

You can tell your parents, a relative, a teacher, a nurse or doctor, a neighbor, the police - tell someone that you trust. Project Sister Family Services has a crisis hotline (909) 626-4357 that is available 24 hours per day, 365 days per year for just this purpose. Tell and keep telling until someone listens to you, believes you, and helps you.

our commitment to you

Project Sister Family Services understands that the painful impact of a violent event experienced by a young person can last an entire lifetime. During a community project with senior citizens, an elderly woman reflected upon an experience in her life 67 years ago: *"When I was 16, a man kidnapped me. I cried for help. He let me go home. I am 83 years old now...I think about that day - everyday".*

We strive to reduce trauma and risk of sexual assault and child abuse. To this end, we are available to talk to you at any time of day or night on our 24-hour hotline. Please know that:

You're not alone. It wasn't your fault. We're here to help.

Sexual abuse is hard to talk about, especially when it's happening to you. It could be that you're not sure if what is happening is really abuse. Or that you *really* want to believe that it's not abuse. Other reasons why you may not have told anyone about the abuse is because you are:

- Embarrassed
- Believe it's your fault
- Afraid you will get into trouble
- Not wanting to upset your family
- You were drunk or on drugs when it happened
- Think that no one will believe you
- Believe that by taking the abuse it won't happen to your brother or sister
- Scared telling will break up the family
- Not wanting anything bad to happen to the abuser
- Your abuser made threats to you or to harm people you care about
- You are in love with your abuser
- Not sure who to tell or what you can do to report it