



PARENT SUPPORT AND EDUCATION GROUP

The group is designed to provide education and support for parents

Thursday Evenings
from **6:00-7:30** on the
following dates:

January 30th

February 6th

February 13th

February 20th

February 27th

March 5th

March 12th

March 19th



Depending on the interest, potential topics include:

- Safety skills
- Self-Care
- Grief and Loss
- Shame and guilt
- Impacts of Abuse
- Sexual behaviors continuum
- Offenders and the legal system
- Resiliency/healing and recovery
- Communication and support
- ...other...

What it is:

- A place to learn about resiliency
- A place of support, non-judgement and confidentiality
- Practice some tools to learn about yourself and your child
- A place to learn about the dynamics and effects of abuse

What it is not:

- A therapeutic group (although it may end up being a positive healing and/or growth experience)
- A place where you are required to disclose personal information
- A strict format with topics that are not of interest to me
- A long, drawn out commitment

**PLEASE SPEAK WITH A THERAPIST OR RECEPTION IF YOU
ARE INTERESTED IN PARTICIPATING**

There is no cost for this group. All we ask is that you make every effort possible to make the commitment for the full 8 weeks.