

Trauma-Informed Groups

PARENTS GROUP



Whats on offer?

Butterflies Lived Experience Community, with support from the National Lottery offer a 6 session focused group programme for parents living in Hertfordshire whose children have experienced sexual violence/trauma with the option of joining a peer support group

Questions people often ask us

Who can attend?

One of the child or young person's main carers

How do the groups run?

You have 2 options - online or in person for both the focused programme and the peer groups

Do I have to attend both?

Short answer: NO

Longer answer:

To access the peer support groups, you must have attended the focused programme, but you can only attend the focused programme if you choose to.

Do I have to attend every session?

We ask that you commit to attending the full 6 session programme.

Following the programme you will be invited to attend the peer support groups, there are 2 per month - 1 online and 1 in person. There is no obligation to attend the peer groups, you will be asked to confirm your attendance in advance for each session and warmly welcomed

What's included in the sessions?

See the programme plan on the next page

When and where?

Online

Fridays 10am-11.30am

Dates

28th February 2025

7th March 2025

14th March 2025

21st March 2025

28th March 2025

4th April 2025

Next Steps



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TO BOOK YOUR
PLACE](#)



PROGRAMME PLAN



WEEK 1



Beginnings

Introductions and getting to know each other and the facilitators - breaking down the barriers, taboos and setting the boundaries

WEEK 2



Understanding Trauma

How what happened to your child impacts their thoughts, feelings and behaviours

WEEK 3



Understanding Trauma

Supporting your child - sharing ideas, learning new ideas and understanding

WEEK 4



Understanding Trauma

The impact of what happened on you, siblings and family relationships

WEEK 5



Looking after yourself

Exploring your own support system and resources and discussion about why this is key

WEEK 6



Endings

Reflection on the programme, and thinking about next steps

NEXT STEPS



Peer Support

2 peer support groups per month:
2nd Wednesday of the month - in person (Welwyn)
4th Friday of the month - online