

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 2nd 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](mailto:info@whist.org.uk)

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

WHAT 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**