



Sexual Assault Support

FREE and confidential services &
counselling for young women
aged 12 to 25 years

*it is possible to
heal from Sexual
Violence.*

Healing from sexual assault

If you were abused as a child or young woman, you may still be dealing with the impacts in your life today.

You may be having difficulties with school or studies, at your job, with relationships and sex, or in your family. You may feel your experiences have affected how you think and feel about your body. You don't have to live with the negative impacts of abuse for the rest of your life.

*it is possible to heal
from Sexual Violence.*

Support groups at Zig Zag

The aim of support groups is to affirm the reality of young women's lived experience.

Zig Zag provides facilitated therapeutic groups on a regular basis for young women who have experienced sexual violence.

Many young women report that being part of a support group:

- helps them to feel safe and breaks the isolation
- challenges the silence and myths around sexual violence
- is a way of connecting with other young women; learning ways to manage the impacts; and learning to have fun again

Contact Zig Zag to find out what groups are being offered and how you can link in with them

We're here to help We'll listen

What is counselling? How might it help you?

Counselling provides you with a safe space where you can be yourself and not be judged or blamed. It is an opportunity for you to tell your story in your own time, to explore the thought and feelings that are part of your experiences and to develop skills to deal with the impacts of trauma.

Your Zig Zag counsellor will:

- be a safe person to be with
- listen to a young woman's story and believe her
- provide information about what counselling is so young women know what to expect
- build a relationship with the young woman that is based on honesty, openness and respect
- provide ideas and options about ways to explore her thoughts and feelings through writing, talking, art and group work
- provide information that allow young women to make informed choices
- encourage and support young women in the decisions they make and respect her choices
- help young women to find supports in her community
- provide a confidential service
- help young women to rediscover their own inner strengths and build on them

break the silence.
and provide support.



Community education

We provide workshops and information to young women and interested groups such as schools, community groups and other agencies.

Training & development

We provide workshops and training to workers in the community who support young women. As a service we offer specialised training in areas including:

- Working with young women;
- The impact of sexual violence on young women and;
- Other issues related to young women, as negotiated with our relevant teams

Resource development

Our team have developed a number of resources for young women and workers. Please contact us by phone or visit our website for a full list of resources.





Brisbane Southwest Support Sexual Violence Prevention

The Brisbane Southwest Support Service (BSwS) is a formal partnership between four specialist sexual assault support and prevention services in the Brisbane Southwest region, to provide free, confidential, culturally appropriate services to women and young women who have experienced sexual violence.

To book a Sexual Assault counselling appointment for young women, call Zig Zag on **3843 1823**.

Our partner organisations at the Brisbane Southwest Support Service are:

- Brisbane Rape and Incest Survivors Support Centre (BRISSC) for women and their supporters - **07 3391 0004**
- Immigrant Women's Support Service (IWSS) for women from migrant and refugee backgrounds - **07 3846 3490**
- Murrigunyah for Aboriginal and Torres Strait Islander Women and their Families **07 3290 4254**

Zig Zag Young Women's Resource Centre Inc.

incorporates a range of
services for young women in
the wider Brisbane region.



Camp Hill

(main office)

Housing + Sexual Assault Support

575 Old Cleveland Road,

Camp Hill

07 3843 1823



Inala

(Sexual Assault Support)

Richlands Community Centre,

57 Old Progress Road,

Richlands



Nundah

(Sexual Assault Support)

5/1180 Sandgate Road

Nundah

To book a Sexual Assault
counselling appointment at
any location call Zig Zag
on **3843 1823.**

www.zigzag.org.au

Monday to Friday 9am - 5pm

Zig Zag YWRC respectfully acknowledges the First Nations' People of
Australia as the traditional custodians of the land and its waters, we
honour elders, past, present and emerging.

Zig Zag also aims to be inclusive of all diversity including LGBTIQ+.

