

# CARES



**Connection and  
Resource Exchange**

**Wednesday March 19, 2025**



## Guest Speaker

**Shannon Knudsen**

BSN, RN, SANE-A, SANE-P

**S.A.F.E Center of Iowa**

[www.safecenteriowa.com](http://www.safecenteriowa.com)



The SAFE Center of Iowa is aiming to be the trusted resource for survivors of sexual assault, offering a holistic approach to care. With a team of experienced professionals, we plan to provide compassionate clinical services, tailored support for clients, and comprehensive education to promote healing and awareness. By fostering collaboration and understanding, the SAFE Center empowers individuals and strengthens communities across Iowa.

**River Place  
2309 Euclid Avenue  
Des Moines**



**9:30am- 10:30 am  
Conference Room 1  
Light snacks & coffee provided**