

Summary

Before starting this project, I had no idea that the Survivor Resource Center (SRC) was a facility in Danville, and I have lived here my whole life. SRC is a facility that provides counseling, legal aid, and help to anyone who has experienced sexual assault or abuse. The facility has a warm and welcoming feeling that anyone seeking help can feel comfortable in. My time volunteering at SRC was very eye-opening, and I was thrilled to be able to help at this organization.

Since SRC is a therapy- and counseling-focused facility, my nursing skills weren't invaluable, but there was a lot I could do to help the organization. People seeking help from SRC don't have to pay anything since it is a 100% free service, but that means that SRC organizes many fundraisers and events to help fund the organization. On my day of service, my group and I helped clean over a hundred pairs of high heels that will be used in their Walk a Mile in Her Shoes fundraiser. I also helped create files and information folders that are used and given out to people who attend SRC. This project taught me that SRC exists and is out here helping people in the community. Sexual abuse and assault is something that is still considered taboo and not talked about, so it is essential to have places where survivors can get the support they need.

This organization helped me realize how vital therapy and counseling are and is a service often discredited. Many people comment about how talking about one's experiences isn't helpful, but seeing this organization and hearing how it has helped survivors of all different backgrounds highlight the importance of therapy. The director of this organization mentioned that many people come in for abuse that happened in their childhood, even though they are well

into adulthood. It shows that these experiences need to be talked about to help the healing journey, and it is something that does not just get better “over time”.