



The Shepherd Program's Clinical Support Groups

"We don't heal in isolation, but in community."

The Outpatient Department, known as The Shepherd Program, at St. Mary's Home for Children, was established in 1985 to provide outpatient treatment and support to survivors of sexual abuse and their families. Since then, the Outpatient Department has expanded its services to best support families impacted by sexual abuse, sexual exploitation and other trauma, such as family violence and physical abuse, through a myriad of programs. Treatment is available for children, adults and their families in office and community settings. The Shepherd Program recognizes the value and clinical benefits of peer support. To that end, we have several Clinical Support Groups designed specifically for youth, adults and families impacted by sexual abuse and trauma. All referrals go through the Intake Coordinator at 353-3900 Ext. 416.

"Families Impacted by Sexual Abuse" Clinical Support Group (Formerly "Non-Offending Parent" (NOP) group)

The Families Impacted by Sexual Abuse Clinical Support Group is designed to provide peer support and education to parents and caretakers of children and teens that have been sexually abused. The Group Leaders use the Families Impacted by Sexual Abuse Curriculum, created by clinicians at The Shepherd Program, which was revised to include current best practices in treating and supporting survivors and their families. Clinical benefits of this group include peer support and psychoeducation regarding topics such as sexual abuse impacts, parenting strategies, trauma impacts on the brain, and treatment needs of survivors. *Potential group members will participate in a Group Screening to ensure the group is a good fit for their needs. The group is generally offered twice a year, in the Spring and Fall. Each group is 12-14 sessions long, with morning and evening options available.*

“Hope for Healing” Clinical Support Groups for Trauma Survivors

There is something for everyone in our *Hope for Healing Groups*. Regardless of trauma history, developmental age and progress in treatment.

Group offerings include:

“Our Family’s Hope for Healing”: A Clinical Support Group for Families Impacted by Sexual Abuse: This group is designed to provide clinically guided support, as well as peer support, to parents and caretakers of families impacted by sexual abuse. The group explores topics important to families, such as adjusting after loss, supporting survivors, and supporting each other as caretakers. Completion of The Shepherd Program’s FISA Curriculum is a prerequisite to attending this group. This group meets the first Friday of every month from 5:30-7:00 PM.

“Hope for Healing”: A Clinical Support Group for Survivors of Sexual Abuse (separate groups for children and teens): These ten week groups focus on helping survivors to increase their basic knowledge about the impacts of sexual abuse and sexual trauma. Participants learn positive coping skills, how to develop healthy self-esteem, healthy boundaries and experience positive peer interaction. This group is usually offered three times a year.

“Hope for Healing”: A Clinical Support Group for Adult Female Trauma Survivors: This ongoing group focuses on support and psycho-education for adult women, who are survivors of trauma. When you have experienced a traumatic event in your life, for example physical abuse, sexual abuse/assault, childhood severe neglect/abandonment, or domestic violence, it is helpful to talk with other people who are facing similar challenges. Potential group members will participate in a group screening to ensure the group is a good fit for their needs.

“My Life, My Choice”: Empowering Youth. Ending Exploitation: This ten session group is designed to empower youth to protect themselves from the commercial sex industry and its perpetrators, explore what makes a healthy relationship, improve self-esteem, and provide positive interactions with peers, medical professionals, law enforcement officers and survivors. This group is usually offered three times a year.

If you know someone that might benefit from participation in a peer clinical support group for trauma survivors, please call our Intake Coordinator to explore further.

- All group sessions are held at:

St. Mary's Home for Children
The Shepherd Program
420 Fruit Hill Ave.
North Providence, RI 02911

- To make a referral please contact the Intake Coordinator, Melissa Quinn-Roy, LICSW, at (401)353-3900, ext. 416
- Please note that this is not a substitute for Individual therapy, but rather a group opportunity to enhance therapy.
- All potential group members will be asked to participate in a group screening to ensure that the group will best meet their clinical needs.
- All groups are run by licensed mental health professionals.
- We accept Blue Cross, Neighborhood Health Plan of RI, United Behavioral Health, United Health Care and Victims' Compensation Fund for group payment. Clients are responsible for any co-payments or deductibles issued by their insurance.
- Other payment options include: DCYF 005 & Self pay of \$30 per session (plus \$30 cost for group screening/intake session).



“Let’s root for each other and watch each other grow”.