



**Caregiver's Group (For parents, grandparents, and guardians of children and teens who have been molested by someone outside the immediate family).** The purpose of this group is to provide education and support that will help in your understanding of the effects of sexual abuse on your child and family, healthy coping, and tools to facilitate healing.

**Topics to be covered:**

- **Grief and Loss:** We will explore the five stages of grief and how they apply to caregivers of children who have been sexually victimized.
- **Perpetration:** Theories regarding perpetration; negative behavior cycle; grooming behaviors.
- **Victimization:** Factors that cause trauma; symptoms; coping styles; healing.
- **Child Development:** Stages of development and how sexual abuse can interfere with normal development; how to nurture your child through the stages.
- **Clarification:** Learn how to write a letter to your child that will help with their healing and help to alleviate guilt and shame.
- **Sexuality:** How to foster healthy sexual development in children who have been abused; how to talk to your child about sex; instilling healthy sexual values.
- **Prevention:** The 7 Steps to Keeping Kids Safe (From Darkness to Light).
- **Healthy Families:** Boundaries; Family roles, Relationships and behaviors that foster safety and empowerment.
- **Resiliency:** Fostering resiliency; looking to the future.

**Group Time: 6 – 7:30 PM, Wednesdays, Ongoing.**

**Child care is provided**

**For more information or to register, call Val Macri-Lind, 472-4133 Ext.202**

**This group is free due to generous foundation funding.**