

Who we Assist

- Children and young people under 18 years of age who have been sexually abused and who reside in the City of Banyule, Darebin, Yarra or Whittlesea, or in the Shire of Nillumbik;
- Children under the age of 10 who have displayed problematic sexualised behaviours and who reside in the City of Banyule, Darebin, Yarra or Whittlesea, or in the Shire of Nillumbik;
- Young people aged 10 - 17 who have engaged in sexually harmful behaviours and who reside in the City of Banyule, Darebin, Yarra or Whittlesea, or in the Shire of Nillumbik;
- Young people aged 15-17 who have engaged in sexually harmful behaviours and who reside in the north west region of metropolitan Melbourne including, but not limited to, City of Hume and Moreland.

Our service is available at no cost to participants

How do I gain access to the program?

To discuss a referral please contact:

Intake Worker

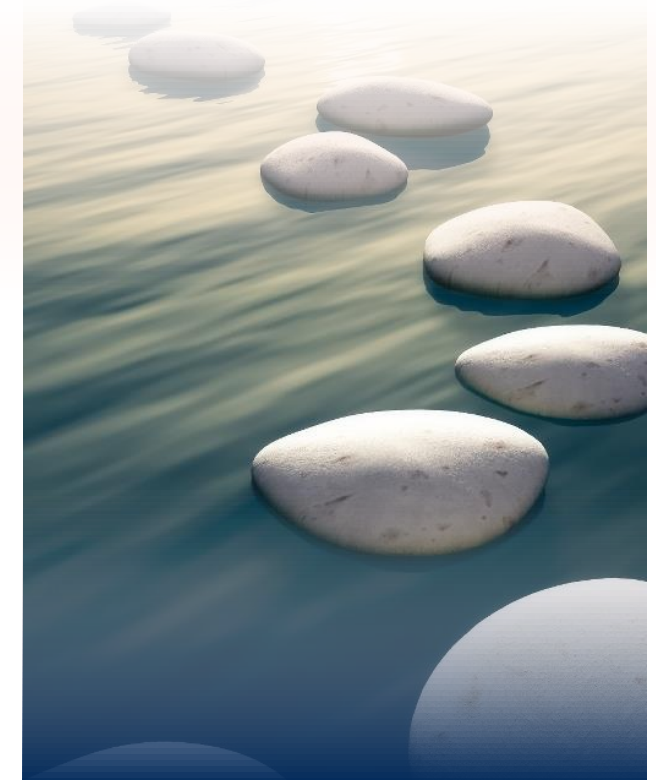
273 Settlement Road
Thomastown VIC 3074

Tel: 9450 0900
Email: intake@cps.org.au



www.cps.org.au

Working with children and families since 1896



**Sexual Abuse
Counselling and
Prevention Program**

About CPS

CPS believes children and young people thrive in resilient, strong and safe families and communities.

CPS nurtures, supports and strengthens the life chances of vulnerable children, young people and families.

About the program

The Sexual Abuse Counselling and Prevention Program provides a specialist therapeutic counselling service. Our counsellors have a broad range of experience and include psychologists, social workers, family therapists and art therapists.

The Sexual Abuse Counselling and Prevention Program is provided at no cost to families.

“I have learnt to be more happy in my life and not to worry about the sad stage”.

- Katie*, 8

Whole of family approach

When a child or young person experiences trauma first hand, those around them also feel the impact. It can compromise their ability to support the child or young person, which we know is critical to recovery.

Our service works with the family and carers to help them understand what has happened, what the impacts are and how they can best comfort their child to help them heal.

Therapeutic tools

Every child or young person is a unique individual.

Therapy, therefore, is tailored, employing techniques based on that particular child or young person's interests, learning style and developmental stage.

Techniques include;

- Individual and group work
- Talking
- Art
- Music
- Drama
- Puppets
- Sand tray
- Play
- Symbols
- Writing

Benefits of counselling

Our service will support your child to process their experience of trauma in a safe and supportive way.

During the time they see us, we will also support your child and family (if applicable) through the counselling process in order to;

- deal with strong emotions,
- build a positive self-identity,
- and develop protective behaviours they can use into the future.

“I liked coming to CPS because I like doing craft with you all and getting help”.

- Louise*, 6

* Name changed