

# Hope and Healing

Recovery from Trauma

Adams County



Our program provides support to heal from the pain of sexual abuse and helps reunite your family. We want all individuals that have faced abuse, as well as their families, to receive treatment that will help mend the effects caused by sexual abuse.

The goal for this group is to reduce the stigma that comes with abuse services, gain support and build coping skills for children and their caregivers. Some topics we will cover in the meetings are common reactions to stress, feeling identification, relaxation and problem solving, and preparing for the future.

### **Program Information**

- For children and their caregivers
- Children 8-18 years old welcome
- Beginning in September
- Meetings are held once a week for six weeks
  - After the six weeks, the program will meet once a month.
- Groups will meet for 90 minutes
- Free to attend
- Free childcare provided

**Must register prior to first session!**



# Fighting Abuse. Restoring Lives.



To register or for more  
information contact

Clairice Hetzler MSW, LCSW at

[clairicehetzler@gmail.com](mailto:clairicehetzler@gmail.com)

or (217)257-8262



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