

Family Nurturing Center offers a range of services to help children impacted by abuse, including

Tic-Toc is a twelve week program serving child victims of sexual abuse ages 4 through 18, non-offending parents, caretakers and siblings. Weekly groups for child victims include topics on managing uncomfortable feelings, effective communication skills, strategies to avoid re-victimization and increasing peer support. Because child sexual abuse impacts the entire family, separate groups are provided for parents and siblings to help address their unique needs, provide education and offer support. Child care may be available for children under the age of four. Groups may be offered at a variety of locations to meet the needs of families in both urban and rural settings.

Individual and Family Counseling is available to address the unique needs of children. Some children may not have the social or group skills required for the regular group process, or may be actively involved in a court process (in which case prosecutors often discourage group treatment). Individual counseling may last from three to six months and is designed to provide more intensive therapy until a child is ready to participate in group-based services. Children are then transitioned into the group as appropriate. Children with a history of abuse/trauma (physical abuse, sexual abuse, emotional abuse/neglect and witness to domestic violence) are eligible for this free service. Call the Director for more information or to determine eligibility.

Social and Healthy Coping Skills Groups are ten week psycho-educational groups for children with a history of abuse/trauma (physical abuse, sexual abuse, emotional abuse/neglect and witness to domestic violence). Important topics are covered including: learning coping skills to manage overwhelming feelings, identification of abusive behaviors, safety planning and increasing self-image. Groups are provided both on site at the Family Nurturing Center and in community based agencies and/or locations based on referrals and client needs.

Case Management Services are available for children and families on an as needed basis to help connect families with other needed resources.

All abuse treatment services are free and are provided under the supervision of a licensed clinical social worker.

Why Choose Family Nurturing Center?

Family Nurturing Center is the only agency in the Northern Kentucky area providing free specialized services to child victims of abuse and their family members. Our staff are experts in working with families impacted by abuse. All services are provided under the supervision of a licensed clinical social worker. Private therapists may have skills in providing counseling services to this population, but the fees are often very high and is a barrier to participation. Even then, there is not an opportunity for group counseling and support, which is so important for families impacted by the child abuse that need to know they are not alone.

What type of counseling is right for my child?

Your child is unique, and there's no 'one size fits all approach'. Our staff will meet with you and your child to determine his or her needs, and recommend the services that are most appropriate. Group counseling offers advantages for many children and parents, because it reduces isolation and helps overcome feelings of guilt and shame. It helps you understand that you are not alone, and can be instrumental in building a network of support. Individual counseling may be more appropriate for your child, especially if you need service more immediately or are actively involved in a court case. Social skills and case management services can augment your child's therapy and address other family needs. Many children receive a combination of services.

Why is therapy so important? Child Abuse can have some devastating long-term effects if left untreated. Minimizing the effects of childhood abuse or simply trying to forget about the abuse can result in a lifetime of unhappiness and unhealthy behaviors. These may include:

- Post Traumatic Stress Disorder (PTSD)
- Depression, anxiety or thoughts of suicide
- Sexual anxiety and disorders
- Poor body image and low self-esteem
- The use of unhealthy behaviors, such as alcohol abuse, drug abuse, self-mutilation, or bingeing and purging, to help mask painful emotions related to the abuse.

****Selected References
Collings, S.J. (1995). The long-term effects of contact and noncontact forms of child sexual abuse in a sample of university men. *Child Abuse and Neglect*, 19, 1-6.

Last week I was sitting at my dining room table looking at my calendar. I realized that there was only a couple of weeks left of TIC TOC. I am not embarrassed to say that tears came to my eyes. This group has been the only thing I have had for support. There have been several times when I felt like I could not get through another day and then I would tell myself that TIC TOC is only a few days away. It is a relief to be able to talk to others who can relate to what my family is going through. When sexual abuse hits home you feel like you are all alone on another planet with absolutely no one else to talk to or cry with. If you need a shoulder to cry on you know at TIC TOC it will be there for you. My son has looked forward to Monday nights as well. I think it has given him back a sense of security and self-esteem.

Rachel B., Tic Toc Parent



FNC staff may be available to provide training/professional consultation services to schools, churches, child care centers, media, and other businesses. Services are typically offered for a nominal fee but may be free of charge depending on the need.

For more information please contact the Director of Treatment Services at (859) 525-3200, ext. 21

Visit our website at www.familynurture.org for more information on child abuse and resources to help your family.

Family Nurturing Center® Programs

Family Nurturing Center provides a comprehensive array of programs and services designed to help children and families. Current services include:

Nurturing Parenting Programs - Family based parenting education programs proven to help families develop healthier, stronger relationships. These free parenting programs are provided in multiple community locations.

Child Abuse Treatment - Individual and group therapy for children and families impacted by child abuse and other violent crimes. These free programs include a case management component for families in need.

Every Parent's Library - Video/DVD resources for parents of children prenatal through age two. Learn about your child's development in the comfort of your own home through this free resource.

Facilitated Visitation - Facilitated visitation promotes healthy relationships between children and non-residential parents in a safe, supervised setting. This program occurs only in our Hamilton County location and serves families referred by Hamilton County Job and Family Services.

HOPE Program - Comprehensive parent education and support for families referred by Hamilton County Job and Family Services. Services may include parent coaching, parent-child interaction therapy and group-based programming.

Kids on the Block - Child abuse education and awareness program using life-size puppets in local elementary schools and community events. This free traveling puppet show equips children with the tools they need to recognize, resist and report child abuse.

Protect and Comfort Infants - Public education program delivers information on ways to soothe and comfort infants and the dangers of shaking a baby. This free service is available to local hospitals and the community at-large.

Community Education and Training - Specialized fee-based training programs and seminars covering topics such as parenting, child development, child abuse recognition and reporting, impacts of abuse, the nurturing philosophy and more.

Family Nurturing Center® is dedicated to ending the cycle of child abuse by promoting individual well-being and healthy family relationships. Since 1979, Family Nurturing Center® has been at the forefront in providing quality, innovative and effective child abuse prevention, education and treatment programs.

Most direct service programs are offered at donated sites across Northern Kentucky. Strong community support, a dedicated staff, and the spirit of volunteerism allow this agency to provide quality programs in a very cost-effective manner. Many FNC services are offered free of charge. Please call (859) 525-3200 or see www.familynurture.org for more information.



Family Nurturing Center®

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Child Abuse Treatment Services

Family Nurturing Center®

