A RIGHT to INNOCENCE at Karen’s House…



A SELF-HELP PEER SUPPORT GROUP for WOMEN, who experienced incest or other sexual abuse as children or teens. Adult women welcome. 15-18 year olds must be accompanied by a responsible female adult of their choice and referred by their counselor.

Our group is small and friendly. All conversation is confidential.

Our desire is to provide a safe place for you to share your story (IF you want to) with the encouragement and loving support of other women with similar experiences. We take a positive approach…to share our wounds but also to celebrate our lives…to share our stories along with the things that have helped us heal and the roadblocks we have faced.

Mothers of children/teens who experienced these issues are welcome.

**YOU ARE NOT ALONE.**

Recent surveys indicate that large numbers of girls are sexually abused before the age of 18. The numbers vary; 1 out of every 7 to as high as 1 out of every 3. Why the difference?

* Not all sexual abuse is reported. Not all girls remember what happened especially if they were very young
* Most know their abuser. Often it is a family member (incest) or a trusted friend of the family.
* It can be hard to tell someone. *What if they don’t believe me? What if they blame me?*

*What will happen to me or my family if I tell?*

* Some women are not sure they were abused because they aren’t sure what child sexual abuse is. Any sexual activity (touching or non-touching) between an adult and a child is abuse, and possibly even between children when there is a large age difference.
* Most of the time the secret is kept but not without consequences for the innocent.

*“You know how they say, ‘Speak the truth and the truth shall set you free’. Well, that’s how it really is. I’m not in a cage anymore. There are no more secrets*….”

—from the book **Beginning to Heal** by Ellen Bass and Laura Davis (Breaking Silence, page 26).

We MEET the **FIRST WEDNESDAY of EVERY MONTH**

**from 6-8 pm at Karen’s House in Osseo, MI (Hillsdale County)**

Contact us at [nomoresecrets2014@outlook.com](mailto:nomoresecrets2014@outlook.com) for directions to our location or call 517-523-3526. There is NO charge or membership fee.

*“Without change….there would be no butterflies”*