

Support for Supporters

For Parents and Carers of Children and Young People who have been subjected to sexual violence and abuse

> 2025 <

Supporters' Circle

Time to Be, Talk, Listen

A **safe space** for supporters to come together, talk and listen - with discussion themes being decided by the group

Circle dates

6th March 2025

1st May 2025

The groups for Supporters are
Online
Thursdays, 9.45am - 11.15am

To Join Us Email:
cyp@rsvporg.co.uk

Supporters' Groups

What now? How do I support my child?

A flexible group of three sessions tailored to participants needs exploring the impact of trauma and sexual abuse, ways to respond and how to stay grounded

We recommend joining all three sessions but you're welcome to dip in and out if circumstances prevent this

We'll discuss issues affecting you in your role as a parent or carer

Cycle One

13th March 2025

27th March 2025

3th April 2025

Cycle Two

8th May 2025

15th May 2025

22th May 2025

Support for Supporters

The voices of Parents and Carers of Children and Young People who have been subjected to sexual violence and abuse

My family wasn't able to help me. The most help I got was from the group.

It's a safe place.

You can be honest and transparent.

I was able to discuss what I was going through and listen to others that have gone through the same thing.

Group Topics

Session 1 - Supporters Journey, Why Don't Children and Young People Tell, Living with Trauma, Trauma Responses, Protection from Victim Blaming

Session 2 - Armouring Up as a Response to Trauma, The Impact of Shame, Understanding our Tolerance Thresholds, Relational Parenting

Session 3 - Impact of Trauma on the Body and Development, Trauma Memory and Responses, Flashbacks and Night Terrors, Dealing with Risk, Your Needs

You're not alone.

You're in very good hands here. These are people you can trust. The information is invaluable.

The group is fantastic.

I was able to speak freely.

Things do get better. The pain lessens. You can move forward. At the time you think you can't but you do. Walk at your own pace and face your challenges.