

“I didn't know where to turn before Pandora's Aquarium. I was depressed, had nightmares, and was scared all the time. I felt like no one understood.

Then I joined the message board. I almost cried when I saw the responses to my introduction post. I never knew there were so many other rape and sexual abuse survivors who understood.

Pandora's has been a blessing.”

- Megan, rape survivor



online support for rape  
and sexual abuse survivors

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## Pandora's Project

[www.PandorasProject.org](http://www.PandorasProject.org)

3109 West 50th Street  
Suite #320  
Minneapolis, MN 55410

Phone: 612-234-4204  
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online support  
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where  
healing and growth  
are possible

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# Pandora's Project



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## Are you a sexual assault survivor?

Sexual assault is defined as any sexual activity involving a person who does not or cannot consent. Rape, sexual abuse, incest, molestation, and sexual harassment are all forms of sexual assault.

## Feel like you're going crazy?

Sexual abuse survivors often feel alone and powerless. Guilt, shame, and fear are common feelings in survivors. Many also experience flashbacks, anxiety attacks, depression, eating disorders, and difficulty sleeping. Healing can be frustrating and isolating.

## You are not alone.

1 in 5 women and 1 in 7 men will be the victim of sexual violence in their lifetimes. You don't have to fight alone.

## Healing is possible!

Recovery takes time, but there are a number of things that can help. Therapy and support groups can be invaluable. Journaling and reading about others' experiences are also helpful for many survivors.

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## Who We Are

Pandora's Project is a 501(c)(3) non-profit organization with a [message board](#), [chat room](#), [survivor blogs](#), and [lending library](#). We have been dedicated to healing since 1999.

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## What We Offer

- Over 50 support forums devoted to recovery, safely moderated by a diverse group of survivors
  - Peer support and self-help available 24/7 to survivors of rape, sexual abuse, molestation, and all forms of sexual assault
  - Includes password-protected discussion forums for male and female survivors
  - Support for issues common in healing:
    - flashbacks, depression, PTSD;
    - self-harm & eating disorders;
    - relationships, sex & intimacy;
    - pregnancy & parenting;
    - legal concerns;
    - help for friends and family of rape and sexual abuse survivors
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## Who We Serve

We welcome ALL survivors of sexual assault. We also provide resources for friends and family of survivors.

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Learn more: [www.PandorasProject.org](http://www.PandorasProject.org)

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## Services for Survivors and their Supporters

**Online Support Group**—Move your healing forward with peer support at our message board, chat room, and survivor blogs. Registration is free - join at [pandys.org](http://pandys.org) today!

**Lending Library**—Borrow books on rape and sexual abuse - free of charge. Browse hundreds of titles and learn more at [sexualassaultlibrary.org](http://sexualassaultlibrary.org)

**Healing Retreat**—Find friendship and support during our healing retreat weekend in PA in October of 2009. For more info and to register, see [www.pandys.org/retreat](http://www.pandys.org/retreat)

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