

About us

We provide specialist support for children and families who have been affected by sexual abuse.

This is a free, confidential service available for those living in Leicester, Leicestershire, and Rutland.

About Family Action

Family Action works from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to individuals and families.

family-action.org.uk



PSA Service Leicester Parents & Carers Support Group


Contact us

Family Action Post Sexual Abuse Service

 0116 216 8334

 leicester@family-action.org.uk

 www.family-action.org.uk/psa

 Pasley Road Medical Centre,
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family-action.org.uk

What is the PSA Parents & Carers Support Group?

Leicester's Post Sexual Abuse (PSA) Service provides specialist therapeutic support to children and young people who have experienced sexual abuse.

Our dedicated parents and carers group programme aims to reduce feelings of isolation, guilt, blame, and confusion that parents and carers can often feel. It will explore the impact of your child's experience and provide information about how you can support your child and care for yourself.

How does it work?

The programme consists of 8 weekly sessions each 1.5 hours long and delivered virtually, over Microsoft Teams.

Assessment

Before the group begins, one of our workers will carry out a detailed assessment with you. This will help us to understand your family situation and explore how the group can benefit you. It will give you the opportunity to ask questions and discuss any concerns or specific needs you have.

Check-ins

We understand that a group environment can be overwhelming for some parents.

As part of the programme, we aim to contact you directly each week to check how you are feeling, how you have related to the topics discussed, and how you are coping with the group programme in general.

What topics will be explored?

- The impact of sexual abuse
- Disclosing and listening
- Understanding how abuse happens
- Online abuse and internet safety
- Parenting goals
- Positive communication
- Ways of coping and safety planning
- Looking to the future

What if I need more support?

If you would like further support for yourself and your child after the group has ended, you can refer your child to the PSA service for direct work.

For more information please speak to one of our group facilitators or visit: www.family-action.org.uk/psa.

How to make a referral

Parents/carers can self-refer, or can be referred by a professional they are working with (such as a social worker or family support worker).

Scan the QR code to access our referral form:

