

EVERY SURVIVOR'S JOURNEY IS UNIQUE

Healing from **INCEST** seems impossible, but the guilt and shame one may feel was never theirs to carry.

Insightful
Nurturing Self
Courageous
Empowering
Self-Acceptance
Triumphant

**STOP THE CYCLE &
START THE HEALING**



WE ARE HERE TO LISTEN: 530.342.RAPE (7273) COLLECT CALLS ACCEPTED
BUTTE/GLENN: **530.891.1331** • TEHAMA: **530.529.3980**



ALL VICTIMS OF SEXUAL ASSAULT WILL RECEIVE A FREE FORENSIC MEDICAL EXAMINATION, regardless of whether or not they choose to participate in the criminal justice process.

KNOW YOUR RIGHTS ABOUT SEXUAL ASSAULT. If you or someone you know has been sexually violated, contact Rape Crisis Intervention & Prevention.