Our Vision and Mission

We believe thriving children create thriving communities. To that end, we focus on a community-wide response to childhood trauma that combines excellence in treatment, state-of-the-art education, and community oriented prevention initiatives aimed at reducing the incidence and impact of child maltreatment and promoting the safe and healthy development of children.

Prevention. Education. Treatment.

Our 3-part mandate combines the essential parts of an effective community strategy to achieve the impact we want for young people and their families. All three are necessary, and together these are formidable tools to help children thrive.

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Charitable Registration Number 893261727RR1
Courage to Tell

This two-part information session is designed for parents and caregivers who are dealing with a recent disclosure of sexual abuse involving their child. In two informative sessions, parents and caregivers will gain important knowledge in a safe and supportive environment without having to share their story. Participants will learn about:

- How and why children tell about sexual abuse
- How sexual abuse affects children & Families
- What parents can say and do to help
- What happens next: navigating the process
- What resources and supports are available

The group meets for 2 hours each week for two consecutive weeks. Participants must commit to attending both sessions.

Free child minding is available.

Moving Towards Healing

This 10-week therapeutic group program for parents and caregivers of children who have been sexually abused goes beyond the provision of information.

Participants in this small group of 8-12 parents and caregivers will:

- Understand what child sexual abuse is, and how it affects children and families
- Understand the treatment process and what will help your child heal
- Develop stronger parent-child relationships
- Find support from others dealing with similar struggles
- Build skills to help yourself, your child and family overcome the trauma of sexual abuse

The group meets weekly for 1.5 hours in a safe and supportive environment. Involvement in this group requires that the abuse investigation be completed and that the child be engaged in counselling. Participants are expected to commit to all 10 sessions.

Keeping Safe

This three-part information session is designed for parents and caregivers of children with sexual behaviour problems.

Take this opportunity to learn in a safe and supportive place without having to share your story. Participants will learn about:

- What is normal sexual behaviour and what is concerning behaviour
- What influences children’s sexual behaviour
- When does sexual behaviour in children become a problem
- How to manage your own feelings as well as your child’s
- How to develop a safety plan
- What is healthy sexuality and how to teach it

The group meets for 2 hours each week, for three consecutive weeks, in a safe and supportive environment. Participants are expected to attend all three sessions.

Free child minding is available.