

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.

**Groups are conducted by
Mental Health Professionals.**

*Funded by
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Healthy Boundaries

SUPPORT GROUP FOR PARENTS



Providing hope to children, adults and families.

Healthy Boundaries:

- Is a support group 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.

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

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

- Mom