



# Summer Support Groups

at the Lake County Children's Advocacy Center.



Provided at no cost to your family by the Lake County Health Department's CABS program.

Free • Confidential • Supportive

## Parent Support Group

Who: Non-offending parents and caregivers of children who have experienced abuse. Grandparents or other relatives who play a significant role in the child's life are also welcome.

What: A confidential support group where you can connect with other parents and learn more about the effects of abuse and how to heal yourself and your family.

When: Thursday evenings, 6:30pm to 8pm, call for start date.

## Grupo de Apoyo para Padres

**Quien:** Padres y cuidadores no agresores de niños que han experimentado abuso. También son bienvenidos los abuelos u otros familiares que juegan un papel importante en la vida del niño.

**Para Que:** Un grupo de apoyo confidencial donde puedes conectarte con otros padres y aprender más sobre los efectos del abuso, además de cómo curarte a ti y a tu familia.

**Cuando:** Jueves en la Noche, 6:30p.m. a 8p.m; llame para saber la fecha de inicio.

Para **más información** o **registrarse** para asistir al grupo, contacte Alicia at **847-377-8110**.

## Adolescent Girls' Empowerment Group

Who: Girls ages 12 to 18 who have experienced abuse or trauma.

What: A confidential group designed to build self-esteem, increase communication and relationship skills, and promote positive coping skills through art, games and discussion.

When: Monday afternoons, 1pm to 2:30pm, June 18<sup>th</sup> through August 6<sup>th</sup>.

For **more information** or **to register** to attend either group, contact Emily at **847-377-8976**.

All groups will be held at the Children's Advocacy Center, 123 N. O'plaine, Gurnee, IL.