



## About Us

ZCenter seeks to be an active presence in the community to speak up in support of and in partnership with all survivors of sexual violence. ZCenter provides services to the community at large and to other professionals and service providers to enhance the understanding of the impact of sexual violence on everyone. Our services include 24/7 crisis intervention offered through a Helpline, Medical Advocacy and Legal Advocacy; Prevention and Community Education, Professional Development and Counseling services. Our services are offered at no costs for persons impacted by sexual assault/abuse throughout Lake and North Cook County.

## Volunteer Opportunities

1. Advocacy Volunteer – Provide medical advocacy at local ERs, respond to hotline calls, provide legal advocacy through court or education or support services.
2. Prevention and Outreach - Provide sexual violence awareness, prevention-education and capacity building for youth, parents, educators, practitioners and community sectors. Services provided in schools, resource fairs, human services organizations, civic organizations and business.
3. Development - Assist with special events, marketing, grant research and writing, social media.
4. Administrative - General office help, special projects, Sexual Assault Awareness Month activities.
5. Volunteer Therapist: seeing and providing counseling services to survivors of sexual abuse or significant others.
6. Board of Directors Membership: agency governance, involves monthly meetings and committee work. Contact Executive Director directly if interested.

For questions/concerns or **if you need to miss any training sessions**, please contact:  
Gabriela Castrejon, [gcastrejon@zcenter.org](mailto:gcastrejon@zcenter.org) | 847-244-1187 x115



## 40-Hour Volunteer Training: June 2020

Day	Topic	Date/Time	Hours	Total
1	<b>History of the Rape Crisis Movement</b> <ul style="list-style-type: none"> <li>▪ History &amp; Philosophy of the Anti-Rape Movement</li> <li>▪ Rape Culture</li> <li>▪ Philosophy &amp; Mission of the Agency</li> </ul>	Monday 6/1 9am-1pm	4	4
2	<b>Cultural Competency</b> <ul style="list-style-type: none"> <li>▪ Elements of Oppression</li> <li>▪ Anti-Oppression Theory</li> <li>▪ Confronting Oppression/Being an Ally</li> </ul>	Monday 6/1 2-6pm	4	8
3	<b>Adult Sexual Assault</b> <ul style="list-style-type: none"> <li>▪ Sexual Assault &amp; Abuse</li> <li>▪ Stranger Rape</li> <li>▪ Acquaintance Rape</li> <li>▪ Date Rape &amp; Marital Rape</li> <li>▪ Same Sex Victimization</li> <li>▪ People w/ Disabilities</li> <li>▪ Elder Abuse</li> <li>▪ Date Rape Drugs</li> </ul>	Tuesday 6/2 9am-1pm	4	12
4	<b>Crisis Intervention w/ Adults Part 1</b> <ul style="list-style-type: none"> <li>▪ Rape Trauma Syndrome</li> <li>▪ Principles &amp; Applications</li> <li>▪ Listening/Communication Skills</li> <li>▪ Confidentiality</li> <li>▪ Role Plays</li> </ul>	Tuesday 6/2 2-6pm	2.5  1.5	16
5	<b>Crisis Intervention w/ Adults Part 2</b> <ul style="list-style-type: none"> <li>▪ Suicide</li> <li>▪ Working w/ Significant Others</li> <li>▪ Boundaries/Empowerment</li> <li>▪ Self-Care &amp; Vicarious Trauma</li> <li>▪ Survivor Centered Services</li> <li>▪ Role Plays</li> </ul>	Wednesday 6/3 9am-1pm	2.5  1.5	20
6	<b>Crisis Intervention w/ Children &amp; Adolescents</b> <ul style="list-style-type: none"> <li>▪ Child &amp; Adolescent Development</li> <li>▪ Effects of Sexual Assault on Children</li> <li>▪ Strategies w/ Children &amp; Adolescents</li> <li>▪ Mandated Reporting</li> <li>▪ Role Plays</li> </ul>	Wednesday 6/3 2-6pm	3  1	24

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