



Radius Child & Youth Services™
PREVENTION • INTERVENTION • RESEARCH



COURAGE TO TELL

About the Workshop:

Courage to Tell is a two-part online learning opportunity designed for parents or caregivers who are dealing with a recent disclosure of sexual abuse involving their child.

We know that parents and care givers play a central role supporting their child recovering from the trauma of sexual abuse. Courage to Tell helps parents and caregivers gain important knowledge about how to support their child or youth during this emotional and challenging time. You will learn how to respond to different questions and behaviours, and how to navigate your way through the process of dealing with your child's disclosure of sexual abuse.

You proceed through Courage to Tell on your own at your own pace. Content is delivered through short video presentations by experienced clinical staff from Radius and Lynwood Charlton with links to helpful information and resources, as well as activities and exercises to build knowledge and skills.

Who should participate in this workshop?

Courage to Tell is helpful for families who are waiting for assessment and treatment to begin. You will understand how you have already been helping your child, and learn new ways you can support healing and strength for everyone in the family (including you!).

Having done the work in Courage to Tell you will be advancing your child's recovery. Both you and your child will be well prepared for treatment should that be the next step for them.



Register at _____
www.radiusinstitute.ca

Topics To _____ Be Covered

- ✓ Learning about Child Sexual Abuse
- ✓ Understanding How and Why Kids Tell the Way They Do
- ✓ Supporting Trauma Recovery for Your Child
- ✓ Normal Feelings & Effective Ways to Manage Feelings
- ✓ Dealing with A Concerning Sexual Behaviour (If It Comes Up)
- ✓ Teaching Open Communication
- ✓ Teaching Healthy Sexuality
- ✓ What to Expect from Trauma Treatment
- ✓ Taking Care of Yourself and Next Steps

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How Long Does it _____ Take to Complete?

Most participants take a total of 3 to 5 hours to complete Courage to Tell over two weeks. You will be creating a downloadable workbook of your completed activities and notes as well as downloading recommended resources for your future reference.

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What _____ Happens After?

Upon completion you will have the offer, should you wish, of a one-hour consultation with a Radius or Lynwood Charlton clinician to answer any further questions or discuss next steps. All participants receive a Certificate of Completion.

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Are you eligible? _____ A parent or caregiver must:

- Have a child who experienced sexual abuse.
- Be referred by a mental health professional (e.g. school social worker, therapist, CAS worker, child advocate).
- Live in Halton, Peel, York, or Toronto regions.
- Access to the internet and a computer.

Interested in Enrolling or Have
Further Questions?

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