

# Supportive Parents' Group



**fresh start**  
- new beginnings

**The Treatment Service  
for Child Sexual Abuse**



## **Our Vision**

To ensure all children and young people who are victims of sexual abuse/exploitation have the opportunity to access help, advice, guidance and therapeutic intervention to aid their recovery.

To ensure that every child has the right to a childhood free from sexual abuse.

## **Our Values**

Wellbeing

Confidence

Humanity



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## About the group

The group brings together groups of parents and carers of children who have disclosed being sexually abused. Groups can be of both male and female carers, so if being part of a group with members of the opposite sex would be difficult for you please let us know.

## Aims of the group:

- To help you understand the impact of abuse on your child, yourselves and your family.
- To support you in recognising the reasons for your child's reactions and behaviours and show you ways to cope.
- To allow you to be amongst others in a similar situation, therefore enabling you to understand that you are not alone.
- To help you feel supported as a parent.
- To help you and your family move on with your lives.

## How many people will be in the group?

Within the group there will usually be around 5 or 6 people.

## Will I be made to inform the group of what happened to my child?

No, you do not need to disclose anything to the group that you do not wish to share. Any details we do need to know will be discussed with you at assessment. These details will remain confidential between yourself and **Fresh Start – new beginnings**. (Providing there are no Child Protection issues, which we will have discussed with you.)

## The Course covers:

- What is child sexual abuse: Facts and Information.
- The grooming process.
- Common reactions, behaviours and symptoms.
- Normal development
- Physical/sexual/cognitive impact on yourself, your child and family.
- Reactions to abuse and disclosure.
- Learning to trust again.
- Boundaries.
- Letting go, moving on and looking after yourself.

## Who will be running the group?

The Parents' group will be run by two members of the Fresh Start-new beginnings team, usually a female and a male specialist CSA worker.

## How can we make it easier for you to attend?

Prior to the start of the group we can offer you the chance to familiarise yourself with our premises, as well as the staff who will be running the course. We do understand that coming to **Fresh Start – new beginnings** can be a difficult thing to do; therefore if there is anything that we can do to make it easier, please do not hesitate to let us know.

## Before you attend:

Before attending one of these groups you must be referred by a professional (such as a doctor, health visitor, school, police or social worker).

A referral form can be obtained from our website or by email.

If you have any questions please feel free to contact a member of the team on 01473 353 355.

For more information about our  
work, please visit our website

**[www.fsnb.org.uk](http://www.fsnb.org.uk)**

or contact the team on

Head office:

**01473 353 355**

Norfolk office:

**01603 558 205**

**Fresh start**  
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