Healthy Boundaries Creed:

We come to learn healthier ways to relate to ourselves and to others.

We all need help at times. There is no shame or judgment in that.

Remember that this is a process. We will be patient with ourselves and with others.

We are not alone. We are here to be heard and to listen – to find support for ourselves and to lend support to each other.

We can learn to recognize our feelings and learn healthy ways to express those feelings.

We will seize this time to continue growing as mature healthy adults.

Hope Horizon Mental Health
Main: (559) 688-2043
Fax: (559) 688-1304
Mon.-Fri. 8:00 am – 5:00 pm
www.hopehorizon.org

Office Locations:

Tulare: 327 S. K Street
Admin Location - Client and visitor parking is on K street, in front of the main entrance

Earlimart: 171 N. State St.

Lindsay: 287 E. Hermosa

Porterville: 881 W. Morton Ave., Ste. D

***Visalia:** 718 W. Center, Ste. A & B
**This location offers specialty HHMH therapy programs only (such as Sexual Abuse Treatment and Healthy Boundaries). For other mental health support needs, please contact the County Contracted provider in this area.*

Follow us on Social Media

Hope Horizon Mental Health

hhmhtulare

Rev. Oct. 2026

Healthy Boundaries

A SUPPORT GROUP FOR PARENTS, CAREGIVERS, AND ADULT SURVIVORS OF SEXUAL ABUSE.



hope horizon MENTAL HEALTH

Providing hope to children and families.

Healthy Boundaries:

- Provides education for non-offending parents, adult survivors of sexual abuse and parents of children with sexual behavior problems.
- Provides education to parents to be able to provide the best support to their children.
- Allows parents to make connections with other parents in similar circumstances.
- Is a safe environment where you will feel heard.

Coverage & Cost:

- We accept Tulare County Medi-Cal
- Grant-funded Sexual Abuse Treatment services, including the Healthy Boundaries program, are available to adults and children who do not have Medi-Cal.

Grant program funded by Tulare County Children's Trust Fund & United Way of Tulare County

Learn How To...

- Keep your child safe.
- Recognize the signs and symptoms of sexual abuse.
- Identify and express emotions.
- Understand and identify offenders' patterns.
- Work through the hurt and heartache.
- Resolve the hurt and anger.
- Rebuild your life.
- Rebuild family and social relationships.
- Develop and enforce safety plans.
- Set limits.



Group Information:

- 10-week cycles
- Community Service Project Component
- Group Curriculum can also be provided individually with a therapist, depending on schedules and availability.

Groups are conducted by Mental Health Professionals

"(Hope Horizon) has given my child a new lease on life. I am forever grateful for the caring and nurturing environment."

- Mom