

What to do...

If you or someone you know has been raped and/or sexually assaulted:

- Call the Rape Crisis Hotline at (845) 628-2166 or
- Go to the Emergency Room of your local hospital or
- Call the Police

REMEMBER:

- You are not alone
- DO NOT eat, drink, shower, brush your teeth, or change your clothes until you have been examined
- GET HELP quickly

The Rape Crisis Hotline is available 24 hours a day to provide you with information and assistance.

(845) 628-2166

Putnam/Northern Westchester Women's Resource Center (WRC)

SERVICES

SEXUAL ASSAULT PROGRAM

- 24 Hour Hotline for Survivors of Sexual Assault **(845) 628-2166**
- Individual and Group Counseling for Survivors and their Significant others
- Sexual Trauma Group
- S.A.N.E. Program
- Community Education & Prevention

DOMESTIC VIOLENCE PROGRAM

- 24 Hour Hotline for Victims of Domestic Violence **(845) 628-2166**
- Our Sister's Harbor (a shelter for battered women and their children)
- Advocacy with Service Systems
- Domestic Violence Support Group
- Professional and Peer Counseling
- Community Education
- Court Advocacy

LIFE OPTIONS PROGRAM

- Information & Referral
- Resources on Women's Issues
- Workshops
- Individual and Group Short-term Counseling
- Legal Consultation - Workshops
- Education and Career Counseling
- Women in Transition (separation & divorce)

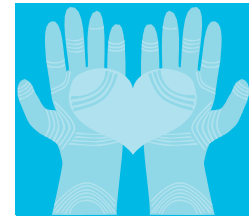
CHILDREN'S PROGRAM

- Children's Domestic Violence Group
- Children's Sexual Assault Group
- Adolescent Group
- Individual Counseling
- Advocacy with Service Systems

VOLUNTEER PROGRAM

- Professional Training
- In-service Workshops
- Staff Supervision

SEXUAL ASSAULT NURSE EXAMINER



a program of the
**Putnam/Northern
Westchester
Women's Resource
Center**

935 So. Lake Boulevard
Suite #2
Mahopac, NY 10541
Tel: (845) 628-9284
Fax: (845) 628-9272
Website: www.pnwwrc.org

24 Hour HOTLINE:
(845) 628-2166

WHAT IS SANE?



A program that has nurses, and other specially trained personnel to provide compassionate, individualized care to victims of rape and/or sexual assault while gathering the forensic evidence vital to law enforcement and prosecution.

A program that provides specific health services, education and counseling to the victim and to significant others.

A program that provides specially trained Rape Crisis Advocates who are available to provide assistance and ongoing support to victims of rape and/or sexual assault. The Advocate can offer information, referrals and options.

Putnam/Northern Westchester Women's Resource Center SANE Program

PURPOSE

To create physical and psychological support to victims of rape and sexual assault.

To provide an atmosphere that promotes healing and minimizes re-traumatization.

To improve evidence collection and serve as a deterrent to sexual crimes.

Advocates are available to accompany survivors to medical services, to be present during the medical exam, to be a support during the investigative interview and to support the victim and significant others during the time after the assault.

Advocates can also provide referrals for counseling and other services.



935 So.
Blvd.

Lake
Suite #2

Mahopac, NY. 10541

Tel: (845) 628-9284

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Who Can Use SANE Services?

SANE services are available at the Putnam Hospital Center and The Northern Westchester Hospital Center at no cost for victims of rape and/or sexual assault.

REMEMBER:

You are not alone.

You must be examined and receive medical treatment as soon as possible.

It is important for your health as well as for the conviction of the assailant.

For Further information, contact:
SANE Program Coordinator
at the Women's Resource Center
(845) 628-9284, ext. 14

Info@pnwwrc.org