



## Mothers Group

**(For mothers whose children have been sexually abused by a parent or parent figure).**

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.
- **Perpetration:** Theories regarding perpetration; negative behavior cycle; grooming.
- **Victimization:** Factors that cause trauma; symptoms; coping styles; healing for the victim, siblings, and family..
- **Child Development:** Stages of 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 to your child about sex; instilling healthy sexual values.
- **Clarification:** Learn how 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.
- **Resiliency:** Fostering resilience in your children; How to know when your child is "done" with therapy.

**Group meeting time: The Mothers Group meets weekly. This group is ongoing. Members can join at any time.**

**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.**

**1148 E. Elizabeth Street Fort Collins CO 80524 (970) 472-4133 fax (970) 493-6655**