

# Empowered parents

## A group for parents navigating exploitation and trauma.

Join a group with other parents with shared experiences in a safe and supportive environment.

Developed by an experienced Therapeutic Practitioner, this 5 week support group will give you the opportunity to learn about the physical and emotional impact of trauma, and practical coping strategies to live alongside it.

Together as a group, you will be supported to build a strong recovery for your child and your family.



"Being part of a parent group gave me back my confidence and strength."



## Group benefits

- Reduce the isolation and stigma of child exploitation
- Foster a sense of support
- Understand how trauma affects the brain and body
- Shared wisdom from a group setting
- Collective healing



## What to expect

An introductory online one-to-one session with an Ivison Trust worker to explain how the group will work and give you an overview of the sessions.

5 weekly sessions which will be delivered online via TEAMS.



## Group aims

**To help you feel part of a supportive group where you can share your experience, gain a deeper understanding about the impact of trauma on your physical health and support you to build a strong recovery.**

**How to get in touch.**

Contact your Parent Liaison Officer to book your place.

"Their gentle coaching approach helps you to better understand yourself."

