



Siblings Group

(For brothers and sisters of sexual abuse victims)

This is a mixed-gender group for school-aged children. The purpose of the group is to give siblings an opportunity to process the abuse of their brother or sister, their own trauma, and the changes that have taken place in their families.

Topics to be covered:

- **Getting acquainted:** Group rules, especially confidentiality; the purpose of the group is introduced.
- **What is sexual abuse and why did it happen in MY family?** Education regarding sexual abuse; consent and responsibility; victim's reactions; respecting the victim's privacy.
- **What about me?** How they have been affected; their relationship to the victim and role in the family; grief and loss.
- **My feelings:** Feelings will be discussed and normalized; mixed feelings; expressing feelings effectively and appropriately.
- **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.
- **Healing:** Taking care of ourselves; asking for what we need; identifying safe people to talk to; guilt and shame; self-esteem.
- **The future:** Predicting issues that may occur in the future; relationship with the perpetrator; sources of support and healthy coping.

Group meeting time: The Siblings Group is offered periodically as needed and meets weekly for 10 weeks.

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.