



Parent & Carer's Group

We are running group work for Parents and Carers of children who have been affected by sexual violence.

We recognise the deep impact on parents and carers who are supporting a child / young person through the impact of sexual abuse. Both groups aim to be a safe, welcoming, informative, and judgement-free space.

Along with being a space to simply breathe, we will look at subjects like understanding the impact of trauma and sexual abuse, self-care for parents and carers, and opportunities to share and move forward.

We are offering 2 group options.

Group 1 will be for Parents and Carers who are supporting a child / young person who has been abused by someone who is close to the family, such as a relative or close family friend.

Group 2 will be for Parents and Carers who are supporting a child / young person whose perpetrator is outside of the close family, such as a stranger, acquaintance or peer of the child.

Groups will be held in a number of locations across Brighton and Hove, East Sussex as well as online. If you would like more details on these groups and to register your interest don't hesitate to get in touch with **our welcome team** via the online referral form on our website.

www.survivorsnetwork.org.uk



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