

CornerHouse Caregiver Support Group

January 12th-March 16th, 2017

Thursdays from 5:00-6:30

Childcare for 0-10 years of age

listen.



Our mission is to ensure that the voices of children are heard and understood in cases of alleged abuse.

What is the CornerHouse Caregiver Support Group?

The CornerHouse Caregiver Support Group is a weekly meeting for parents and caregivers to receive support, education, and resources. Dinner is free and will begin at 5:00 PM.

Each evening will be centered on a different topic. Topics for this session will include:

- Jan 12th: Introduction to the Group & Mind-Body Skills
- Jan 19th: Myths & Facts about Child Sexual Abuse
- Jan 26th: Working with Difficult Thoughts and Emotions
- Feb 2nd: Getting Unstuck
- Feb 9th: Understanding Grooming Behaviors & Other Aspects of Sexual Abuse
- Feb 16th: Protection & Letting Go
- Feb 23rd: Body Safety & Supporting Your Child
- Mar 2nd: Strengthening Our Family
- Mar 9th: Navigating the System-Conversation with a Child Protection Investigator
- Mar 16th: Fostering Resilience & Closing of Group

Who can attend the Caregiver Support Group?

Non-offending parents or caregivers.

This group is a closed group – participants are encouraged to attend all sessions.

What if I have young children?

Free childcare is available for children ages 0-10. Dinner will be available for children participating in childcare.

If you are planning on bringing children to childcare, please arrive 10 minutes before group begins.

There is a **parallel support group for children ages 9-12** facilitated by Headway. Screening is required. Please contact Debbie Gerdes for more information: 612-798-8169 or Debbie.Gerdes@Headway.org

How much does the Caregiver Support Group cost?

The Caregiver Support Group is free of charge to the families served by CornerHouse.

**Ask about transportation if needed*

Who can I talk to for more information?

If you are interested in learning more about the Caregiver Support Group, please contact Kristen Breuer at 612-813-8343 or kristen.breuer@childrensmn.org



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