

Protective Mothers

How to understand
sexual abuse within the family

Who should attend:

This class is for women who have loved or lived with someone who sexually abused a child. Even if you have changed your relationship with the offender, learning this information may **prevent** sexual abuse in future generations. **No childcare provided.**

Day and Time:

Mondays 6:30 pm to 8:00 pm
Starting May 9, 2011

Location:

Downtown office of Lutheran Family Services
120 S. 24 Street, Suite 100 (402) 661-7100

Cost:

\$25 per person, per session PLUS \$29.00 for workbook.
Total fee for class is \$204.00

Reduced fee available for existing clients of the RSAFE Treatment Program. Please ask for details before class starts. Sorry, but scholarships are not currently available.

Format:

7 sessions for education and support. Each session is 90 minutes. *Strict confidentiality will be enforced.* Reading the workbook between classes is expected. Class will **not meet** on Monday, May 30, 2011 for Memorial Day. **Attendance of all 7 classes is necessary to receive a certificate of completion.**

To register for this class, contact:

Sheryl Overby, MS NCC LMHP
Child and Family Therapist, RSafeSM Program
(402) 661-7100 or (402) 661-3120

If you would like to enter the RSafeSM program, please call (402) 661-7100 in Omaha or (712) 242-1040 in Council Bluffs.



Week 1 Orientation

Understand the role of this class in your family's ability to heal. Make good decisions in the midst of chaos and confusion.

Week 2 Coping with Crisis

Caseworkers, no contact orders, and overall confusion are common worries after the disclosure of sexual abuse. Making the best use of your support system.

Week 3 Dealing with Denial

Grieving the loss of the "old family". How and why offenders, non-offending parents and victims have denial. How to be "protective" even if you are not sure about the abuse.

Week 4 Trigger Trouble

Figure out how childhood traumas impact future generations. Taking care of your own trauma will help you take care of your family.

Week 5 Helping the Whole Family

Meeting the needs of the child victim. How to answer tough questions from siblings. Analyze the family dynamics that contribute to sexual abuse.

Week 6 Learning about Sex Offenders

How to make sense of the unthinkable. Understanding signs of trouble in adult behaviors. Admitting the truth about a person you trusted.

Week 7 Planning for Future Safety

Preparing a safety plan to help everyone; new rules for sexuality, understanding boundaries, privacy vs. secrets. How to develop healthy sexuality in future relationships.