



Mother's Therapy Group (For mothers whose children have been abused by her significant other) The purpose of the group is to provide mothers education and support relating to the sexual abuse of their children. Mothers are the key to healing for the victim and family.

Topics to be covered:

- **Grief and Loss:** We will explore the five stages of grief and how they apply to mothers of children who have been sexually abused by a partner.
- **Self Care:** Taking care of ourselves; healthy coping.
- **Perpetration:** Theories regarding perpetration; negative behavior cycle; grooming behaviors.
- **Victimization:** Factors that cause trauma; symptoms; coping styles; healing for the victim, siblings, and family.
- **Child Development:** Stages of child development and how sexual abuse can interfere with normal development; how to nurture your child through the stages.
- **Sexuality:** How to foster healthy sexual development in children who have been sexually abused; how to talk with your child about sex; instilling healthy sexual boundaries and values.
- **Clarification:** What is a Clarification; learn to write a letter to your child that will help with their healing and help to alleviate guilt and shame.
- **Prevention:** The 7 Steps to Protecting our Children (From Darkness to Light).
- **Healthy Families:** Boundaries; Family roles, relationships, and behaviors that foster safety and empowerment in family members.
- **Healthy Relationships:** Co-dependency; abusive relationships; assertiveness; lessons to be learned from the relationship with the perpetrator.
- **Resiliency:** Fostering resilience in your children; planning for possible issues that may surface in the future for your children and yourself.

Group Time: Thursdays, 6-7:30

Mom's group is ongoing. Members can join at any time.

For more information or to register, call Val Macri-Lind (970) 472-4133

The group is free of charge thanks to foundation funding.