

# Participate in Free Group Therapy!



## **Group Intervention for Families with Trauma (GIFT):** Trauma-Focused Group Therapy for Parents with Maltreated Children

For **female** parents with children who have been the victim of abuse, maltreatment, or neglect.

Do you have a child who has been abused, maltreated, or neglected within the past 2 years? Do you also have your own history of abuse, maltreatment, or another trauma? These events can have a negative effect upon you emotionally, including:

- Bad memories of the event
- Feeling upset when reminded of the event
- Anxiety, depression, guilt, or shame
- Feeling jumpy or irritable
- Trouble concentrating

### How we can help

We would like to help you move past these negative emotional responses. The Barren River Area Child Advocacy Center (BRACAC) is providing free trauma-focused group therapy for parents with recently abused or maltreated children. Treatment involves approximately 12 weekly group sessions. Each session will last 1.5-2 hours.

If you are interested in participating, your provider can help you complete a referral form and refer you to the group. You will then be contacted to schedule a brief screening to determine whether the group is a good fit for you. For questions, please email Heather Webb at [h.webb@bracac.org](mailto:h.webb@bracac.org).



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