ChildSafe
Start the healing

Children's Groups

(For children and pre-teens, ages 7–13 who have been sexually abused) The purpose of these group is to help children heal from the effects of sexual abuse in a safe environment with the support and encouragement of their peers.

Topics to be covered:

- **Bonding and Group Cohesion:** The goal is to become acquainted with each other and the routine of group. Group projects focus on trust building, self-disclosure, group rules, and most importantly confidentiality.
- **Communication:** The goal is to teach assertiveness skills be used in group and at home. The concept of boundaries is discussed with an emphasis on who are appropriate persons to discuss various topics with, including their abuse.
- **My Family:** Explored here will be any losses that have occurred in the family due to the abuse, as well as changes in the family, both good and bad.
- **Feelings:** The goal is to develop a vocabulary for talking about feelings and to normalize a wide range of affect in our lives. The concept of mixed feelings will be explored.
- **Telling Each Other What Happened:** The goal of this unit is to reduce feelings of shame, and clarify issues of consent and responsibility. A variety of activities will be used including art; writing; role plays; and guest speakers.
- **Prevention:** The goal of this unit is to teach skills and reinforce attitudes that reduce the chances of being revictimized in the future. We will also explore group members' past coping methods that hinder self-protection and the triggers that bring on those responses.
- **Growing Up for Girls/Boys:** The goal is to help members appreciate their own gender and to feel hopeful about the future.
- **Good-Bye:** An ending ritual will be provided in order that members appreciate their own and each other's hard work and growth in group.

Group meeting times: **The three Children's Groups (for 7- to 9-year-old females, 10- to 13-year-old females, and 9- to 11-year-old males) meet weekly during the school year.**

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

We accept victim's compensation, health insurance, and private pay. Sliding scale available.

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