

Family Support Line

Spring 2010 Community Groups

**A safe and supportive healing place
for families dealing with the effects of sexual abuse**

*Twenty-one continuous years of groups. Make referrals now!
Groups start March 2, 2010*

GROUPS FOR GIRLS AGES 7 - 18

Latency Aged Girls	7-11 year olds
Young Adolescent Girls	12-14 year olds
Older Adolescent Girls	15-18 year olds

GROUP FOR NON-OFFENDING PARENTS

GROUP FOR AFFECTED SIBLINGS

Tuesday evenings 7:00-8:30 P.M.

Transportation is available from southern Delaware County locations.

Our group leaders are therapists with **Masters** or **Doctoral degrees** who are highly experienced and specialize in the treatment of child sexual abuse.

For further information, questions and to make a referral, please contact:

ANTHONY GOLDSMITH, MA
(610) 891-5237
FAX: (610) 891-0481
e-mail: tony@familysupportline.org

See our website for more information or to access our referral form—
www.familysupportline.org



For 21 years, Family Support Line has been providing a safe, healing environment for sexually abused youngsters and their families. The Community Groups are highly regarded treatment and support services that have helped many children, youth and families recover in a warm, caring way.

Family Support Line Community Group Programs

Family Support Line Community Groups meet during 12 weeks in the Fall and 15 weeks in the Winter/Spring each year. The PATH program is available any time, scheduled as needed. All programs are accessed by calling 610-891-5237.

Latency Age Girls Group (ages 7-10 years)

Group leaders use games, story telling, artwork, and music to assist the girls in identifying and working through their thoughts and feelings related to their abuse, their families, and themselves. Most activities help the members develop healthier coping strategies and improve conflict resolution skills. The girls are given opportunities to express themselves and receive support from others, while developing social skills and positive peer interactions.

Younger Adolescent Girls Group (ages 11-14 years)

The group uses discussion, art work, music, journal writing, and games to encourage members to share their thoughts and feelings regarding their sexual abuse, the perpetrator, family members, peers, and other related issues. A primary focus of the group is to create a safe environment in which the girls may deal with the trauma. The girls work on expression of feelings, appropriate assertiveness, healthy sexuality, and anger control. The group setting allows members to work cooperatively, empathize with others, provide positive peer support, and become more responsible for their own behaviors.

Older Adolescent Girls Group (ages 15-18)

Some members have been in a group before and are well socialized to the group process, while some are new to this process. This group is highly interactive and supportive. The girls provide one another with positive feedback and empathy. Issues explored include their history of sexual abuse, healthy sexuality, peer relationships, drug and alcohol abuse, use of individual therapy, and self-esteem issues. The group provides a caring and safe place for the girls to share the very painful feelings and events in their young lives.

Sibling Group

Brothers and sisters are also impacted by the changes they see go on in their families related to the sexual abuse of a family member. They deserve a place to express their feelings and also to learn appropriate boundaries around personal safety. The Sibling Group meets at the same time and place as the others groups. It is activity-centered in its approach to providing support and information for children. The age range for the group is wide including 5-15 year olds. Although not required, most group members' parents attend the parents' group.

PATH Program (Parents as The Healers)

Parents of children who have been sexually abused stand in a critical position with regard to helping their children recover from sexual abuse. The feelings of guilt, regret and sadness can be overwhelming. Yet the parents can be a source of healing and strength for their children. The PATH program is the introduction for parents to get the knowledge, skills, and support they need to be positive and helpful. Parents are provided with information to help them deal with the many changes resulting from a child's disclosure of sexual abuse. Topics include sexual abuse and the law, the effects of sexual abuse on the child and family, sexuality, perpetrators, intergenerational aspects of sexual abuse, and healing/recovery steps. A PATH professional is available by appointment for a face-to-face meeting or may be accessed as needed by phone. This is seen as an introduction to the Parent Support Group where parents can get continued support and understanding.

Parents Support Group

The primary objective of this group is to create a safe and supportive atmosphere where members may experience and share the many emotions and reactions associated with child sexual abuse. Members are given ample opportunity to grieve the losses created by the sexual abuse, discuss the unique difficulties of parenting children who have experienced this trauma, and receive support for addressing their own emotional issues. Group members often develop a supportive network for one another outside of the group process.