

WE BELIEVE

THAT NO ONE IS DESERVING
of sexual assault.

NO ONE.

The Blue Bench (formerly RAAP) is Denver's only comprehensive sexual assault prevention and support center. Since 1983, inspired by the courage of one another – as survivors, activists, advocates and community leaders, we have helped hundreds of thousands of Denver-area women and men on their path toward healing.

From the earliest moments after a sexual assault, through medical and legal logistics, to counseling for long-term emotional and functional health, The Blue Bench will support you every step of the way.

WE BELIEVE HEALING IS POSSIBLE

Because we believe healing is possible, we are committed to providing every victim with the support and care they need, whether immediately following a sexual assault, or months or years afterward. Our goal is to eliminate sexual assault altogether, and we know that until that day arrives, our work is not done.

**To start on your path to healing,
please visit our website at thebluebench.org
or call us at 303.329.9922 ext. 302.**

At The Blue Bench, our mission is to eliminate sexual assault and diminish the impact it has on individuals, their loved ones and our community through comprehensive issue advocacy, prevention and care.



the blue bench

Putting an end to sexual assault through prevention and care.

Formerly known as RAAP

P0 Box 18951 Denver, CO 80218
303.329.9922

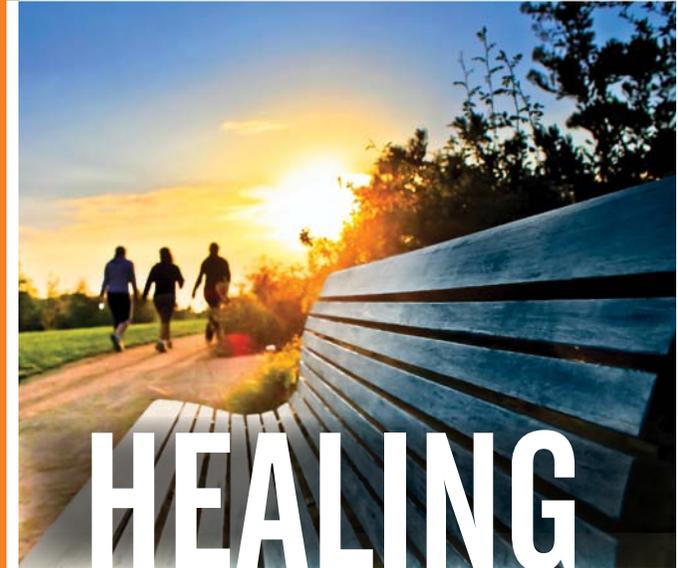
24-HOUR SEXUAL ASSAULT HOTLINE FOR WOMEN & MEN

303.322.7273 ENGLISH
303.329.0031 ESPANOL
888.394.8044 TOLL-FREE

thebluebench.org

Assistance for deaf and hard-of-hearing clients provided through RELAY Colorado. Our building is handicap accessible.

CARE



HEALING IS POSSIBLE.

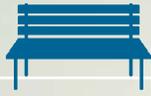
>> WE'RE HERE TO HELP.



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CONTINUUM OF CARE

IMMEDIATE RESPONSE

- 24-Hour Hotline
- 24-Hour Hospital Response
- Case Management
 - Follow-up
 - Accompaniment to Law Enforcement Appointments

ROAD TO HEALING

- Support & Referrals
 - Legal
 - Emotional
 - Daily Living
- Short-Term Counseling & Workshops

TAKING CONTROL

- Counseling
 - Individual
 - Survivor Groups
 - Yoga Group
- Safety & Empowerment Skills for Women
- Ongoing Court Accompaniment

LIFELONG EMPOWERMENT

- Safety & Empowerment Skills for Women
- Counseling
- Getting Involved

Our *Continuum of Care*, led by our professional Care Team, allows you, your family and friends to come to us and be heard, believed and supported, regardless of when the sexual assault occurred. We'll help you navigate the system and accompany you throughout the process.

IMMEDIATE RESPONSE

Whether the sexual assault has just occurred or happened in the past, The Blue Bench understands that it is not always easy to speak up and get help. Sexual assault results in a wide range of emotions, from fear and anxiety to guilt and shame. In some cases, you might even be wondering if what you experienced was rape. If you're not sure, just call us at our 24-hour hotline. Our trained volunteers know how to connect you to the professionals you need. It's completely anonymous, and when you are ready to begin your journey, we're here 24 hours a days, 7 days a week.

24-Hour Sexual Assault Hotline for Women & Men

English: 303.322.7273
 Español: 303.329.0031
 Toll-free: 888.394.8044

Assistance for deaf and hard-of-hearing clients provided through RELAY Colorado.

We offer:

- Hospital response available 24 hours a day
- Care Team member support for you and your loved ones
- A personal Case Manager to navigate logistics and referrals

ROAD TO HEALING

After the initial phase, The Blue Bench continues to help you along your path to healing. We offer support programs and services, referrals for legal assistance and assistance with managing the details of everyday life.

Our services include:

- Intake call with a therapist
- Referrals to legal and external emotional support services
- Coping Skills Group and other counseling
- *Someone I Love* workshop for family and friends
- Help with support for everyday living

TAKING CONTROL

At The Blue Bench, we focus as much on your long-term care and healing as we do on the immediate response. We understand that over time, different emotions and challenges may occur. So whether you recently experienced a sexual assault or are coming to terms with an assault in your past, we have the support you need.

The goal of our programs and services in this phase is to help you establish a sense of empowerment, self-sufficiency and self-certainty through counseling and support.

Services available to you include:

- Long-term counseling services:
 - Individual therapy
 - Survivor groups
 - Therapeutic yoga group
 - Workshop for family and friends
- Safety & Empowerment Skills for Women
- Ongoing Care Team accompaniment to court and parole hearings
- Ongoing Care Team support for daily living challenges

LIFELONG EMPOWERMENT

Despite the success every survivor experiences along their path to healing, we know that our work is not complete until we help you own your future with optimism and self-sufficiency. We offer each and every survivor access to the ongoing support they need to lead a healthy, happy and productive life.

If interested, we encourage survivors to help us bring an end to sexual assault by volunteering either their time or voice toward our efforts to increase awareness and change the conversation around sexual assault.

Our efforts for lifelong empowerment include:

- Additional counseling as needed
- Safety & Empowerment Skills for Women
- Encouragement to get involved in issue advocacy