



### **Our start:**

Verity was founded in 1974 as Women Against Rape (W.A.R.), a grassroots organization that provided a phone number women could call to speak to someone about the rape and sexual assault they experienced. Women gained insight, support, and advocacy to move forward with their lives.

In 2000, W.A.R. became U.A.S.A (United Against Sexual Assault) to reflect the expanded mission of serving women, men, children, and youth who had been victimized by rape and sexual violence.

In 2010, U.A.S.A formally became Verity reflecting our current bilingual crisis intervention, community prevention, and counseling programs offered to all who have been affected by sexual assault and violence in Sonoma County.

### **What we do:**

Verity is Sonoma County's sole rape crisis, trauma, and healing center, dedicated to those who have been victimized by rape and sexual violence. We provide bilingual workshops on sexual violence, child abuse, diversity, healthy relationships, and challenging stereotypes. Our services include crisis intervention, referrals, and advocacy (both medical and legal); counseling and support groups; and direct services to individuals who are victims of human trafficking. Educational presentations in both Spanish and English create conversations and services that allow victims of sexual violence to be free from the chains of silence. No longer defined by the sexual assault they experienced, this newfound freedom assists individuals to move forward with their lives and to live the dream they have always wanted to live.

### **A single story:**

Due to the sensitive and confidential nature of our work, we have selected a few quotes from clients who have agreed to share their experiences with Verity.

*"This experience has changed my life. I have learned to love myself and, in return, found love coming back at me from all directions. I am confident that I have and will use the tools that keep my emotions from overwhelming me. My counselor is awesome. I cannot express in words how much she has helped me in my new journey of 'Life.' Thank you!"*

*"Everything in my life has improved drastically since starting my time at Verity thanks to my counselor and the kindness of all the staff."*

*"My counselor is wonderful and makes me feel very comfortable. I feel much better about myself and am able to talk more about my rape and try to help other people who have been victims of rape or abuse. Thank you!"*

### **Our future:**

Our future includes adding additional staff to increase capacity and an expanded board to better serve the various cultures of our community. We will continue our work to help those who have been trafficked into sexual slavery and also provide much-deserved services to our veterans.

  
IMPACT100 SONOMA **Impact100 Sonoma**  
**awarded a \$15,000 Community Grant to Verity to bring their Youth Empowerment Support program to Sonoma Valley schools (2015).**