

# CMSAC

## Central Minnesota Sexual Assault Center

Serving Stearns, Benton,  
Sherburne, and Wright Counties

### Services Booklet

15 Riverside Drive NE  
Saint Cloud, MN 56304-0435

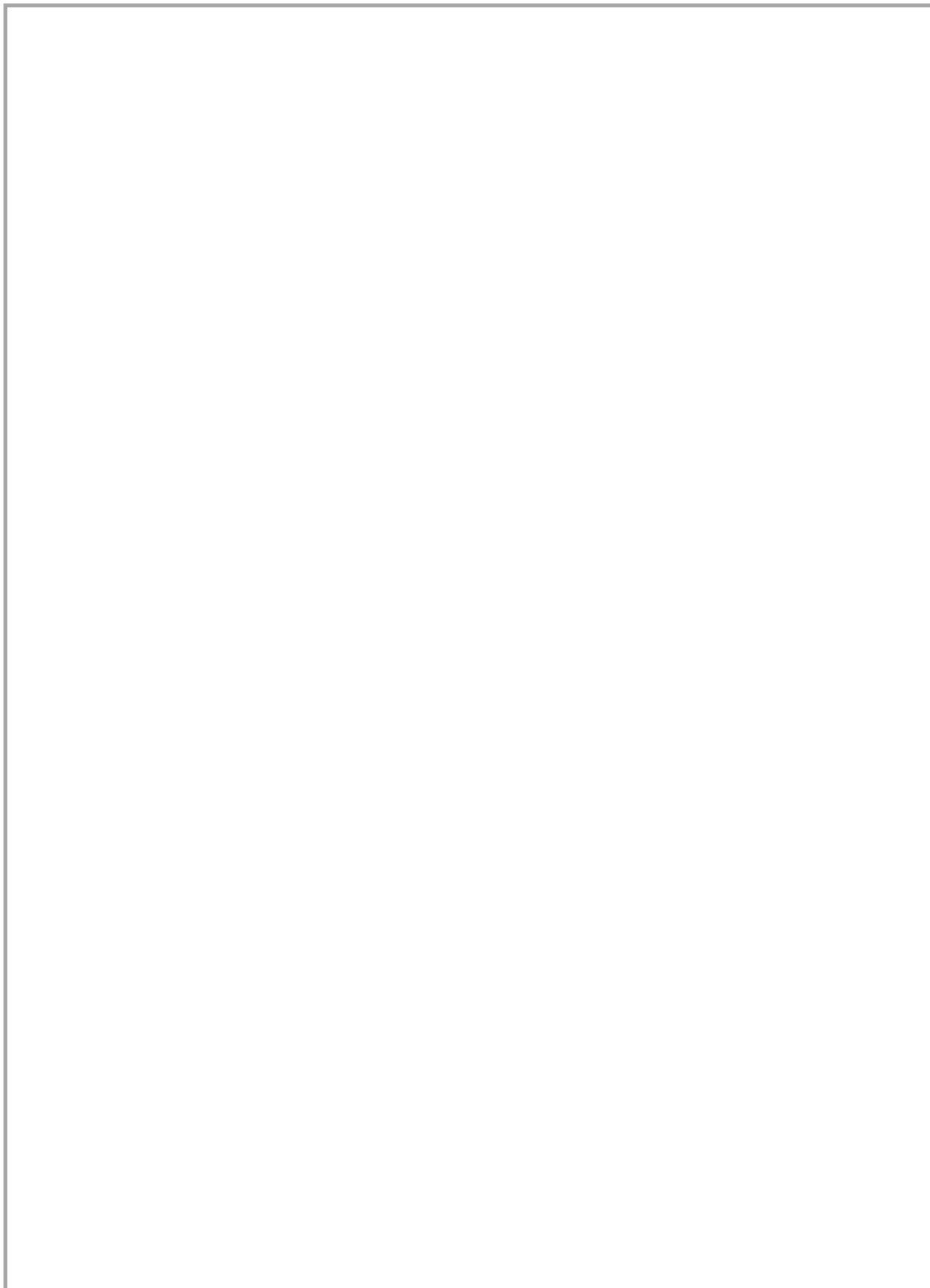
Email: [cmsac@cmsac.org](mailto:cmsac@cmsac.org)

Website: [www.cmsac.org](http://www.cmsac.org)

320-251-4357

1-800-237-5090

Fax: 320-251-4670



## **Words & What They Mean**

**Advocate:** An advocate will talk to someone privately about if they have been hurt sexually.

**Sexual Violence:** Any unwanted or forced sexual touching or activity. It can be:

- Brushing against the person in a sexual way
- Forced kissing
- Taking clothes off without asking
- Making a person look at pornography
- Making a person look at sexual acts/touching they are not comfortable with

**Sexual Harassment:** Any comment, gesture, or sexual hint that is unwanted.

**Human/Sex Trafficking:** When someone is sold, used, or forced into doing sexual things for others.

**Advocacy:** Giving support and help to someone.

**Domestic Violence:** Abuse within a personal relationship wherein the abuser has power and control over the person. An abuser can be a husband, wife, partner, a boyfriend or girlfriend, a family member, or a caregiver.

Domestic violence can include:

- Physical abuse (hitting, shoving, etc.)
- Emotional abuse (name calling, yelling, etc.)
- Misusing a person's money
- Taking away things needed to survive like medicine, talking machine, wheel chair, etc.
- Making threats
- Breaking or destroying property

**Crisis Line/Crisis Line Advocate:** A crisis line is an emergency phone number that you can call. A crisis line advocate is the person who answers the phone when you call. A crisis line advocate will talk to you privately. You do not have to say your name, phone number, or where you are located in order to talking to a crisis line advocate.

**Perpetrator/Abuser:** A person who hurts or abuses. Perpetrators can be male or female, and can be of any age, race, religion, rich or poor, gay or straight. Very often, an abuser is someone you know, not a stranger.

**Victim/Survivor:** A person who has been hurt by sexual violence. **A survivor or victim can be anyone.**

**Mandated Reporter:** Certain people who must report any abuse they suspect you are experiencing to the police or protective services.

**Consent** (freely given): Consent is when someone gives permission. Consent can be a “yes”. Freely given means:

- No lies
- No threats
- No force
- No bribes
- No tricks
- No pressure
- No guilt

You must ask someone before touching them or starting any sexual activity. Both people should be free to change “yes” to “no” at any time.





## Welcome!

We would like to say “hello”, and let you know who we are and how we can help you. We are the Central Minnesota Sexual Assault Center (CMSAC, for short). We help survivors of all kinds of sexual violence. Sexual violence includes all the ways people get hurt sexually.

This can mean:

- Rape
- Sexual assault
- Sexual abuse
- Sexual harassment
- Any other kind of sexual abuse

**If you have been hurt sexually, it was not your fault!**

CMSAC services are here to help you.



CMSAC is located in St. Cloud, MN.





We help survivors who live in Stearns, Sherburne, Benton,  
and Wright Counties.



All CMSAC services are free and private.

CMSAC is open from 8:30 a.m. to 4:30 p.m. Monday-  
Friday  
(except for some holidays).



CMSAC has a crisis phone line you can call 24 hours a  
day and 7 days a week. The crisis phone line number  
is:

320-251-4357 or 1-800-237-5090.



CMSAC has a main business phone number that is the same number as the crisis phone line. You can call the main business phone number from 8:30a.m.-4:30p.m. Monday-Friday to talk to an advocate at the Center. The business phone number is: 320-251-4357.

You can find out more about us online at: [www.cmsac.org](http://www.cmsac.org)



### CMSAC Services Are:

- LGBTQ welcoming
- Welcoming to all cultures
- Accessible

CMSAC advocates can sometimes meet you at other places besides our Center to be more accessible.

Sexual violence can happen to anyone, anywhere. It does not matter your:

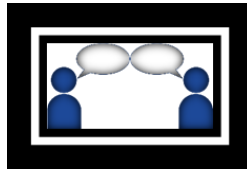
- Age
- Ethnicity
- How much money you make
- Life choices
- Religion
- Culture
- Sexual identity
- Gender
- Ability

Sexual violence can be scary, embarrassing, and confusing. CMSAC has services to help all survivors of sexual violence. CMSAC does not judge you and can help you make decisions about what to do about sexual violence.

## **Services CMSAC Can Help You With:**

- **One-to-One Support Counseling**

- You can work with an advocate to learn about sexual violence and how to heal from hurtful things that may have happened to you sexually.



- **Education**

- You can work with an advocate to learn about consent, healthy relationships, safety, and other topics.



- **Support and Education Groups**

- You can join groups with other survivors to learn about sexual violence and how to support each other to heal.



- **Human Trafficking Services**

- You can work with an advocate to learn about how trafficking is a kind of sexual violence. You can talk about how being trafficked has hurt you and how to heal.



- **Help for People in the Sex Industry**

- If you have been a part of strip clubs, pornography, exotic dancing, or escorting, you can work with an advocate to learn about safety, how the sex industry has hurt you, and how to heal.



- **Safety Planning**

- You can work with an advocate to talk about your safety and how to make a plan to help keep you safe.



- **“Safe at Home” Program**

- An advocate can help you fill out forms for a private mail address to help keep you safe.



- **Harassment Restraining Orders**

- An advocate can help you fill out forms that can help you stay safe from someone who is harassing you or will not leave you alone and makes you feel scared.



- **Orders for Protection**

- An advocate can help you fill out forms that can help you stay safe from someone who is close to you that may be hurting or scaring you. This could be a family member, boyfriend/girlfriend, husband/wife, or others.



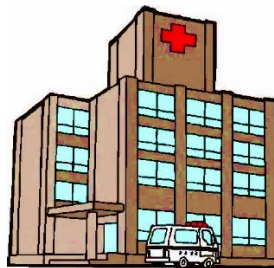
- **Criminal Justice Advocacy**

- An advocate can help you talk to police about making a report about a sexual assault or sexual abuse.



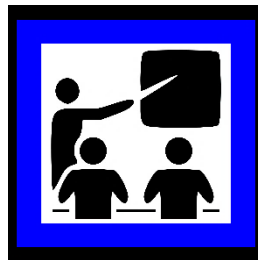
- **Hospital Advocacy**

- If you need to go to a hospital because of a sexual assault or sexual abuse, an advocate can meet you there and help you.



- **Professional and Community Education**

- Advocates from CMSAC can help professionals and members of the community learn about all kinds of sexual violence.



- **Referrals to Supportive Services**

- You can ask an advocate about other kinds of services like therapy, housing, or transportation, and they can help you get information.

