

Would you like to learn more about

- Where you can get help
- Help to dispel the myths surrounding sexual abuse
- Who sex offenders are
- How sex offenders abuse children
- What you can do for you and your child

The group will meet once a week for 2 hrs, 10am til 12pm starting on Thurs 9th June 2011 for 12 weeks.

There are two experienced female facilitators/counsellors who will offer you support, give information and help you to deal with what has happened in a safe and confidential environment

You can contact the organisation to find out more about the group
Tel 0191 4546959

You can ring out of office hours and leave a message on the answer phone leaving a contact number or address and we will contact you as soon as possible

**Womens Health in South
Tyneside
Salus House
33 Mile End Rd
South Shields
NE33 1TA
Charity no. 1119901
Co. Ltd by Guarantee 6175697
www.whist.org.uk
Email info@whist.org.u**

**WOMEN'S HEALTH IN
SOUTH TYNESIDE**

NEW BEGININGS

A group for Mothers or Carers whose children have been sexually abused

Offering support and a way forward to find a new beginning

WEIGHS A TON BEING A MUM

Do you feel

- Alone
- Frightened
- To blame
- A failure
- Angry
- Like there is no one you can trust
- No one understands

Do you think

- I can't cope
- I want to help my child but feel uncertain how
- Why has this happened to my child
- You are all alone

WHAT WOMEN HAD TO SAY ABOUT THE GROUP

“The group helped me feel normal again”

“Before the group I was scrambling around in the dark and getting nowhere”

“The fact that you can get all the relevant information you need from the group helps a lot”

WOULD YOU LIKE TO KNOW
WHAT NEW BEGINNINGS CAN
OFFER YOU

THE GROUP CAN PROVIDE

- Support
- Someone to talk to
- A safe environment
- A confidential service to women
- Up to date information about services
- Help to help your child
- Information about how child offenders operate
- Knowledge about the signs and symptoms of child abuse
- A the space to explore your feelings
- Understand your rights and the rights of the child.

**WORKING TO PROVIDE A POSITIVE
AND EMPOWERING EXPERIENCE
FOR WOMEN**